

WIRTZVNG'S
PRACTISE OF
PHYSICKE

1617

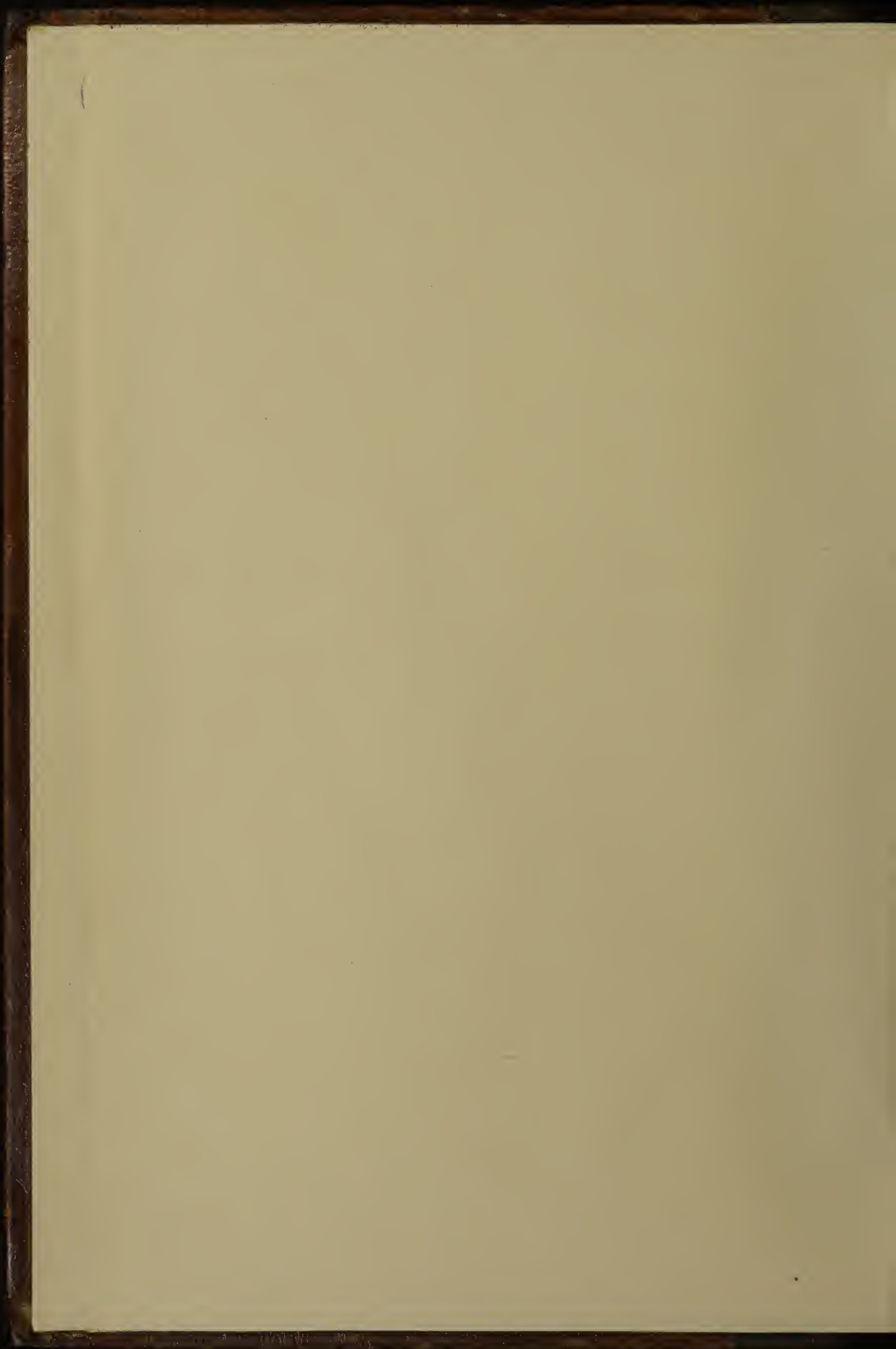






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THE
GENERAL
PRACTISE OF
PHYSICKE.

CONTEYNING ALL INWARD
and outward parts of the body, with all the ac-
cidents and infirmities that are incident vnto them, even
from the crowne of the head to the sole of the foote.

ALSO BY WHAT MEANES (WITH THE HELP OF
God) they may be remedied: very meeete and profitable, not onely for all
Physitions, Chirurgians, Apothecaries, and Midwives, but for all other
estates whatsoeuer; the like whereof as yet in English hath
not beene published.

Compiled and written by the most famous and learned Doctour
CHRISTOPHER WIRTZUNG, in the Germane tongue, and
now Translated into English, in diuers places corrected, and with
many additions illustrated and augmented.

By IACOB MOSAN *Germano, Doctor in the same facultie.*



LONDON, ¹⁷³¹
¹⁶¹²
¹¹⁴

Printed for THOMAS ADAMS.

1617

~~Thomas Rigg~~

Thomas Rigg
1790

~~Thomas Rigg~~

~~is my name and England
is my nation's morse
is my dwelling place
that pleasant habitation~~



~~Joseph Lanyon~~



TO THE READER.



As the true scope of all actions and endeouours ought chiefly to tend to the glory of God, and to the good and common vtility of many: so are those men worthy of great praise and commendation, who not regarding their priuate gaine or glory, haue laboured their wits, and spent their studies, in composing, translating, and publishing in our vulgar tongue either their owne workes, or such learned writings of others, as they thinke most necessary for the publike weale; imitating therein the most famous Authors of auncient and moderne age: namely such as Hippocrates, Galen, Auicen, Paracelsus and others, that haue in their native tongues opened and reuealed to posterity the very depths and secrets of that excellent art of Physick: which as it is more auncient, more necessary, more profitable, and more pleasant, than any other art or knowledge whatsoeuer (except the knowledge of true felicity:) so it may boldly bee said (though not without apprehension of griefe) no art more falsified nor more abused in these daies, as well by the presumptuous intermedling of audacious and vnskilfull persons; as for lacke of good and wholesome writings in English for the instruction and safe direction of all those that haue not alwayes a good and learned Physition at hand. Therefore (gentle Reader) that you may the better auoid these and such like mischieuous inconueniences, here is presented to your view the learned worke of that worthy Physition *Christopher VVirtzung*, first written and published by himselfe in the high Dutch or Germaine language, wherein it hath beene more often printed there, than any other VVorke of like nature: Afterwards translated into the low Dutch or Flemish tongue, by *Carrolus Battus* Doctor in Phisick, whose iudgment and experience, the Citie of Dort in Holland doth willingly acknowledge: and now likewise Englished for the publique benefite of our Countrey, by

To the Reader.

James Mose Doctor in Physicke. VVhat paines and labour hath been taken in the translating, it is referred to your owne fauourable censure, after you shal haue perused and made tryal of it. Only this for the present may with your good fauour be boldly added out of the testimonies of men learned and skilfull in this facultie, that there is not published in our English tongue the like worke, wherein the whole body of Physicke is so succinctly, so absolutely, or so artificially digested and compiled. For whether you consider the matter therein deliuered, or the manner of the deliuey it selfe, which as it is altogether profitable, so is it easie and methodicall, descending from the head to the foote, shewing all manner of diseases incident to each part of our body, and setting downe first the causes from whence they spring, secondly the signes and tokens wherby they are known, and thirdly the remedies and helps wherby they may be cured and eased. There is no doubt but when you haue indifferently perused, and heedfully noted the same, you will not onely concur in iudgement with others, but also accept in all kindnesse the worke it selfe, and make such fauourable construction of the good indeauours of those that haue laboured for your preservation, as your selfe would looke to bee rewarded withall in the like.

Farewell.



THE

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BOOKE IN GENERALL.

This present Worke, or Practise of Physicke, is diuided
into nine parts.

The first part is a verie necessarie introduction, which is maruellous needfull for this whole Worke, and is subdiuided into eleven Chapters, and 25. §.
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¶ The 3. Chapter declareth the necessity, profit and praise of Physicke. 4

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A very meet and necessary Introduction, for the better
vnderstanding of all such things as are handled in
this present Practise of Phisicke.

The Contents of the Introduction.

THE misery of mans life caused by sinne, hath constrained vs to thinke on such meanes, by the which the diseases that daily are incident vnto it, might be eased: which truly by the mercie of God, and Phisickes rule, at length haue bene found out. The profit and necessity whereof together, are iust causes why Phisicke may thozowly be praised. And because the sicknesses are manifold, and the body of man also diuided into many and sundry parts and members, but principally into foure: the Head, the Breast, the Belly, and the externall or outward parts: Euery Malady hath her due remedie: also where, when, how, and in what sort euery remedie is to be gotten, gathered, and kept: likewise if any superfluitie were in it, how and what is to be separated from it, what regiment or order is to be obserued in Purging, Letting of blood, Cupping, or fastening of Woyleaches. Then is shewed the due and true vse of the Ayre, of mouing, and quietnesse: of waking and sleeping, of meate and drinke. At length also are expounded the weights and measures which are vled in Phisicke.

Of the manifold miseries and calamities of mankind.

The first Chapter.

THE innumerable miseries, calamities, dangerous diseases and sores, which the life of man is daily and hourly subiect vnto, hath euen from the beginning of the world vntill this day, mooued, nay rather constrained diuers learned men, to examine and trie whatsoeuer the earth and nature her selfe hath yelded, by that meanes to finde ease for the disease and wretchednesse of mankind. Some Philosophers there be, that wholly haue employed and applyed themselues, to amend and heale the infirmities of the mind, haue extolled vertue, aduanced honestie, and planted reason in the heart of man: they haue also set forth vice in a most vgly shape, so to feare men from it, and to induce them to leade an honest and vertuous life. But because all this was grounded only vpon the reason of man, and altogether without a sure foundation, it hath pleased God of his infinite mercies to supply the wants by his spirit in the holy Scripture, and there to teach whatsoeuer is necessarie vnto a vertuous and honest life: yet is the nature of man by sinne so ouertaken, by the first fall so ouer-reached, so wrapped and rooted in iniquities, that at no time in him any goodnesse either is or may be found.

Others there are, that haue taken no lesse paines, in seeking out the meanes to cure and help the innumerable maladies, accidents, sicknesses, and sores of the bodie, and therefore are forced to trie and approue all the creatures of God, as Koses, Herbes, Flowers, Fruites, Stones,

An Introduction to this

Woods, Mettals, all liuing beasts, yea euery element, each by himselfe, to finde out the hidden vertues and properties, and to know to what vse they might rightly bee applyed. This was the first finding and foundation of this noble science of Physick, and hath bene from time to time by diuers and sundry experiences of the old Physicians diligently obserued, truly taught and written: and at the last also imparted vnto vs, and shall be reserued vntill the end of the world.

The wretchednesse of mans life.

Wretchednes of new borne babes.

Of youth.

Old age a sicknesse of it selfe.

And indeede, if we behold our owne wretchednesse, we shall euidently perceiue, that we in the whole course of our short life in this world, are as it were swimming in a boysterous and bottomlesse sea, where waue vpon waue vncessantly couereth vs, and is readie to swallow vs vp: where we are tossed to and fro, not finding any place to rest our foote, or free our head from water: and albeit at length (with much ado) we doe from stormy seas arrive on shore; yet there we find as many thistles and thornes, calamities and miseries about vs, which doe pricke and plague vs on euery side, vntill our miserable flesh at the last returne (whence it began) to the dust and wormes meate. This is it that the Prophet *Esay* acknowledgeth, when he saith: *What is man? All flesh is grasse, and all the glorie thereof is as the flower of the field. Behold, the grasse withereth, and the flower fallett away, for the breath of the Lord bloweth on them.* And *David* saith: *What is man that thou art so mindfull of him, and the sonne of man, that thou visitest him? Man is as it were nothing: his dayes passe away like a shadow.* With many such like sayings in diuers places of his *Psalmes*. And in very truth, if we rightly weigh our estate, what is our life (so long as we remaine on earth) more then a continuall anguish and paine, labour, feare, sorrow, and alas, altogether troublesome? Behold our wretchednesse, euen from the houre of our birth: wee are brought forth not onely in perill and danger of our selues, but hazarding also our mothers life. But granting that happily we are borne, yet are we not able in any wise, or any way to helpe or aide our selues, but are as it were thrust headlong into an euerlasting and terrible prison: for we are no sooner come into the world, but presently we are fettered and bound both hand and foote: then must we eate and drinke what others commaund, we must sleepe and awake when others will: there lye we wrapped in our owne filth, then do we abide paine in the belly, gnawing of the wormes, ach of the gums and teeth, neither can we (which is the greatest misery of all) complaine and shew our paine and grieffe, but lye weeping and wailing euermore. Beside all this, how long creepe we vpon all foure, not hauing vse of leg or hand: how long lye wee, before we chat or prate any whit at all? Thus without hand, without foot, without tongue, yea without any ioynt that doth his dutie aright, lye we (though not seeming to lye) some yeares together: and thus we spend our infancie in miserie. Afterward coming peradventure a little further, what followeth more than stripes and blowes, brawlings and chidings of the parents, schoolmasters, and ouersers, till at the last (if so it please God to preserve vs) we with no small sorrow, care, and trouble of our parents, leaue childhood and enter into youth: But now alas, with much trauell and paine being come to youths estate, we are in ten thousands of perilles both of body and soule: for now we grow wanton and lasciuious, stubborne and obstinate towards our parents, vicious and vngodly in the sight of God, as by experience daily we finde and see, and neede not any further prooofe. What sorrowes and cares after all these, bring mans yeares with them? great labour and paines taking doe they againe require to maintaine himselfe, his wife, his children and family, to see and finde them honestly and well, to supply their wants, to eschewe of friends, to beware of enemies, and to take care for the Commonwealth. If then at length peradventure hee come to any preferment, office, or gouernance in that place where he liueth, hee is not onely constrained to set behind and omit his owne affaires and businesse, but is hated also and enuied of others, now sorroweth, now ioyeth for his countries estate, now with one thing, now with another troubled and vexed in mind. Furthermore, the tumult and paines he taketh, resteth neither night nor day, otherwhiles called vpon for one matter, straight way for another, and then at the last reapeth his paines for his labour, and is rewarded with ingratitude, yea oftentimes he is endangered of goods, of honour, of life and all. Thus with much trauell, with many perils, and with great pains gaineth he nothing but gray haire and old age. And to conclude, what is old age else then a very sicknesse it selfe, feeble, weake, full of sorrowes, and an heape of cares, not regarded and esteemed of those that should most account of it? I will not here rehearse the temptations of *Sathan*, verations and troubles in minde, pricking of the conscience, and many other heauy matters, which age is subiect vnto; but end with this, that the old man goeth with one foote in the graue, and hath nothing more

more sure then death at his doze. Then we beginne to bethinke with our selues, either what sicknesses we haue had and withstood, or what we haue seene in others, and what diseases we are subiect vnto, what strange, how diuerse, and what incurable calamities, euen from the howre of our birth, till our dying day are incident vnto vs, as leprosie, falling sicknes, lamenesse, blindness, deafenesse, &c. Out of all which wee may easily gather, and evidently see, that our short life is nothing else but a long dying day, in the which all miseries meet. This may well be a iust cause to admonish vs to thinke vpon another home, which is promised and prepared for vs, of that most cunning Phisition and Saviour of our soules Christ Iesus, which we shall finde to be without all troubles or cares, without wants, and without end.

The second Chapter.

The causes of mans miseries and wretchednesse.



The reason of man (as alwaies it hath done euen from the beginning) seeth meth to complaine greatly, that our nature shold be subiect vnto so many infirmities, miseries, and calamities: yea, it doth as it were chide with God, and accuse him of tyranny, for creating of man so wretched. And in very deede, a worldly minded man, that neither acknowledgeth God, nor the cause of his naturall imperfections, might easily be brought, and carried away with such like opinions, and with great reason bewaile the infinite wretchednesse of mankind, seeing he findeth no creature on the face of the whole earth, that is vexed with so many aduersities, but man onely: But contrariwise, they that are endued with the knowledge of God and godlinesse, will not accuse him of tyranny that is most gentle; will not accuse him of euill, that hath created and made all things most perfect and good, nay, that neuer could or would doe harme. Adam was created in the beginning sound and whole, perfect, wise, absolute, and without any blemish or spot whatsoeuer: but by disobedience, transgressing the commaundement of God, in that he would without contradiction be made like vnto God, and know both good and euill, which he did of his owne stubborn head, and in despite and contempt of his Creator: herewith hath hee not onely brought and wrought vnto himselfe, but vnto all his posteritie after him, an everlasting mishappe and infelicitie, as a well worthy and deserued punishment for his and our misdoes together. Wherefore sinne is the first and onely cause of all our distresse, of all our sicknesses and heauines here on earth: which hath brought vs to that estate, that after all our turmoyle and paines taking, we must at the last taste and take death as a merit and payment for our sinnes.

The cause of mans wretchednesse.

This if a godly man consider with himselfe, and (as Saint Paul saith) sigheth for sinnes sake, then doth he beare the crosse patiently, acknowledgeth it to be a fatherly warning and rebuke, vseth due and true meanes: First, calleth to God euen from the bottome of his heart, committeth both his life and his death into his hands: afterwards cometh vnto Phisicke, the which it hath pleased God of his mercy to ordaine for the behoofe and neede of man, and hath taught it his seruants the Phisitions. Also it is his will and pleasure, that we should vse his creatures in our necessitie, and giue him praise and thanks for them. And to the end the aforesaid meanes might the better be vset, he hath mercifully lent and sent vs the Phisition and Phisicke, and hath shewed vs a way, by which those meanes might best be wrought.

Christians beare their crosse with patience.

And to the end, this might in our native language be better published and shewed abroad, I thought good not to burie, but to employ this little talent of mine, which for this end and purpose I haue receiued of God.

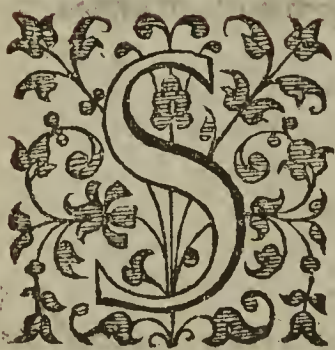
In which worke, my purpose and intent is, to begin and diuide the body of man orderly from the crowne of the head, and so descend downward from ioynt to ioynt, til I come to the sole of the foote: and withall to shew, what infirmities euery part and member is most subiect vnto: And lastly, how, and by what meanes they may be cured.

But seeing this cannot be done without phisicke and Phisitions helpe; I thought it best, first to shew the iust dignitie and worthy praise of them both, before we go forward with our intent and purpose.

The third Chapter.

Of the necessitie, profite, and praise of
Phisicke.

The neede
and praise of
Phisicke.



Seeing it hath pleased Almighty God, that we should, with many infirmities of bodie, and with great and heauie troubles and verations of mind. runne on and continue this our race and pilgrimage on earth; and that we might preserue this lump of clay, and auoide those things that might harme it, take away the incident infirmities, and to keepe our bodies a pure habitation for God and his holy Spirit, as it pleaseth him to grant vs life, he hath also of his infinit mercy and goodnesse created (as is aboue shewed) naturall and effectuell meanes, reuealed them, and in pitie, so bountifull by the art of Phisicke imparted and communicated vnto man, that *Iesus Sirach* saith in this manner: Honour the Phisition with that honour that is due vnto him, because of necessity: for the Lord hath created him; from the most High cometh healing, and he shall receiue gifts of the King: The knowledge of the Phisition listeth vp his head, and in the sight of great men he shall be in admiration: The Lord hath created medicines of the earth, and he that is wise will not abhorre them. Was not the water made sweete with wood, that men might know the vertue thereof? So he hath giuen men knowledge, that he might be glorified in his wondrous workes. And giueth thereupon a good lesson well to be noted and kept, as that we should leaue off from sinne, and not faile in our sicknesse that we should pray vnto God that he would heale vs, and afterwards giue place to the Phisition.

What greater praise also can we haue of Phisicke, than that onely example of Christ our Lord and Sauour? What else was his short life, whilest he was amongst vs here vpon earth, but first, as it were a spirituall curing and healing of the soule, and afterward also of the body, shewing thereby that he was the true Phisition, the onely healer and helper both of bodie and soule of man: He made the blinde to see, the deafe to heare, the dumbe to speake, the lame to go, he cleansed the lepers, stayed the bloody fire, which all Phisitions could not doe, drove the Diuels out of the possessed, and to conclude, he raised the dead. Such expert and cunning Phisitions after him were his Apostles: who oftentimes haue expounded this healing of the sicke, to be a shadow of our saluation, and mysterie of his holy word, and a rule or pathway for the whole life of a Christian. Is not this a sufficient praise and commendation of this Art?

The heathen and wise men heretofore, haue so esteemed of this great gift of God, that they haue not onely ascribed the Art it selfe vnto the gods, but also haue reuerenced all those that were skilfull in it, with such honour, as was due vnto their gods; as we may reade of *Apollo*, *Aesculapius*, *Chiron*, *Machaon*, *Peon*, and also *Hippocrates*.

If thou regard riches: what expert Phisition euer lacked wealth, (as *Galen* testifieth) that respected and cared for it? Most true it is, that Phisicke is a most firme and sure pawne, that defendeth the possessor from extreme pouertie: An approued Phisition may goe whither he will, euery where findeth he store of sicke and diseased people, and if peradventure some speake not well of him, yet others will, so that neuer he can want where euer he be. Neither is there any vocation vnder the Sunne that is lesse hated and enuied, then the estate of a Phisition: for the greatest tyrant in the world, if he fall into an extremite of sicknesse, and know a renowned Phisition, whom he hath cuer hated and greatly iniured, his counsell will he seeke in the time of his infirmite, forgetting all rancor and euill will, and laying aside all the iniuries that passed betwene them; yea he will commit both life and death into his hands, and afterward reward him honourably. A good Phisition also may saue the soule of an vngodly and vicious man: for although he were neuer so wicked, that neuer had once thought on God, or his iudgement to come, and falling into a great sicknesse of body, very seldeome seeketh for God, but sendeth onely for the Phisition of the body: who conning, may very conueniently mixe spirituall Phisicke with his corporall medicines, admonish the diseased to repentance, to sorrow for his sinnes, and to leade a more righteous life hereafter: The sicke taketh his counsell kindly, assuring himselfe that

Phisicke is a
sure pawne.

generall Practise of Phisicke.

5

that it proceedeth from a good mind, and spoken by him that seeketh not onely to saue and prolong his life; but also by Gods helpe, to cure him of his present infirmitie. And indeed we finde by daily experience, that in such a case a godly Physitian more effecteth than a good Divine or Preacher: It is also an euen pathway for the Physitian to obtaine the blessing of God, when he saith: *Come ye blessed, inherit the kingdome of my Father, which hath bene prepared for you, euen from the beginning of the world: for I haue bene sicke, and you haue visited and comforted me, &c.*

Phisicke is thus defined or described: Phisicke is an art, which doth no lesse maintaine health, than cure and take away sicknesse.

Phisicke is a supplying of that which is wanting, and a diminishing of that which aboundeth: If any one list to heare a longer and a larger discourse of this, let him reade Galen in his booke *De Arte medendi*.

And albeit, that there haue bene some learned men heretofore, and peradventure yet are, that do seeme to scoffe and mocke at Phisicke and Physitions: as *Cato*, *Plinie*, and the rest: yet let them say what they list, the art of Phisicke shall to the end of the world well and worthilie be esteemed and accounted. Neither needeth any one to be offended, for that there are many, that falsly vse and abuse the name and tittle of Physition, thrusting themselues into Phisicke, that neuer learned the art, neither studied or made any one thing in it: deceiuing all men vnder a colour of faire speeches and flatterie, with costly apparell, with chaines of gold and iewels so bedeckt, and so adorned with euery costly thing, that many are induced to wonder at them. In *Egypt* were all Physitions very gallantly and well maintained, although they had but one particular remedie for one onely disease. A Physition (as *Homer* saith) is a man, that is to be esteemed as a great number of men: and *Seneca*, speaking in the commendation of phisicke, saith, We buy of the Physition an inestimable treasure, namely, life and health of bodie: and we do daily finde by experience both in Court and countrie, that there is not a more ample vocation than that of Phisicke: for certainly we see that euery one strueth to be a Physition: and no sooner can any one either be pricked with a pin, or stung with a Bee, yea scant bitten with a flea, but euery one straight waies giueth his counsell, and as it were presenteth himselfe to be Physition for the aggriued patient.

The definition of Phisicke.

The fourth Chapter.

The diuision of this present worke.



He causes that haue induced me to compile and make this present booke, I haue partly shewed befoze: partly also, intreated and very earnestly requested by such persons, whom I could not, and willingly would not deny a greater matter than this was: as that I would comprehend in writing, not onely such things as by long experience my selfe haue approued, but also whatsoeuer I had either seene, read, heard, or duly and truly obserued and noted, amongst the most expert and learned Physitions of all nations, as well the ancient as later writers. And that I would not onely write according to the common custome: *Fiat secundum artem*: but as much as is possible, and as neede shall require, adde also the preparation of euery remedie: for in this if a little error be once committed, a great displeasure and fault might easily ensue, the operation of the medicine weakened, and oftentimes altogether lost and perished.

In fine, this whole worke was made, to the intent, that euery good householder in the time of sicknesse, hauing neither Physition nor Apothecaries neare him, or at least none skilfull in that Art, might himselfe know how to prepare and vse any medicine that might serue for his disease, or what he might as best and meetest send for at the Apothecaries for his purpose. In like sort also may he iudge of the properties and vertues of compounded or mixed medicines, as *Electuaries*, *Syrupes*, *Pills*, *Powders*, &c. and which of them in euery disease might rightly be applyed and vled. Furthermore, I haue very diligently obserued and noted the iust dosis, proportion, or quantity of euery medicine that is at one time to be vled, and what things are to be auoided and shunned. And for this cause, haue I parted it into five treatises or parts, named and shewed diuers kinds of poysens, to the end that better heede might be taken in shunning them,

The diuision of the whole worke.

and if by some mischance they had bene taken inwardly, how to infringe and breake the force and violence of them. And albeit there be some things noted and set downe in this booke, which might seeme better to haue bene passed ouer in silence, yet was it done to such an end; that the deceits and knaueries, by which the common sort of people is oftentimes illuded, might bee disclosed and bewrayed, to teach them also to take heede hereafter of those that would deceiue them, and onely to regard those things that are grounded on reason and skill.

All such things as are noted with Latine names, are either those that haue no English name as yet knowne, or else that are not growing heere in England, but are commonly found at the Apothecaries.

The method we haue obserued in this Booke, is according to the customes and orders of the ancient phisicall Writers, who diuiding mans bodie into foure generall parts, to wit, the Head, the Breast, the Belly, and the externall or outward parts: so also haue I diuided and cut this present worke into foure bookes: The one for the head: the other for the breast: the third for the belly: and the fourth for the outward members: as at large in the beginning of euery of them shall be shewed. Unto these foure first are adioyned other foure bookes, and not without cause: for that the method and order I haue obserued, requireth and asketh no lesse, as shall be shewed hereafter.

The ancient Phisitions haue (as is already saied) for sundry and verie necessarie causes, diuided the bodie of man into foure generall parts. The first part containeth the head, and stretcheth no further than vnto the neck: the second hath the breast vnto the midriffe, or to the lower most short ribs: the third part is the belly, with all that is in it, euen vnto the hippes: the fourth part are the outward members, as Armes, Hands, Thighes, Legs, Feet, &c. with all their particular parts and ioynts. This very same method (if God of his infinite mercy giue me grace) do I purpose in this my worke to follow.

And this may suffice, to let vs see the wretchednesse of mans nature: the fountaines and causes of all infirmities, and also the necessity, profite and praise of Phisicke. But before I proceed any further in describing of diseases with their appropriate remedies, I thinke it were very meet and necessarie to giue a more clearer instruction in some points of Phisicke, to the end that such as shall vse this booke might haue the better vnderstanding in the preparing of medicines.

The fift Chapter.

How all manner of Roots, Barkes, Hearbes, Flowers, Fruits,
and such like may be gathered and kept.

The best time
to gather
roots.



The best time and most conuenient to dig or plucke vp roots, according to some mens iudgement, is the haruest or Autumne, when the leaues doe wither and fall away. Others suppose the Spring time to be most meete for the same intent, when the herbe doth first begin to appeare and craepe forth of the ground: But the greatest and fittest obseruation in the gathering of them is this, to note the place or ground they grow in, the time when they are sappiest and fullest of iuyce, and the vse, as either that we must needes haue them, or that we must needes haue them grone and fresh. Wee must indeuour also to haue them fresh new digged out of the ground, to wash them cleane, to separate the small haire and lesser branches from the roote, to crop off the stalkes and toppes, to cut away that which is rotten and worme-eaten. Of all these roots which are woodie within, as of Fennell, of Cichorie, of Parsly, &c. shall the hard and woodie heart bee taken out. The biggest rootes must bee split asunder, and afterwards dried in the shade and in open ayre. And if it bee moyst and wet weather, they are to be put in a warme place, where no ill smoake cometh, with often turning them vpside downe. They must also be kept free from Sunne, moysture, dust and smoake, and be hanged vp in such a place, where the wind and fresh ayre may sometime come to them. The lesser roots, as of Sparage, Valerian, Azarabacca, are kept longer than a yeare, and continue of like force and vertue. The great and hard rootes, as of Bionie, Gentian, and Aristolochie, as also amongst the lesser,
both

both kinds of *Neesewort* may well bee reserved three yeares together, without any let or hinderance to their vertue: the rindes of the rootes being separated. (as is also said) from the innermost woodie parts, shall in like sort be dried and kept.

As concerning herbes, it is the common opinion, that they ought to be gathered within thirtie daies, as from the 15. of August, unto the 15. of September. But seeing that some herbes do sooner come to their full perfection and growth, other some later: (which difference for the most part dependeth on the diuersitie of the countrey, or else of the ground and place where they grow) the best time of gathering them shall be either when they beare their flower, or when the leafe is at the biggest, and when they smell strongest and are best coloured. They must be dried in the shade, or else in a reasonable warme place, where neither dust nor smoke can come at them. They continue not in their full vertue and strength above one yeare.

All manner of flowers shall bee gathered when they are full blowen and wide open, while they be fresh and not withered, not when they haue lost their smell. Roses must be gathered when they begin to blow, and as yet not full blowen: None of them all may be kept above one yeare, except the flowers of *Caminomil*, and that is by reason they be naturally drie: the swete smelling flowers are longest preserved and kept in bores of *Lentill wood*.

Concerning Fruits, Nature it selfe teacheth vs, that they ought to be gathered or plucked from the tree, not bruising them, at such a time when they are at the ripest: those that haue stones in them, may haue the stones (if it so seeme good) taken forth, afterwards thoroughly and well dried, or preserved and confected in honie or sugar, as is taught in the 8. part of this booke.

Seedes are ripest and of most vertue, when the fruits are full ripe, and when herbes are at their full growth, all dust shall be sifted and fanned from them, then bound vp in Paper, which longest keepeth them good. Some seedes may be kept longer in their full vertue and strength, others must be new gathered every yeare, but easily it may be discerned by the taste, which of them hath lost his vertue, and which hath not.

Addition.

For the gathering of simples and their parts, there be almost as many minds and diuersities of opinions, as Authours that write of them. The one will haue them gathered when they beare their flower: the other before, or when the leafe is at the biggest, and they ready to haue flowers: the third sort, when they are but young and new come forth of the ground. Some do gather one and the selfe-same herbe at sundry times, as when it first springeth out of the earth, when it beareth his flower, and when it beareth seed: adding, that the first is for children and young folkes, the second for middle aged, and the last for old men. Other some would haue the leafe, the stalke, the root, the flower and the seede each gathered and reserved apart, affirming each part of them to serue for sundry uses. There are yet others, that gather all manner of herbes in their seuerall moneths, beginning the moneth still when the Sunne entreth into one of the twelue celestially signes, saying, that every hearbe hath most vertue when it most flourisheth: some adde unto this the full Moone. But howsoeuer it be, this I know by experience, that not onely the diuersitie of the time in gathering them, in preparing and in reseruing them, but also the manifold uses of them, are iust causes of sundrie, nay, cleane contrary effects and operations in them. For this I haue seene, that one and the selfe-same Simple being gathered at sundry times in one and the selfe-same place, shall purge and binde, which are quite contrary effects. And therefore it is no maruell, if sometimes we misse of our expected purpose and hope, in not finding those vertues in the Simples, that by Hippocrates, Galen, Dioscorides and others, are ascribed unto them, seeing they are of diuers men gathered without regard of time or place, prepared without care, reserved and kept they passe not how nor how long. I remember, that as I trauelled through the Dukedome of *Brownswicke*, I heard of a woman that was very famous (in the towne there called *Gosler*) for womens diseases, but especially in staying and prouoking their menstruall fluxes: with whom, when I had conferred about her art, I found

that it was one onely hearbe, but gathered at sundry times. The reason of all these opinions and sundrie operations, because it is not our intent nor meaning here to recite them, we will deferre them till a more fit oportunitie be offered.

The sixth Chapter.

Of the preparation of some things for Phisicke,
as followeth.

The prepara-
tion of sim-
ples.

What Aloes
Hepatica is.

The vertues
of the same.

His prepara-
tion.



It is also verie necessary and conuenient, to know the true preparation of diuers and sundry things and Simples that are vsed in Phisicke, and to take away or diminish, or at the least correct that which is and might be hurtful in them; For if this should not be done, they would oftentimes, by reason either of their sharpnesse or venimous nature, doe a great deale more harme than good. Neither shall it be amisse, to shew and declare the nature and properties of the principall simples and drugs in Phisicke.

Aloepatica is the iuyce of a very sappy herbe, which groweth in the countries that lie Eastward, and is in taste maruellous bitter. The best is that which glistereth, is light, cleare, like a liuer, without sand or grauell admixed, and as yet cleauing to the skin where in it is brought. There is another kind of Aloes, called *Aloes Caballinum*, which in colour is very blacke, and not vsed in Phisicke.

Aloes is hot in the first, and dry in the third degree, purgeth gall or choler, and waterish flegme. It is corrected two sundry waies, as followeth:

Take of very fine powdered and sifted *Aloes*, as much as thou wilt, put twice as much raine water to it, stir and mire them well together, let it then rest all a night, that the sand, stones and other filth may fall to the bottome: in the morning after, straine of the clearest, couer it with a linnen cloath, and set it in the hote Sunne, or in some other warme place till it be somewhat dried, then make little rowles of it.

The other manner of washing *Aloes* is done with spices, thus: Take of *Aloes* (as aforesaid) powdered and sifted sixe ounces, of the swete wood called *Cassia Lignea*, Spikenard of India, *Asarabacca*, swete Cane, *Cubebes*, *Lignum Aloes*, Cinnamon, *Xylobalfami*, Saffron, Masticke, prepared *Lacca*: of each one ounce and a halfe. Boyle all these together in a glasse or pot in water, vntill all the vertue be boyled out of the ingredients and gone into the water: then straine it through a cloth: after this dissolve your *Aloes* in this water, stirring it continually, and at the last straine and drie it as is aforesaid. This is called of the Apothecaries *Aloe Lota*, or washed *Aloes*, either with or without spices: of this may boldly without any danger be giuen a quarter of an ounce at once.

To make burned Allume.

How to cal-
cine Allume.

Take of the best Allume, as much as thou wilt, beate it not very small, put it into an earthen pot vpon a litle cole of fire, boyle it till it be thick, white and light, and stir it well in the boyling: if it were not altogether drie, then take it out by peeces, and lay it in the hote fire, and it will be dried incontinently.

Ammoniacum.

Ammoniacum and such like gummes, that cannot be beaten small, and are very vncleane, are cleansed as followeth: Put strong vineger vpon them, and let them melt together on the fire, straine and presse them through a strong linnen cloth, to separate peeces of wood, strawe, and whatsoever else is with it, let it afterwards boyle till it be thicke, powre it out on a stone that is boyled, and make it vp as pleaseth thee best.

Oile of oliues

Sallet Oyle, or oyle of Oliues: it is oftentimes commanded to vse old oyle of Oliues: in place of which (if it be not to be had) thou shalt take one part of Oyle and two parts of water, and let them boyle together easily on the fire the Oyle become as thicke as honie, and so vse it. Others adde more water to their Oyle, but that cometh all to one end.

Pitch.

Pitch is sometimes vsed in forme of powder, and is prepared on this manner: Take one part of *Pitch* and twenty parts of water, let them boyle together in a great pot, till such time, as that the *Pitch* doe no more smell as it was wont to doe, and be molten againe together: then let fall

fall one or two drops vpon a cold stone, and if (it being cold) thou canst rub it to powder betwene thy fingers, it is sufficiently prepared. After the very same manner is also *Turpentine Rosine*, and such like things prepared.

Turpentine Rosine.

Pearles shall be beaten very small, and searced thorow a laine searce, then moule or grinde them on a mortar or marble stone with rose water, untill thou finde or feele no sharpnesse or sandinesse betwene thy fingers, then let them drie in such a place where no dust can come at them: On this manner are all other pretious stones prepared.

Pearles. Pretious. stones.

Lead being burned to ashes is vsed to many purposes, and it is thus to be burned: Take as much *Lead* as thou wilt, put it in a little pipkin, and stop it very close, let it in a potters forname, there let it glow & burne whiles his pots be a baking, then let it cole: if it be not calcined or burned inough, lute it and set it in the forname againe, and so burne it till it be so fine as ashes. *Lead* is also washed and prepared thus: Take *Lead* and beate it in a leaden mortar, put raine water to it, and beate them both together a good while till the water begin to be very thicke, and troubled like puddle, straine this through a cloth very well, and let it drie in a warme place.

Lead calcined.

Lead washed.

Take *Bloudstone* which now in vse at the Apothecaries, is the myne of *Quicksiluer*: powder it, and searce it finely, then put it in a mortar, & powze cleare fresh water on it: stir them well together, and let it settle to the bottome, then powze alway the foule water on the top, and put more cleane water to it, and do as before, till it be cleane washed, but much better it is to wash this stone with *Plantaine* water.

Bloudstone.

The preparation of *Bucks bloud* in this: in the sommer time when the sunne is in the Lion, thou shalt then take a blacke bucke or hee goate, that is some thre or foure yeares old, keepe him by himselfe the space of thre weekes, & feede him with nothing else but these herbs, as *Smallage* (which is so good for the grauell, that of some for that cause it is called the hand of God) *Parsley*, *Hallowes*, *Wimpinell*, *Iuice of the oake*, *Paules Beton*, *Saxifrage*, *Saxifrage of the wall*, and such like herbes with their rootes: Item *Straberie* leaues, *Beane huskes*, the lesser branches of the vine: giue him these herbes one after another: Thou shalt also giue him red wine to drinke, but euery third day giue as much faire water as he is able to drinke. Now when he hath thus bene fed thre weekes together, he shall at the first full moone be killed or sticke: The first bloud shalt thou let passe away, and receiue that which is the middlemost or second, drie this in the sunne untill thou canst powder it: or else if it cannot be done at the sunne, drie it in an ouen, and so reserue it in some drie place, &c.

Bucks bloud.

Those that take great delight in distillations, do feede the bucke with meate and drinke, as is before sayd, onely excepted that they giue him no water at all; They take ten pounds of this bloud, & five pounds of wine vineger that hath bene twice or thrise distilled, one pound of salt, of *Radish*, of *Cicorie*, *Pempinel*, of each of them thre ounces, *Valerian*, *Cichorie* rootes, *Ginger*, *Winter Cherries*, white *Amber*, *Sulphur* vine that hath bin well washed in wine, *Cinnamon*, *Aniseedes*, *Fennell* seede, *Commiseede*, *Wilderape* seede, *Parsley* seede, of each two ounces: of the iuice of *Agramonie*, *Rue*, *Pennyroyall*, and of *Paules Betonie*, of each six dragmes: These things being cut somewhat small, and well mixed together, they shall be put into a pot close luted and stopp'd, and buried in horse dung for one fortnight or thre weekes, then distilled in a glasse linbecke: The first water that distilleth is very cleare, & so soone as the colour of the water altereth, thou shalt change thy recipient or receiuer: this iterate in changing of recipients as often as thou seest the colour of that which distilleth to change. Others distill it all ouer together into one receiuer, and afterward reiterate or repeate their distillations twice or thrise, till neither the taste nor the smell doe offend them: In the first and second distillation ascendeth also some oyle with the water, which shall be let alone with the liquoz: and albeit the liquoz do seme nothing troubled or thicke, thou shalt not regard that, for it is but so much the stronger. This liquoz and oyle together, if it be kept close stopp'd, remaineth good and vertuous two or thre yeares after the first making of it. Of this mayest thou giue at one time two dragmes, or half an ounce in wine or meade, against grauell and dropies before meate: it doth also wonderfully prouoke sweate,

The distillation of buck-bloud.

Bolus Armenus or *Bole Armenacke*, is a red stone or earth that is brought from *Armenia*: This hath an especiall vertue to purge melancholle: the weight of a crowne at once is sufficient, for it purgeth somewhat violently: but if it be washed, thou mayest exhibite the weight of two crownes at one time, for then purgeth it gently.

Bole Armenacke.

Beate as much of this *Bole* as thou wilt, powze vpon it *Rhenish* or *French* wine, or faire water,

water, stir and mixe them well together, let it settle againe, powre off the humidity or water, or wine, and put on fresh and stir it againe as before: this doe as long as thy water cometh coloured from it, which will besome sixtene or twenty times: after this, wash it yet ten times with rose water. Some there be that doe adde such things as doe comfort and strengthen the heart, which in very deede is not to be misliked.

Camfire.

Camfire will in no wise be beaten to powder, except it be rubbed and chafed in a mortar, in the which mortar hath first bene beaten some peece or part of an almond or almonds, according to the quantitie of *Camfire* which thou wilt prepare.

Cassia.

Cassia which is in the pipe, quill, or cane, is one of the best purging medicines, and is sufficiently knowen. The best pipes are chosen by weight, & in which the kernels do not rattle, which is a sure signe that the pith or marrow in them is succulent and moist, and nothing withered or dried. It is used on this manner: Take as many of the pipes as pleaseth thee, beate upon them softly from one end to the other untill they rend or split asunder, take out all that is in it with a knife into a hairen strainer, and lay it ouer a boyling pot of water, that the hot vapor may come to it: When the *Cassia* is reasonable warme, take off the hairen strainer or sieue, hold it ouer a dish, and with a round pestell squise it thorough the strainer, and all the blacke pith will passe thorough and hang on the outside of the strainer, which thou shalt scrape off with a knife, and keepe it: then set thy sieue or strainer ouer the boyling water, as is aforesaid, and afterwards squise it thorough againe as at the first. This worke shalt thou doe againe so long, till no more pith passe thorough, and nothing but kernels remaine in thy strainer: this prepared *Cassia* is called by the Apothecaries *Cassia cribrata*.

Note, that when thou wilt use this *Cassia*, it must alwaies be new taken out of the pipes: for being reserved out of the pipe, presently it waxeth soure, and especially in the sommer time. Of this strained *Cassia* maist thou exhibite at one time one ounce, or one ounce and a halfe, in hot burning agues unto children and women in child-bed, to euery of them more or lesse, as they are able to beare.

Also if thou wilt haue this *Cassia* to purge more effectually, then put either the blossomes or leaues of the Peach tree in the boyling water, before thou hold thy *Cassia* ouer the vapor of it. The vertue of *Cassia* is, to purifie and cleare the bloud, to quench thirst, and to allay heat, being taken with Endiue water; also to purge the stomacke, to driue out choler and flegme without any danger: for it hath no sharpenesse or corrodng vertue in it. In like sort it is very comfortable for the breast and liuer, and is very good for the kidneys, being mixed with the appropriate waters that driue out grauell, and beaten Licorise, then ministred, it doth scowre away the grauell, and hindreth the growing of the stone. It is used in a confection with Manna, and it is also prepared for *Clisters*.

Coloquint.

Coloquint is a very bitter apple, and is oftentimes sowne in gardens for pleasure sake, yet it is found very seldome to be ripe. The use of that which is brought vs from Venice or other places, is this, and no otherwise. The innumerable white kernels being cast away, the rest shall be beaten very small, and sifted thorough a very fine searce, and so be brought to as fine a powder as possible may be: when it is wet, it swelleth as if it had neuer bene powdered: and for that cause it is straightly charged to be reduced into so fine a dust: for if neuer so little a peece should by chance remaine in the stomacke or guts, it would easily excoziate and hurt them, so that hereby the sinewes might take some harme, yea lamenesse and crampes ensue of it. The right preparation of it is this that followeth.

Take of the aforesaid fine powdered *Coloquint* two ounces and a halfe, rub it a great while with two ounces of oile of Roses, then take of the gum *Tragacanth*, of gum *Arabicke*, of *Bdellium*, of each of them ʒ. ss. keepe them in a little rose water untill they be dissolved: put of this mixture vnto the beaten *Coloquint*, and forme little cakes of it; let them drie, beate them small againe, and fashion your cakes againe with the gum water, and keepe them: On this wise prepared are they more safe than the crude *Coloquint*, and are called *Throcisci Alandali*: To what end they be used in Physicke, shall be shewed hereafter.

This prepared *Coloquint*, may be exhibited from ʒ. i. to ʒ. i. ss. ʒ. ii. but it purgeth vehemently, it draweth the tough flegmaticall humors from the head and other parts.

Coloquint is supposed of some to be hote and dry in the second: of others, in the third degree.

Corrall.

Corrall both red and white is prepared in that manner as is aforesaid of the Pearles.

Coziander

Coriander seede being hurtfull vnto the braine, both by his hot nature and by his strong smell, is very profitable for many uses: ye shall correct it as followeth; keepe it the space of twelue houres in good strong wine vinegar: afterward euaporate or drie away your vinegar from it in a warme place, then it is prepared. Blacke Coriander is the seede of *Nigella*, and is prepared as that aboue sayd.

Coriander
seedes.

Nigella
seedes.

Dates both swete and sowre do purge very easily especially in hot diseases & great dythes: being prest close together as they are brought vnto vs, they are kept good a long time: you may minister of them from two ounces to foure at once. They neede no preparing or correcting at all, for that they purge so gently, and can do no harme.

Dates.

Gems.

Horsleaches,

Gems or pretious stones are prepared as is aforesaid of pearles.

Horsleaches, the bloud sucking water worme, shall be kept some dayes in fresh water before they be used: putting a little bloud and bran into the water for their food, then do they lose their venome.

Scoria ferri, the refuse of iron, shalt thou cast into faire water: wash it, and let it settle to the bottome, poure of the water from it vntill it remaine very cleane and pure, afterward put it in an earthen pot that is well leaded or glassed within: put as much vinegar to it as will wet it onely, and not overflow it: let them stand so both together the space of thirtie dayes, in the meane while oftentimes stirring them: afterward moule or grinde them on a marble, as thou didst the pearles.

Scoria ferri.
Refuse of iron

Polipodium, little ferne or polipodie doth willingly grow on old wals and mossie stones, but the best groweth on oakes: it purgeth gall and slimie superfluities: it is somewhat hurtfull to the stomacke, it is therefore corrected with Annise seedes, Fennell seedes, Cloues, Cumine seedes, and is administered either with hony water, or else with the water of grapes, and very seldome by it selfe alone.

Polipodie,

Epithymus, Dodder is used in many profitable medicines: the gold coloured and strong smelling Dodder is the best: foure dragmes of it in powder, or at the most six, driueth out melancholie and choler. It is almost neuer giuen by it selfe, but alwayes admixed with other things, but specially it is sodden in drinckes or potions, at which time thou mayest vse one ounce at once. It is put in last of all into the boiling potion.

Dodder,

The iuice of wild Cucumbers (called in Greeke *Elaterium*) is pressed out of the wild Cucumbers: the Phisitions command that it should not be used till it be two yeares ole, it may be kept ten yeares together, the older it is, the better: and when it is moistened it is like vnto milk: being put to the fire, it doth presently burne. It purgeth flegme, water, and all superfluous humidities most violently, and in like sort gall and choler also. It ought not to be used vnaquiescently, or without the counsell of a skillfull Phisition, for that an error might be committed in a few graines.

Elaterium.

Euphorbium, is a strange gum so called, amongst all the purging simples the strongest and hottest, very sharpe and biting on the tongue, it seemeth to burne in the nostrils, and prouoketh neesings, it stoppeth the breath, as if it would choke one, if the dust of it be receiued. Therefore great heed is to be giuen: for two or thre dragmes of it is ranke popson. In extreme diseases of flegme and dropsies, when no other remedies will helpe, thou mayest vse it from foure graines vnto twelue, but no more: Basticke and Spike of India do greatly diminish his hurting qualitie. The ancient Phisitions did minister it with meade or hony water.

Euphorbium.

Sewets and marrowes of sundry beastes are prepared as followeth: first wash them cleane and often in cold water, then chop and melt them together with a little fire in a seuerall pot with boiling water and wine, or else with rose water: after this, presse & straine them thorow a cloth, and keepe it in a vessell or pot of pewter in a cold place. The marrow must especially be taken out of the bones in the beginning of winter.

Sewets.
Marrowes.

Iuorie is thus prepared: take of it in quantitie as you please: cut it into thin chips, put them into a new pot, and stop him close with a pot lid that is unbaked: put him into a potters forname amongst other pots to be burned. When your pot is cold, take out your Iuorie, beate it to a small dust or powder, and searce it thorow a fine hairen searce: put it into a leaded or glassed pot, pouring as much rose water on it till it be cleane couered. Afterwardes, take for euery twelue ounces of Iuorie halfe an ounce of Camfere: moule or grind them on a marble together, and when it is hard like dole, forme or make little square cakes of it called *Trochisces*: keepe them

Iuorie.

them in a glasse well stopped, that they lose not their sinel. Note also, that if thy pot be not very closely luted and couered, that thy Iuory cannot be burned white, and that it loseth a great deale of his vertue. This is vsed against all manner of poysons.

Hermodactylis

Hermodactylis some suppose it to be our Daffodils, and indeed I do take it to be a kind of them, but the Grekes do call their *Hermodactylon*, *Ephemeron*, and *Colchicon*, of the place where it groweth. And although this roote may kill a man in one day (as also our Daffodils do excitate a fluxe or laske in the belly euen till the very bloud do follow) yet hath it his vse, as in other places shall be shewed. This roote shall be digged vp out of the earth in the beginning of the sommer, and those that are sappiest and whitest within, shall be reserued. Those that are withered and soft, haue lost their vertue: such as grow in wet, watrish and low ground, are very venemous. And albeit that they be very cleane and drie, yet shall they not be vsed in halfe a yeare, and are verie seldome in request. One dragme, or one dragme and a halfe at the most is sufficient at one time. Cinnamon, Ginger, Mastix, long Pepper do greatly correct their venemous qualitie: they are giuen in the vineger of Squils, honie of Roses, or Drimel.

Hartshorne Lacca.

Hartshorne is prepared as is aforesayd of Iuorie.

Lacca the gum or sap so called, doe we not vse verie often, notwithstanding that, we will not passe ouer her preparation, which is as followeth: Take of Hartwort, of Fenegreke, of each one ounce: boile them in a sufficient quantitie of water, vntill the fourth part be consumed and that there remaine but ten ounces: being strained, put into this liquoz eight ounces of the aforesayd *Lacca*, boyle them together on a little fire, till the water become as red as bloud, and all the best of the gum be dissolued in the water: then straine it throzow a cloth, and let your bloody liquoz boile in a glasse in water, till it become thick vnto a sirupe, and moze thicker and harder: make it vp into little cakes, and drie them.

Agaricus.

Agaricus, a kinde of well knowne Mushrome: the white, compacted light and soft, is alwayes the best: that which is hollow, full of holes and blacke, is reiected. The one is taken to be the male, and the other the female kinde: the best is at the first in taste sweete, but presently afterwards very bitter. Being giuen by it selfe, one dragme or one dragme and a halfe, is inough at once: but being boiled in drinks, or other decoctions, thou maiest vie halfe an ounce: it is hote in the first, and drie in the second degree. It doth purge tough flegme, and openeth all obstructions. When thou wilt administer it, thou shalt adde a little salt Gem and Ginger to it, also Drimel and honie of Roses, by the which his venemous qualitie is verie much delayed. The Apothecaries do diuersly prepare this *Agaricus*, as followeth: Take of it as much as thou wilt, cut it small, mole or rub it in a mortar (for it will not be beaten to powder) make it in a forme of a dole with wine, in which ginger hath bene steeped eight or ten holvres, and then make little cakes or *Trochiscos* of it. The other manner of preparing is this: Take Balmeley or Muscadell fowre ounces, vineger of Squils thre dragmes, white ginger two dragmes, Spike of India halfe a dragme; let them boile together with a soft fire: straine it, and steepe in this liquoz thre ounces of the beaten *Agaricus*, but not too fine powdered, and let it stand and drie verie well in a glassed pot; and when it is almost drie, make little cakes of it with the slime of Polipodie. They purge the head and the breast of superfluous and stinking humidities, they are called at the Apothecaries *Trochisci de Agarico*.

Manna.

Manna may we call (as it is indeed) a deaw of heauē, seeing that this precious liquoz falleth in the morning with the deaw from heauen. This is now in great quantitie & very good brought vnto vs out of Calabria, situated beyond Italie. The best is that which is a little yelow, and somewhat perspicuous, or cleare like masticke, in taste sweete, and without any filth admired. This *Manna* is an easie, harmelesse, cooling and fine purging medicine, which may be giuen to women in childbed & to yong children, with distilled waters, or any broth of meate, from one ounce and a halfe vntill two ounces and moze at once; when it is moulten in the waters on hot coales, straine it throzow a cloth, that all the vncleannesse might be separated. It needeth no correction, for it hath no venemous or bad qualitie at all with it.

Mirobalani.

Mirobalani, these are strange fruits, of the which there are five sorts: of some of them are the rindes or barkes dried: of others is the whole substance dried and brought vnto vs. All of them do purge and draw tough flegme from the head; they drie the braine, &c. But euery one of them hath an especiall and seuerall vertue; which ought to be noted.

Citrini, these are yelow, hauing a thicke skin or rinde with a hard stone or stonie kernell.

They

They purge cholerike and hot humors.

Emblici do comfort and dry the braine, and are conſected or preſerued.

Bellirici haue the ſame vertues with the firſt.

Kebuli are big, blacke, and ſomewhat long, darke and of a Cheſtnut colour: the heauieſt and thickeſt of rine are the beſt. They purge flegme, and may alſo be preſerued.

Indi, of theſe are the barkes onely brought vnto vs, which are in colour blacke, for which cauſe they are alſo called *Nigri*: they are weighty as the others alſo are: they do purge melancholic.

The powder of either of them by it ſelfe (which is not vſuall) may be giuen the weight of one dragma or twaine: they be commonly vſed with an admixtion of many things: with Almonds, Currants, Fennell ſeeds, Spike of India, in the whay of goates milke, and the iuice of Fumitory, they may very metely be adminiſtred.

Peſewort, of this are two ſortes or kindes, the white and the blacke, and it is concluded amongſt *Philiſtions*, that the beſt time to gather them is the time of harueſt: they purge both upward and downward, and muſt therefore be very warily vſed: yea if it be poſſible it is good to reſtaine from them altogether. The whiter that one of them is, the better it is: it ought alſo to be ſoft, vnperifhed, and not too ſharpe or biting on the tongue. With this roote haue ancient *Philiſtions* done great maruels, and haue had many ſtrange opinions of it, that it ſhould ſtrengthen memorie, ſharpen the wit, and ſhould be very commodious againſt the falling ſickneſſe. They compare it to a captaine, who placing his ſouldiers to the battell, is himſelfe the firſt that ſorketh the field. Both of them may be vſed, but (as is aboue ſaid) with great circumſpection; for that they be venomous, as preſently appeareth in the digging of them vp: for if the ſent of them chance to aſcend into the face and noſtrils of the digger, it doth greuously diſturbe his braine, and cauſeth both a great paine and ſwelling to follow: and for this cauſe ſhall they be digged vp in haſt, and he that diggeth them ſhall ſtand with his backe to the wind, that the ſnell of them may not annoy him; and beſore he begin to dig he ſhall eate garlicke, and drinke ſome wine. The white *Peſewort* purgeth very violently by vomite, and is not ſo hurtfull for beaſts as it is for man; of neither of them may be giuen aboue a dragma at a time, and that in no wiſe vnprepared, that the patient be not choked with it. It is corrected by the addition of Pepper, Marſley ſeeds, Annis ſeeds, Marierome, and wilde mints.

The blacke *Peſewort* killeth horſes, oren and hogs, and purgeth by ſtoole. In fine, theſe rootes may the ancient *Philiſtions* praiſe as highly as they liſt, yet it is forbidden that neither women nor old men, nor children, nor men of a weake conſtitution, nor thoſe that haue a ſhort breath ſhould in any wiſe vſe them. So what other vſes they are put, ſhall be ſhewed hereafter.

Opium is the iuice of a ſtrange kinde of poppie dried, being too much vſed it killeth by ſleepe: it hath a ſtrong and vnpleaſant ſnell, which may be corrected as followeth: take a little paire of tongs, which is ſomewhat broad beſore, make it red hot, hold a little peece of *Opium* in it, and lay it downe againe preſently, and ſo do as much as thou wilt.

Rhabarbarum, *Rubarbe*, how far this pretious roote is eſteemed aboue all other purging ſimples, ſhall openly appeare in this booke. The beſt is that which is without, of a Cheſtnut and darkiſh colour, but commonly that which is brought vnto vs hath the rind taken off, and is yellow coloured. That is alſo commended which is reaſonable heauie, in the breaking ſpongiouſ, and not hard, verie red, with white ſpecks; alſo that which hath yellow ſpots, and in cheewing coloureth like *Saffron*. The preparation of it is very eaſie, for that it is ſo harmleſſe that it may be vſed without any addition, yet do *Philiſtions* commonly vſe to adde to euery dragma of *Rubarbe* three or foure graines of *Spikenard*, *Squinanth*, or ſweete Cane, or Maſtice, and moſt fitte, with whay of goates milke; in the winter time with wine the weight of one dragma, or one dragma and a halfe, being finely powdered; but ſkep'd, two or three dragmes, according to the ſtate and ability of the patient.

The ſaps or iuices of herbes, flowers and rootes, for ſirupes and other compositions, are thus prepared: Preſſe out your iuice into an earthen pot, let it boile on the fire three or foure bubbles; then let it ſettle from the fire, till all the thickeſt doſſe be ſunke to the bottome, powze of the cleareſt from the top by inclination, which onely ſhall be reſerued and vſed, caſting away the vn-
pure ſetlings.

Wilde *Saffron*, or *Carthamus* is very offenſiue for the ſtomacke, and is hot in the third

Peſewort.

Opium.

Rubarbe.

Iuices.

Wild ſaffron.
degree

degré. Of this is vsed the innermost part or kernell of the seed; it purgeth all superfluous humi-
dities, dropfies, and flegme. It is giuen to the weight of halfe an ounce in barley water sodden, &
well expreffed, but not without the admixtion of fuch things as doe comfort the stomacke. It is
also vsed to other intents, as hereafter in this booke shall appeare.

Scammonie.

Scammonie or *Scammonia*, is a strange iuice, and vsed in many compositions and purging me-
dicines, to increafe and sharpen their purging qualitie: the best Scammonie is brought to vs
from Asia: when it is prepared, it is called *Diagridion*. It is giuen from foure graines vnto twelue
at the most in one day, or at one time. The best is discerned by that, that it is blacke, leane, or
not gummy, shining, and with many little holes, much like vnto bread; and as soone as it is tou-
ched with the tong, that presently becommeth milkie white, not sharpe or biting, not sandy, not
heauie or weightie, and very brittle. In the second yeare is Scammonie in her flower and most
vertue: afterward doth it decay, and waxeth obsolete and old. It is thus prepared: Take two
ounces of Scammonie, powder it verie finely in a mortar, put a little oyle of *Ireos* to it, to bring
it to the consistence of dole: then make hollow a Quince, in which thou shalt put thy Scam-
monie, and stop the hole with a peece of a Quince verie close; wrap the Quince in dole, and let
it bake in an oven. Afterward take one ounce of yelloy *Myrobalans*, steepe them fowre and
twentie howres in two ounces of the iuice of Quinces, setting it on warme ashes; then presse
them very hard thorow a cloth, mingle it with the Scammonie, and let it dry in a warme place.
Some men do admire some Pastick with it; others take nothing else but the iuice of Quinces:
but the former preparation is that which is commonly vsed.

Iuice of Sloes

The iuice of Sloes is euerie where taken and vsed likewise for the strange sap *Acatia*, yet it
doth not agree in all points with the vertues of *Acatia*. The true *Acatia* is the sap of the tree,
from which the gum Arabick is taken. Notwithstanding if any man would make a mixture
that might haue the same vertues with *Acatia*, *Valerius Cordus* doth teach it him thus: Take the
kernels of fowre Dates, seede of Sumach, of each one pound: bruisse them, and put vpon them
three or fowre pints of raine water: let them steepe together fowre and twentie howres, then
straine them thorow a cloth, boyle that is strained till one third remaine, clarifie it with the
white of eggs, set it on the coales againe, and let it boyle softly, till it be as thicke as the iuice of
Sloes, which then may boldly be vsed.

Brimstone.

Brimstone is thus prepared: Melt thy Sulphur or Brimstone at the fire, then powze it into
the water of Lettice: this reiterate eight or nine times: when it is dry, beate it to powder. This
is commonly vsed to stop the bloud, as hereafter shall be shewed.

Sene leaues.

Sene leaues with the huskes and their seede is a common purgation for euerie man, for that
it purgeth all bad humours, and especially choler and flegme. Great store of it is brought from
Florence. It is also set in our gardens, but the verie best is brought from Alexandria. The
huskes of them are of more force and vertue than the leaues. Two dragmes of them in powder
is a sufficient dose at once: but either steeped or sod, an ounce is little enough, as in this booke
shall appeare. They are corrected with Ginger or salt Gem: and may be giuen in the decoction
of Borage, Buglosse, Violets, Pastir, Clones and Cardimonie, or else being powdered, may
any of these be admired with them, and so exhibited.

White Mu-
stard seede.

White Mustard seede may in no wise be inwardly vsed, except it be first corrected as follow-
eth: Steepe it one day and a night in good *Aqua vite*, and then euaporate or drie it away from it:
then powze vpon it fresh *Aqua vite*, that hath bene made of the best Malmesey, or of some other
strong wine with Lauender flowers in it: then let it stand and soke as before, and afterwards
also euaporate: then is thy seede prepared. This seede may be made vp in Sugar, or confected
and so vsed, or by it selfe, but very little of it at once. It is verie good to be mingled with any sto-
machicall powder: it drieth vp all moistures of the braine, it helpeth the swimming in the head,
falling euill, and the dead palsey: but vnprepared may it in no way be vsed.

Mazereon.

Mazereon, of some Spurge, or *Chamelea*, of the Apothecaries *Coccognidion*. The ancient Phi-
sitions were wont to giue seuen or eight of the seedes of it, wrapped vp in a greene fig or date;
but experience doth teach vs, that three of the seedes are sufficient inough to purge the bodie.
Sops of bread may be vsed in stead of the figs or dates: for it is onely done to the intent, that
they by reason of their extreme heat should not harne the throte. They also commanded a good
draught of water to be presently drunke after them. But flie the vse of such medicines, which
are described for none other cause, than that we might know and shun them: let Empericks and
the

the outcasts of phisicke vse them.

Take the filings of Steele, cast them into faire water, rub them well betwene thy hands in the water, polve away the unclean water from thy Steele remaining on the bottome : this washing reiterate so often, that the water come cleare from it. Then put the Steele into a well-glassed earthen pot, polve strong wine vinegar vpon it, as much as will onely moisten it and not couer it : let them so stand together thirtie dayes, but in the meane while oftentimes stirring it ; afterward beate it to powder, and mole it on a marble, as is befoze said of the pearles.

Turbith is the bark of a roose, and at the Apothecaries well knowne and very common, for that it is added vnto many purging confections. It is thought to be a kind of Wolfes bane. It is giuen in powder from one dragme vnto two at once ; but being decocted, halfe an ounce euery time. It purgeth flegme mightily. All his maliciousnesse is corrected by the addition of one third part of Ginger, and so, either with honie of Roses, or the water of grapes, exhibited. When it is vsed in powder, it must not be beaten very small.

Tutia, *Tuttie* is commonly vsed for the eyes, and in all kinds of infirmities where exsiccation is required, and is thus prepared : Make it red hot in a Goldsmiths crucible or melting cruse : then extinguish it in the vrine of a male child : this reiterate the seauenth time, afterwards also five times in Fenell water : then powder it as thou dost the pearles. Item glow it, as is now said, five or sixe times, and euery cast it into roselwater, and powder it as aboue. This is the common preparation of *Tutia*.

Wolfes-liuer must be taken fresh out of the wolfe, and be washed with good warme wine: cut it into little peeces, put it into a pot, and set it into a warme bakers ouen : keepe it in a dry place well wrapped in wormwood, lest the wormes do spoile it.

Esula, is taken for the roote onely at the Apothecaries. It is a strong purging roote, and ought not to be vsed vnadvisedly : being prepared, not aboue the weight of a dragme or lesse, as occasion serueth. There be seauen kinds of it called *Tubymalus*, and are all moze fit to be vsed outward, then inward in the bodie. It purgeth choler and melancholy. Take either the bigger or the lesser rootes of *Esula*, keepe them foure and twenty houres in wine vinegar, and let them dry againe. When thou wilt vse them, cut off and cast away all the hairie and hard parts of them, and beate the rest to fine powder.

The seede of *Palma Christi* or *Ricinus*, being purified, doth by his purging vertue driue out choler and flegme. The auncient Phisitions do command not aboue ten in number at once to be exhibited : but because they are very greatly hurtfull to the stomacke, they shall in no wise be vsed: but in place of them, other things which are lesse hurtfull. There is a false opinion amongst the common sort of this *Palma Christi*, to wit, that if the seede in the gathering of it be plucked upward, it prouoketh vomit : if it be plucked downward, it should moue stools ; but howsoeuer they be gathered, by reason of their venimous and hurtfull qualitie, they may purge both upward and downward.

Laureole, *Daphnoidis*, and *Laureola*, *Laurell*. These leaues haue a sharpe purging quality, to driue out flegme and choler. Of the powder of them prepared may be taken from foure graines vnto sixe and no moze : and with other spices and simples corrected, not aboue one dragme. There is nothing of it in vse, but onely the leaues : it is prepared by keeping of it foure and twentie houres in wine vinegar, and then dried.

Sugar is vsed in many things, as hereafter in this booke may appeare, but to boyle it there be diuers and sundry wayes : and first of all shall be shewed, how the common and course Sugar must be seuered from his filth and dregs, and clarified for sirupes, and other necessaries in phisicke.

Take (for example) two pounds of common Sugar, put it into a certaine quantity of water: set it on the fire vntill it be ready to boyle or seeth : then haue in a readinesse the white of five egges, beaten to water with a little roe, and sprinkle them with thy rod into thy boiling sugar ; let it boyle afterwards a pretie while, then doth the filth of the Sugar adioyne himselfe to the whites of the eggs : then set it from the fire, and when it ceaseth boiling, take away the filth from it with a skimmer, boile it againe, besprinkle it, and skim it as befoze, so often, vntill thou finde it bright and cleare. For sirupes and other confections let this Sugar boile somewhat longer, let two or thre drops of it fall on a cold stone, dip thy finger in them, and see if it do string or glue or draw out in a thred, which is a signe of a sufficient cocture.

Manus Christi.

For to make Sugar cakes or *Manus Christi*, the foresaid Sugar must boile yet longer: and if thou wilt know if it be sufficiently boyled for this thy purpose, take a little of it on spattens or skimmer, and throw it from thee into the aire: if it lie very white and fierie from it, then is it boyled enough: set it from the fire, stirring it continually untill it begin to be stiffe or hard, then adde and mixe those things with it, which thou wilt: then very speedily cast it on a cold stone, whereupon a little flower hath bene cast or sifted before, lest they should sticke or cleave fast to the stone.

Saccharum Penidium, called Sugar pennets, is best made of the whitest sugar that is brought from the yland of S. Thomas. Take of this (if thou canst tell how to worke it) from two untill five pounds at once, powre vpon it a good pretie quantitie of water, and if it be very vncleane, clarifie it as afoze, continue the boyling easilie untill it begin to be thicke, and that it rise vp in great bubbles: then haue a spindle or the like little round sticke being wet with cold water, thrust it into the boyling sugar about a fingers breadth, that some of thy sugar may cleave to it, and coole it in cold water: if then it easilie come from thy spindle or sticke, if it be reasonable hard, and if in the biting or chelwing it sticke and cleave not to thy teeth, then it is readie to be wrought: Take it from the fire, let the bubbles settle themselves, powre it out vpon a stone or table, that is moistened all ouer with the oyle of Oliues: when it is run flat or abroad, take vp the ends, corners, or edges of it, and throw them vpon the middelt of it: this continue, untill such time as it all doe remaine in a heape or lumpe: then dippe thy hands in fine flower lest the sugar sticke to them; hang or fasten the whole lumpe of sugar vpon a strong hooke or crooked naile fastened on a wall, and draw one part of thy sugar towards thee about a cubits length: fasten the end in thy hand to the hooke againe, and pull againe; thus continue pulling and fastening, untill thy Sugar become very white. There must at the least be a couple to worke it, that the one being wearie, the other may go forward with it; besides that, by reason of the great heate of the Sugar, it is not possible that one should doe it well alone. Now when it wareth white and cold, thou shalt draw it out in longropes, and lay them on a table whereupon a little flower is sprinkled, and so make it vp in rowles. This whole worke must be done in haste: for otherwise the Sugar will ware too hard, which notwithstanding, it is not spoiled: But if thou wilt bring it into Sugar pennets againe, it will be somewhat blacker than otherwise it would be.

This shall suffice at this present concerning the principall purging simples, and after what sort they are best prepared and corrected: and those things that haue as yet not bene spoken of, shall after (as neede shall require) be shewed and intreated of at large.

Addition.

Succus rosarum, the iuyce of Roses, or their infusion, purgeth choler gently, and cooleth withall. It may be giuen from one vnto two ounces very safely.

Serum lactis, whay of milk or of cheese, is a lenitiue and laxatiue medicine, it doth also purge choler. It is exhibited from three vnto five ounces.

Mechoacha (in English *Mechecan*) is an Indian roote, of some called white *Rubarbe*. It may be taken in substance from two scruples vnto one dragme with broth, wormewood wine, or sweet wine, as followeth: Take *Mechecan* one dragme, *Gentian* one scruple, *Cinnamom* halfe a scruple, beate them into a fine powder, and exhibite it three houres before meales with wormewood wine. It purgeth flegme and waterish humours without any molestation or trouble vnto the patient. It is giuen for the paine in the head, that hath continued long; for agues, for the collicke, for the dropsie, and for the shortnesse of the breath.

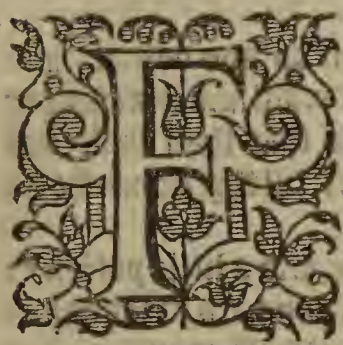
Opopanax is the iuyce of the herbe *Ferula*. The best is white within and yellow without, bitter, brittle, and of a strong sent. It is commonly giuen from one vnto two dragmes. It euacuateth the grosse and tough flegme that is inherent in the braine, nerues, breast, and ioynts.

Sagapenum is a certaine iuyce or gum so called, of a darke yellow colour, white within and strong in taste. It may be giuen from halfe a dragme vnto a whole, with the water of Rue, or of *Elecampane*.

Elecampane. It doth in like manner purge grosse and tough humours. Both these gummes are corrected with Masticke and Spica, &c. Taken out of Dioscorides, Mathiolus, Wekereus, and others.

The seventh Chapter. S. 1.

A generall rule to be obserued in purging.



As much as the especiallest point in sanation is to unburden the body of man, of abounding superfluities, and cleanse it of all corruption and uncleannesse; which indeed may be done, either by prescribing a moderate diet in meate and drinke, by leading a well ruled life, or rather if in these any thing be wanting, by purgations: Therefore it seemeth needfull here to set downe a generall rule, which euery man is to obserue and keepe, that purposeth to purge, as thus: He must haue a great regard of the nature of the disease, of the diseased, of his age, of the time of the yeare, and such like. And where (as it is already sayd) all sicknesses

A rule for purging.

and inward griefes do proceede of corruption of the blood and bad humours, (as in this our worke doth appeare,) necessitie therefore doth require that such superfluities and corruptions should be expelled and banished out of the body, which for the most part is perfected by drying or purging medicines, whereof now shall be mentioned. The best counsell therefore is, that not vnadvisedly, but very warily thou meddle with strong medicines. For as in all infirmities purgings are very needfull and profitable, so also the vse of bad and too strong purgations is very hurtfull and dangerous. Therefore in sharpe and perillous diseases shall the aduice of a learned Physitian be asked, or else in his absence to chuse and vse things that are easie and safe, of which in this booke euery where mayest thou haue chosse.

What persons shall abstaine from purging, and the impediments thereof. S. 2.



All such as vse a moderate diet, and eate nothing but that which ingendreth good blood, they haue no need of any purgation.

What persons are to refraine from purging

Those that do abound in blood, may in like sort omit purging: but good it is for them to be let blood.

If any matter or bad humour do settle it selfe in the concauitie or hollownesse of the articles or ioynts, and is inherent, as in the Leprie, and such like happeneth, in vaine it is also for them to purge; for if such humours be moued onely, and not wholly expelled, they might easily be drawne to some noble and principall part of the body, whereby the diseased might be greatly weakened, and fall into a worse inconuenience than before.

In great heate or cold mayest thou not purge, for the heate diuideth and spreadeth the matter ouer all the body, and weakeneth greatly: at which time if thou purge, thou doest stir and mooue the humors, and doest ouerthrow the strength of nature. In great cold is the matter tough and thicke, and altogether vnapt for Physicke to worke vpon.

It is also forbidden in weake persons, whether their weaknesse proceed from nature or some other accidentall cause, to purge strongly, although gentle purgations for their ease in some sort be allowed.

Note and drie natures must forbear purgings, for all purging medicines for the most part are hote and drie, and by that meanes do they augment heate and drought, and hurt the bodie.

Very nice and dainty persons shall not take any strong purgation, for in them are the humours easily moved.

In like sort might fat bodies, which commonly are but weak, by strong purgations incur the danger of stifling.

Young children and old men shall shunne purgations: and those also that labour much, and carry great burdens: for they are alwaies weary, which is contrary to all purgations.

What is to be obserued in and after the taking
of a purgation. §. 3.

In, and after
purging.



After the taking of a purge, is a moderate motion vp and downe, and stirring of the armes commodious, that the matter fall and remaine not all vpon a heape in the body. But if thou feare that thou shalt cast vp the purgation, thou shalt be at rest and quiet till thy stomacke be stayed.

If the purgation that thou hast taken be gentle, and a little potion or drinke, thou shalt forbear to sleepe after it: but vpon hard or solide medicines, as pills, tabulats, and such like, is sleepe and rest granted, that by the inward and naturall heate the substance of the pilles might the sooner be dissolved and dispersed.

The purgation being taken, it is not amisse to vse some sowre thing after it, as a Pomegranate, vnrype Grapes, Oranges, &c. for that strengthneth the stomacke, that it draweth no ill humors to it, and it stayeth all the vomiting. It is also good after the taking of any purgation to drinke a draught of whay or warme beere; it helpeth the operation of the medicine, and dulleth her sharpenesse. It is also good to keepe the belly warme, least by force he draw away the medicine from the stomacke. To this end is nothing more commodious than warme water to set thy feet in, for that warmeth all the bodie. The belly may also be couered with a little bagge, and some bran in it.

When the medicine beginneth to purge, it is not much amisse to mooue the bodie somewhat: for by that motion descendeth it downewards, and all the harme or badnesse which the medicine hath with it, is thereby taken away: the motion helpeth also to expell the humors.

Whilest the medicine doth yet purge, thou shalt neither eate nor drinke, least it hinder the operation thereof. Notwithstanding if the patient cannot forbear so long, let him vse the broth of a hen, or some such like thing, or else the sirupe of Violets, to delay the heate of the stomacke, and to preserue him from an ague. For a great quantity of choler being drawne into the stomacke by reason of hunger, might easily cause such an accident as might be very hurtfull for the diseased. Secondly, if a great hunger should ouertake him, he may boldly take a peece of a toast and dip it in good wine, or any such like liquors, but not so much in quantity, that the medicine might be hindered of her operation.

Sleepe, after the operation of the purge, is permitted: for as the purge doth weaken and distemper the body, so doth rest and sleepe strengthen it againe.

After thy sleepe thou shalt make but a small and easie meale: for considering that the naturall powers and vertues of the body be somewhat weakened, they might by too much and too hasty eating be quite ouerthrowne: so that this is a generall rule; The more the medicine hath purged, the lesse ought to be eaten after it.

The next day after purging, is good to bathe in warme water, if at the least the feeble estate of the patient doe not dissuade from it: for thereby are the reliques that are left after purging moistened and digested, and it suppléth also the drie body.

On the third day shall a veine be opened, by the which the vapors (of the humors that were moved and expelled) are taken away, which otherwise would be no small hurt vnto the body. This shall suffice as concerning the rules and ordinances that ought to be obserued in purging.

An addition for the better and more expedite vnderstanding
of this Chapter.

Purging is an eua-
cuation of humours
that abound and mo-
lest one : wherein is
to be noted

| | | | |
|--------------|--|---|--|
| | | Full of corrupted humours | Not crude. First concocted. |
| Who | Are to bee purged, to wit, they that be | Strong. Vsed vnto it. | |
| | Not : as they that be | In health, without any bad humours, weake, women with child, leane, not accustomed, of a drie complexion, old, fat, troubled with the blondie-fluxe, or any laske, con- uulsed, emptie of body, subiect to fawning, women that haue their flowers, children, labourers, &c. | |
| | | Eyes. The braine by the Nose. Pallate. | |
| How | Lungs Arteries of respiration | by coughing. | |
| | Stomacke Conuexe part of the liuer Humours tending upwards | by vomite. | |
| | Concaue part of the liuer Humours descending | by stooles. | |
| | Kidneyes Wombe | by stooles. urine. | |
| How much | Age. Strength. Complexion. The disease. Time. Custome. Place of | habitation. infection. | |
| When | Not In the beginning In the state or vigor In the declination The humours being concocted. | of a disease. | |
| With what in | Cholericke Flegmaticke Melancholike | persons | With medi- cines that purge Choler. Flegme. Melancholy. |

The eight Chapter. §. 1.

Of Phlebotomie in generall.

Phlebotomie.



The health of man is no lesse maintained, and being in decay restozed by right vse of Phlebotomie, than by purging; and therefore ought it not at this present time to be passed ouer in silence. As concerning euerie particular disease and causes of it, shall hereafter particularly be mentioned made. First, one that is in good health, needeth neither boring nor cupping, nor the letting of blood. Also the Phlebotomie is fruitlesse to such as haue so strong a nature, that (being overladen) is able to expell all superfluities through naturall passages, as by blæding at the nose, by the piles or hemorrhoides, by the flowers in women, and such like: to such is nothing else to be done, but to ayd nature in opening of those passages that she hath chosen to ease her selfe by. But now might some man aske this question; Why, or for what cause is Phlebotomie vsed? Whereunto may thus bee answered: When the aboue-named naturall euacuations haue not their course, then are there foure reasons why this letting of blood might be vsed. First, when blood aboundeth, as commonly in those that haue a hote liuer, full veines, a high colour and brownish, and are not too fat and corpulent: also in those that eate and drinke abundantly, liue at ease, and that vse meates that ingender much blood; which when nature cannot altogether digest, doth smother, rot and corrupt in the veines; from which dangerous and deadly diseases do ensue. Therefore if phlebotomie be in due season adhibited, it hath these commodities with it: first, that the whole bodie, or the part affected, may more surely by this meanes than by administration of inward Physicke be eased. For in the letting of blood, being ruled by art, thou mayest draw as little as thou wilt, and as much as seemeth needfull; which in purging can in no wise be done: for that which is taken into the bodie, that remaineth there, whether it be too much or too little, whether it doe good or euill. Furthermore, Phlebotomie doth strengthen the braine, comfort the sight, warmeth the cold marrow in the bones, freeth the inward parts of many infirmities, stayeth vomiting, helpeth also oftentimes the fire or laze, cleareth the senses, restozeth sleepe, reuiveth the spirits, because melancholy blood is by it diminished, cureth deafnesse, reduceth the lost voice, augmenteth the powers and vertues of all the body, by reason that it is by this meanes rid of superfluities. In the same sort also is anger delayed by it, because that choler or gall is by Phlebotomie also diminished. The abundance of blood is knowne no lesse by the thicknesse and troubled consistence of vrine, than by the signes before mentioned.

Secondly, although the blood be not inflamed, but onely superabounding, yet doth it cause grievous agues and other perillous diseases: wherefore, whensoever we finde an inflammation and an abundance of blood, presently we open a veine. Also if any one euery morning about the dawning of the day doth vse commonly to sweate, it is a signe of a superfluitie in the veines.

Thirdly, where bad and cold blood is, there must a purgation preceade Phlebotomie; otherwise the good blood will be drawne forth, and the thicke, tough and cold blood remaine in the veines.

Lastly, it is profitable at some times to be let blood, not for any of the aforesaid causes, but onely that the blood might be led or drawen from the one veine into the other. For example, If a woman do ouer-passe the time wherein she should haue her flowers, then do we open the veine *Saphena* in the foote, thereby intending to draw the blood downewards. Others comprehend all these particulars in these two points; namely, such ought to be phlebotomized that abound in blood, and for that cause are very subiect vnto sicknesse. Secondly, that are full of bad humors, or that doe abound in a corrupted masse of blood, and are diseased: of all which points, and how euerie veine shall be opened, we will more at large speake hereafter. Where we shall treat of e- uery sicknesse in particular.

Of the causes that prohibite or forbid
phlebotomie. §.2.



We haue before shewed what persons ought to be phlebotomized: also what pro-
fite this letting of blood causeth. Now we will declare what persons must for-
beare it, and what might hinder it. First, *Galen* commandeth that no body be-
fore the fourteenth yeare of his age should be let blood: but his successors the
latter Physicians, will that no man should haue a veine opened before the
seuenteenth yeare: also those that are aboute threescore and ten yeares old should
in no case meddle with it: adding, that youth being hote and moist, doth con-
sume much, and therefore needeth much blood for the sustenance of life. In like sort also haue old
men small store of good blood, but rather great store of bad humors; where the letting of blood,
might take away the best blood and leaue the worst behind: Beside this, they are weake, and
their strength doth dayly decay, But those that are of a middle age from thirtie to fiftie, may
most safely vse phlebotomie: for they neither incline to the one, nor to the other.

Causes that
hinder phle-
botomie.

To those that are cold of complexion is phlebotomie forbidden, as also to such as dwell in
cold countries: for their blood lieth deepe in their bodies, is thicke, and vnapt to be educed. Also
where there is a great paine shall it be omitted, except it were in a hote ague: and there shall so
much be drawne that the patient doe swoone, to the intent the whole bodie thereby might be
cooled, and the heate taken away.

Also it is not good presently after a bath to be let blood, nor after the vse of Venery, nor after
any long lasting sicknesse, vnlesse the patient do abound in vncleane blood: neither must any one
that hath ouerladen his stomacke with meate or drinke, and as yet is vndigested, vse phlebo-
tomy. They that are constrained to much vomiting of choler in the stomacke, must also forbear
it, otherwise it will greatly weaken them.

Lastly, no man shall after much bleeding at the nose, or much bleeding of the hemorrhoides
or piles, or after great store of the flowers in women, be phlebotomized; for it will cast him
downe and weaken him, because the blood is the treasure of life.

At what time and in what signe a veine ought
to be opened. §.3.



Of the preservation of health, it is best to be let blood in Aprill or in May, because
at that time man doth most abound in blood, and it shall be done on the right
side, either in the hand, arme, or foote: for in these moneths and in Sommer also
increaseth choler, which proceedeth from the liuer and gall, that both lie on the
right side.

When phle-
botomie
ought to be
vse

In Haruest groweth melancholy blood, and then must the veine of the spleene
be opened on the left side, and in winter also.

In like sort it is ordained to be let blood for diseases of the heart in the Spring, of the liuer in
sommer, of the feete in haruest, and of the head in winter. And to the end it might more clere-
ly appeare at what speciall times phlebotomie may be vset, it shall now be shewed from moneth
to moneth, which times are most conuenient, and which are not.

In January shalt thou by no meanes be let blood, except necessitie constraineth thee, and that in
diseases of the head.

Ianuarie

In February, if necessitie require, mayest thou vse it.

Februarie

In March it is altogether forbidden.

March.

In Aprill it is alwayes conuenient to open a veine, but not the Median.

Aprill.

In May it is very good and conuenient, but not in legs nor feete.

May.

In Iune (if neede require) thou mayest sometimes phlebotomize.

Iune.

In Iuly it is hurtfull, by reason of the heate.

Iuly.

In August likewise, vnlesse it be towards the latter end of the moneth.

August.

In September it is as conuenient as it was in Aprill or May.

September.

October.
November.
December.

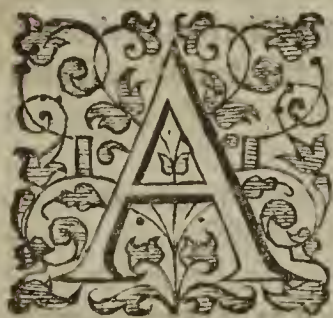
In October and November mayest thou also phlebotomize.

In December is phlebotomie prohibited, partly by reason of the extreme cold, partly also because at such time there is small store of blood in the body of man.

There is a great abuse among the common people committed, to looke for the signe in the Almanacke, and so where the Moone resteth. They make also great difference betwene the height and lownesse, dryth and moistnesse of the signes. also whether the Moone be new or full, increasing, or decreasing, and diuers things more, which of some very superstitiously are obserued. Furthermore, if the Moone be in *Aries*, then it is forbidden to let blood in the head veine and vnder the tongue. And if the Moone be in *Taurus*, it is thought vnmeet to open any veines in the necke, or to bore or cup about the necke and shoulders. When the Moone is in *Gemini*, which rule the armes, and is supposed to be a hote and moist signe, the places gouerned are not to be touched. *Cancer* is cold and moist, where if the Moone be, neither the hand nor the left arme ought to be touched. Because *Leo* is hote and drie, no phlebotomie is permitted concerning the heart. *Virgo* is thought to be a very bad signe, and to be cold and drie, and to rule the guttes: at which time ought neither phlebotomie nor any purgation to be vsed, but all kind of Physicke to be abandoned.

But I take it to be a great deale more meet that euery Physitian examine well the estate and manner of the diseased patient, and to iudge wisely thereof: and first to feele the pulses, and seeke out the infallible signes of the infirmitie, before he runne vp to heauen to see the celestiall signes: for in sharpe and very hote diseases there is no leisure to expect a good signe celestiall, but immediately to open a veine, and that so often reiterated as need shall require. But in such like infirmities must the counsell of an expert Physitian be alwayes vsed: for if phlebotomy in the like extremities be not in time adhibited, life it selfe might oftentimes be indangered.

An admonition to those that let others blood. §.4.



All those that let others blood, must take great heed they eter not too deepe in their launcet, for feare of pricking an artery or sinew, because they are placed very neare, vnderneath, & about the veines. And if a sinew be wounded or hurt, great danger is like to ensue, as *spasmus*, great tumors and swellings, or other more grievous accidents, and at the last a terrible & hard death, or at the least a resolution or lamenesse of the whole member so grieved; for a wounded sinew is counted incurable, as at another time and place at large shall be shewed. Also if an Artery be touched, then either gusheth forth that excellent blood of the heart, in which the soule of man resteth; or else *Sinovia* which very hardly will be stinted, because rest and quietnesse in all consolidations & healings are required, where indeede all arteries are in continuall motion. But to stay the running of *Sinovia*, thou shalt haue very good and expert remedies in the first part of this booke. Notwithstanding it is sometime permitted to open an artery, but onely when the greatest need requireth that may be, because (as is already said) it can by no meanes be done without great danger. But because there is no such peril in the opening of some veines as is in others, let this instruction that followeth be diligently obserued.

The Cephalicall or head veine is without danger, for that there is neither artery nor sinew neare it.

The Median is somewhat perillous for there lieth a sinew inst vnder it, which is to be regarded.

Basilica or liuer veine is not without danger, for vnder it is placed both an artery and a sinew.

The Spléne veine hath no other danger, but that it is small and hard to be pricked: and therefore shall the hand first be laid in warme water. But whatsoeuer is more to be said of these and the like other veines, shall immediately hereafter be declared.

In this point all Physitians doe agree, that wheresoeuer is great store and very thicke and grosse blood, there must the incision be made the larger, that the vapors and bad blood might the better issue forth: for if it be not large inough, then commeth forth the thinne and subtile blood, and that which is grosse and bad remaineth behind. But if the patients be very weake, then of necessitie

Head veine
safe.
Median somewhat dangerous.
Liuer veine dangerous.
The spleene veine.

Incision great
or small.

necessity must the issue be made the lesse, that their little strength be not ouerthrowne, and their vitall spirits let out.

What is to be done before, in, and after the letting
of blood. §. 5.



Whensoever thou doest purpose to be let blood, vse some foure daies before meates that are subtile, light and easie of digesture, especially if thy blood be grosse, thicke and heauy, that thereby it be made thinner, more fluid and subtile, and so much the easier issue forth: neither is it amisse to bathe thy selfe two or thre daies before, but not on the day appointed for letting of blood. It is also good in the precedent daies to vse the sirups of vineger.

Note also, that thou be not phlebotomized presently after awaking out of thy slepe, but rather two or thre houres after it, and when thou hast walked before. All the learned Phisitions also do counsell (although it be against the common custome) not to open any veine, the patient being fasting, or not hauing eaten a new laid egge, and drunke a good draught of wine vpon it; then to be let blood, and thre houres after to breake his fast againe: the cause whereof is, that when the stomacke hath taken a little food, nature is most strong.

The member likewise which is to be phlebotomized, ought first to be somewhat chafed and rubbed with warme clothes, that the humors thereby might be drawne thither. It is also not amisse to binde the member with a band: for that in like sort draweth the humors into the veines.

It befalleth oft in phlebotomie, that the blood by no meanes can be stanchd or stopped: for the which thou shalt finde in the fift booke diuers approued remedies; but for the same is the powder of calcined or burned Vitrioll very highly commended, being cast vpon it.

If the patient chance to faint in the letting of blood, let him drinke a cup of good wine, for that reuiueth the vitall spirits, strengthneth the heart, and refresheth the blood. Use also for the same those things that do comfort the heart, which thou shalt finde in the second booke.

If the opened veine should swell and puffe vp, then boyle Rue in the Oyle of Olives, and apply it to the veine. This also is very good to be vsed after cupping, if the place should begin to rankle.

After the letting of blood the patient shall forbear slepe at the least sixe houres, and not eate in the time aboue specified, that the humors now stirred and troubled in the body might be settled againe in the meane while. Afterwards let him vse light meates, abstaine from milke or any thing that is made thereof, and then at the last commit himselfe to slepe. Lastly, he is not to vse any thing either inwardly or outwardly, but that might warme and comfort the bodie, and to follow that most learned man Ioachimus Camerarius, who excellently and briefly obserued these rules after the letting of blood.

Prima cœna die sit misso sanguine parca:

Lux abeat letis aucta secunda modis.

Tertia sed placida debetur tota quieti:

Quarta & quinta sibi mollius esse volunt.

Balnea sexta petit: mox septima colligit auras,

Fertq; vagos circum rura nemusq; pedes.

Octaua amplexus dilectæ coniugis: & quæ

Antè fuit, vitam restituisse solet: That is,

The first day not much meat be spent:

The second day to mirth be bent:

The third day vse thy rest and ease:

The fourth and fift eate what thou please:

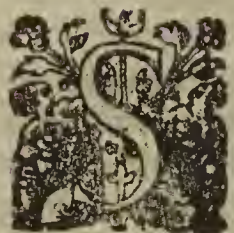
The sixt day bathe in any case:

The seuenth walke from place to place:

The eight mayest thou lie with thy wife,

And after liue thy wonted life.

What veines ought in euery disease to be opened. §. 6.



Seeing that the body of man is euery where full of veines, here shall now be shewed which of them ought to be opened for the ease of any one member, or for cure and helpe of any disease whatsoever. First therefore shall be noted, that phlebotomie may be vsed in diuers parts of the bodie, partly as the disease requireth, partly also according as the veines are apparent. Amongst others, there are sixe from the armepit downward to the elbow, with those on the hand, that may be opened. The first is called *Cephalica*, the head veine: the second *Basilica*, in Latin *Hepatica*, the liuer veine: the third *Mediana*, *Cordiacca*, *Corporalis*, *Nigra*, *Matrix* and *Communis*, that is, the median, heart, corpulent, blacke, mother and common veine. The fourth *Axillaris*, the veine of the armepit, because in the armepit it most plainly appeareth. The fift on the beginning of the hand, which now is no longer phlebotomized. The sixt is also on the outside of the hand, betwene the little and fourth finger, which of the Phisitions is called *Sceiles*, *Splenetica*, *Saluatella*, that is, the spleene veine.

The lower parts of the body (as the legs and feet) haue three speciall veines: the one *Ischiadica*, the hip veine: the other is *Saphea* or *Saphena*, the womb veine: the third *Poplitis*, the knee vein, which is the iust middle veine. They are the speciall veines that commonly are opened: of which and others more, we will hereafter speake at large.

Of the head veine *Cephalica*. §. 7.



This veine is also called *Humeralis*, the shoulder veine, because it easeth al the veines that are aboue and beneath the neck, whensoever it is opened. This veine being opened, it doth much help the head-ach called *Hemicrania*, madness, and such like, that proceede of an extraordinary heate. It beginneth to appeare about the armepits, and passeth along by the left arme.

To the end then that the Reader might more clereely vnderstand and know, in what infirmities this veine may conueniently be opened, I will briefly rehearse out of other places of this our booke, and shew when it is usually opened: As for example, in head-aches with agues, heate and fluxes: in tumors of the armepits: in the paines, inflammations and apostumations, with other impediments of the eyes: in frenzies or madnes, in the night mare or hag: in all accidents of the mouth and throte: in all rheumes, in hot agues with an infection of the lungs. Here mayst thou perceiue and see manifestly, that this may iustly be called the head veine.

Of the liuer veine *Basilica*. §. 8.



Amongst all others is this liuer veine *Basilica* the principallest, whose name is sufficiently knowne both in Greeke and English. This being opened, vnburdens all the parts below the necke, as breast, liuer, &c. of their superfluous blood; so that if any of these be any kind of way diseased, it may by that means be recovered againe: it taketh her beginning of the armepit veine or *Axillaris*, and goeth downe to the elbow. The diseases in the which it is usually phlebotomized, are these: In tumors of the eyes, in vneasurabable bleeding at the nose, in wheeling or ringing of the eares, in extreme melancholy, in rheumes with heate and agues, and in all infirmities of the lungs, in broken veines or varices of the breast, in the panting or beating of the heart, in great faintnesse, in ruptures, in bleeding of the hemorrhoides, in barrennesse of women that proceedeth of heat, in an obdurate and hardened liuer, in melancholy, in hot swellings of the stomacke, in obstructions of the vrine, in impostumes of the wombe, in the paine of the hips, in the gout, in wrenchings of the ioynts, in broken veines, in great inflammations, in the poxe, and in the measles.

Of the Median or middle veine. §. 9.

This is for the most part of all our Physicians and Chirurgeons called by the Latine name *Mediana*: because it lieth betwene the abovesaid veines, and taketh his beginning also from them both. This being opened in all infirmities doth most good, for that it easeth both the upper and lower parts of the bodie: for which cause it is called *Universalis*, the common veine, and not as some suppose, because it cometh from the heart. Here is to be observed, that if the head veine or *Cephalica* should be opened, and it no where appeareth; in stead of it the Median shall rather be used than the head veine: likewise if the Liver veine be not seen, open rather the Median than the head veine. As for example, this veine is conveniently opened in swollen eyes, bleeding at the nose, outrageous melancholy, hot rheumes, panting of the heart, ruptures, to procure children in women of hot complexions, bleeding of the hemorrhoides or piles, and to procure the flowers in women, &c. by which every skillfull man may guide himselfe.

Of the armpit veine *Axillaris*. §. 10.

The fourth veine is called (as is aforesaid) *Axillaris*: it is a branch of the great liver veine, called *Vena cava*, the hollow veine, which cometh from thence into the armes, and sheweth it selfe in the bending of the arme. It hath great correspondence with the head veine, as is already sufficiently shewed. After the same sort it is with the fist, which is on the end of the arme: so that all that hath bin said before, and which shall be said hereafter of the Splene veine, the very same may be said of these two.

Of the Splene veine or *Saluatella*. §. 11.

The first principall veine lieth betwene the little and fourth fingers, on the outside of both hands. It is oftentimes opened, because it cleanseth the spleene, liver and breast, cleareth the voice, preserveth the internall parts, but especially the stomacke and mouth from all accidents whatsoever, easeth the paine of the heart, & taketh away all the superfluous blood of the before named inward parts. The later Physicians make this distinction: they call this veine on the left hand *Splenetica*, the spleene veine; and on the right hand *Saluatella*: for this cause have divers opened that on the left side, letting it blode till of it selfe it stancheth, supposing thereby to heale all infirmities of the spleene. It is also opened in blood spittings, in obstructions of the spleene, and in the French pox: That on the right hand in infirmities of the liver, in shaking palsies, in contractions of the mouth, in all manner of stiches, in the gout, in the pockes, and in fine, almost in all other diseases.

Of the hip veine. §. 12.

After the description of the veines that are in the armes and hands, it followeth now to treat of the three principall veines apparent in the legs and foete. The first and uppermost of them is called in Greeke *Ischiadica*, and in English the hip veine. It is commonly opened upon the left foete, thereby to draw the blood downwards, and to ease all the maladies of the same side, of the kidneies, of the wombe, and such like: also to make the piles bleed, to helpe the paine of the hip, to cease the raging of the gout; if it be opened hard by the little toe, although it specially appere upon the ankle on the outside of the leg.

Of the wombe veine or *Saphena*. §. 13.

This cometh from the great liver or hollow veine, and descendeth from the foreside of the legge downe to the inward ankle, where it very manifestly appeareth: for the which cause it is also called *Manifesta*, the apparent or manifest veine, otherwise *Saphea*, and not *Saphena*. This is especially opened to draw the blood downewards from the privie parts of man, from the wombe in women, in sore eyes, in madnesse, in the palse, in the night mare, falling

falling euill, blood spittings, womens flowers, and barrenesse of them, in the suffocation of the matrix, or the rising bp of the wombe or mother, in the gout, and in the plague.

Of the hamme or knee veine. §. 14.

This also is a median or middle veine, which descendeth downewards thzough the calfe of the legge into the foote, as the median of the arme doth into the hand: and it is moze meete to be opened to the aforesaid infirmities, than either the hip or wombe veine, because it is nearer adiacent to the womb with her annexed parts than either of them, and therefore draweth with moze force.

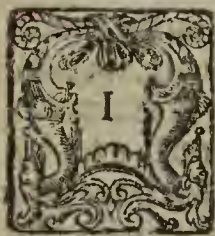
Of the veine in the forehead. §. 15.

In the middest of the forehead is also a very apparent veine, which vsually was opened in all paines of the hinder part of the head and necke, although it haue continued very long; also in all paines of the eyes, but first of all ought the head veine to be opened. It is also vsed in the frenzie, night mare, and pallsie.

Of the veins of the eyes. §. 16.

These little veins appeare in the corners of the eyes, hard by the Nose bpwards toward the forehead. They are commonly opened in inflammations of the eyes: but first of all open the veine of the head.

Of the veine in the Temples of the head. §. 17.



In the temples of the head are veins, which some men do counsel to be opened in the paine of the eyes, if the same proceed of hot humors or windinesse, as is before said. But it is not without great danger, because there is an artery hard by it, which easily may be felt. The same may be said of the veins behind the eares, which also are very commodiously opened in great paines of the head, as *Hemicrania*, in a continual paine and swimming in the head. But *Auicenna* suppoeth, that such as vse it thereby are made barren or vnfruitfull.

Of the veine vpon the Nose. §. 18.

In like manner also is there a veine vpon the nose close by the forehead, which may be opened: but first must a towell or napkin be tied hard about the necke and thzocate, that the veine may swell or puffe bp, and be the better scene.

Of the veins in the lippes. §. 19.

These are opened in all putrifications and rottings of the gums, and many other infections of the mouth, but not before the head veine.

Of the veins of the Almonds or Kernels in the throate. §. 20.

There be foure of these veins apparent, the which being opened, helpe very greatly in all rheumes and defluxions, as also in tooth-ach, but it is not good to open them but when the rheume beginneth to fall.

Of the veins vnder the tongue. §. 21.

Vnder the tongue are also some veins, which in dangerous diseases may well be opened, and especially in the squinancy, and in all other slegmaticall tumors of the thzote, in the night mare, and all maladies of the tongue.

Of the veines of the necke. §. 22.

TO conclude, there be certaine veines in the necke, called of the Arabians *Guingedes*, which vsually were opened in the beginning of the leprosie, in the paine of the throte called *Angina*, in shortnes and oppression of the breath, impostumes of the lungs, in affections of the spleene and sides. Thus ending this Chapter of the opening of all kinde of veines, we will treat of boring or cupping, which also is greatly commended in Phisicke.

The ninth Chapter.

Of Cupping.

This is the second meanes, whereby the abundance of blood in mans body is diminished. *Galen* did so highly esteeme of it, that he termeth it a precious helpe, and commendeth it in many diseases, but especially where flegme and windinesse doth exceed. He ascribeth vnto it the attraction of humors, ceasing of paine, diminishing of flegme, dissipation of windines, to prouoke hunger, to withdraw and to stay rheumes, and to stanch bleeding. He aduiseeth also to vse it in a great paine of the belly proceeding of wind, as the most true and present remedie, namely, to fasten a great bore or cup on the place pained, and often two renew it: for thereby is the wind maruellously drawne forth and dissipated: and not only for this, but for the hardnes and other accidents of the spleene, but without picking or opening of the skin. But note that this boring or cupping ought not to be vsed, except the patient haue first of all thoroughly bin purged: otherwise it doth draw the superfluous humiditie, which lieth deepe vnderneath, outward to the skin. These bores also are not to be set iust vpon the place affected, but hard by it thereabout, that by them the matter might be dissipated and withdrawne: As for example, if a woman had too many of her flowers continuing, the cups or bores shall be set vpon her breasts. In too much bleeding at the nose, vpon the nauell, and so in more places contrary still to the course of the blood, or else vpon the veines whence the cause proceedeth: likewise to prouoke or moue the termes in women, the cups shall be fired vpon the thighes: in sore eyes, behind the necke, as in many places in this booke shall be shewed. Thus much for the cupping without opening the skin.

But if thou wilt open the skinn also, as commonly is vsed in diuers parts of the bodie, and especially in any hard tumor or *Schyrrhus*, or other swellings with a great distention and paine. In like manner when thou wilt draw the peccant matter from the infected place to another, as to remoue head-ach, the cups are fired on the caues of the legs with opening of the skin: which also is done if the termes or flowers in women be stayed, and in such like other accidents, as hereafter in this booke at large shall appeare.

The tenth Chapter.

Of the diminishing of the blood by Horfleaches.

The third meanes whereby the blood is drawne forth of the body, is that blood sucking water worme, which the ancient Phisitions by their experience for the helpe of man haue found out. These Horfleaches are of diuers and sundry colours, some blacke, some red, some greenish, and of many other colours. They are all of them somewhat venemous, but especially those that be partie coloured with Greene stripes, big, and lue in stinking pooles, which altogether are to be auoided. Others that appeare in May, and most of all about noone, abide in other pooles and waters, where also they are taken: How to prepare them for to vse, hath bene shewed in the first Chapter.

Before they be fastened, the place must first be well chafed, with water moistened, and well scratched with the nailes; then take they the better hold. When they are fast, annoint the place with

with warme oyle that it coole not: and if they be fixed to either hands or fete, then put that part into luke-warme water, whereon they be fastened: but if they draw or sucke not strong enough, clip off a little peece of their tailes, that the blood may passe through them; for they will not leaue sucking for all that, vnlesse a little salt or a few ashes be cast vpon their heads, or that they be stricken on the head with a little wand or rod, or that they be burnt with a ware candle. After they be fallen off, thou shalt fasten a bore or cup vpon the same place to draw out the remaining blood and venome, or else moisten it with a warme sponge: and if it continue bleeding, cast some meale on it, and lay shepes wooll dipped in oile vpon that, or some other thing, as in the fifth part of this booke is taught how to stanch blood.

Here is also to be obserued, that these horseleaches do not draw the blood out of the inward parts of the bodie, but onely that which lieth in the flesh thereabout, so that they can onely be vsed in place of bores, and especially in blacke melancholy blood, which by nature they only sucke forth. And this is all the difference betwene the vse of them and of cups.

In the application or fastening of Horseleaches, they must be put into a quill, reede or cane, that they take hold of no other place but where they should.

It is furthermore well knowne, that great store of superfluous humidities are expelled by baths, sweat, rubbing, vomiting, and such like: but because these things must be altered, augmented and diminished according to the estate of the person, great heed ought to be giuen, what here and there in this booke is spoken of them.

The eleuenth Chapter.

Of the sixe things not naturall, called of the Phisitions

Res non naturales.



Because why we make no mention of these sixe things, is, for that by them a generall rule of the life is to be obserued, but most of all in the time of sicknesse, when euery one (according as necessitie requireth) is taught what order is to be kept in euery of them.

The first is aire, to wit, what aire ought to be elected, what to be refused, and if neither of these may be, by what meanes to correct it,

The second is mouing or motion, which is not a little to be regarded, because some diseases require much mouing, others litle, and some none at all.

The third is sleepe and watching, which is of no lesse account than motion.

The fourth is fulnesse and emptinesse, which teacheth what order is to be followed in meate and drinke, as also in hunger and abstinence: the meanes also to restore that which either is wanting in the one or in the other.

The fift, the accidents or motions of the mind, as anger, feare, gladnesse, sorrow, loue, hatred, &c. which oftentimes cause great change and alteration both in sicknesse and in health.

The sixt is meate and drinke; which is meate for euery disease, which vnmeate. Of the which in euery particular disease, severall instructions shall be giuen: this generall rule presupposed, that no man diseased shall ouerlade his stomacke with meate or drinke, except it were to vomit it vp againe. It is also better to eate thrice a day, and a little at once, than but twice abundantly.

If of all these things thou wilt haue a more iust explication, looke in the second part of the wheeling and stopping of the breath, by the which thou mayest also rule thy selfe in other infirmities.

Furthermore, whatsoeuer might be said of the foure complexionis or humors of mans body as blood, choler, flegme, and melancholy, with their incompassed mixtures called *Intemperies*, which are eight fold, and what else doth appertaine vnto them, shall sufficiently as oportunitie serueth hereafter be declared.

The twelfth Chapter.

An explication of all the Weights and Measures which commonly are vsed in Phisicke.



Here be two sorts of pounds: the common pound containeth sixteene ounces, but the Phisicall pound hath but twelue ounces. It is abbreviated thus, lib. but to auoide all errors, wee haue set downe the word pound: and where a Phisicall pound was meant, there are twelue ounces specified. An ounce containeth eight dragmes, which euery where is noted by the name ounce.

Halfe an ounce is foure dragmes, which is noted by the Phisitions and Apothecaries with this marke \mathfrak{z} . \mathfrak{s} . which might breed error, and therefore do we set the name of halfe an ounce.

Dragma is the eight part of an ounce, which we write thus, dragme or drag. lest by the character some error might be committed.

Scrupulus is the third part of a dragme, and shall be written after this manner, scruple or scrup.

Granum a graine, is the weight of a barley corne, whereof twenty doe make one scruple: but because that barley cornes are bigger in one country than in another, thou shalt in steed of them vse Pepper cornes, and so take twentie of them for a scruple: This shall be noted by the name graine.

Manipulus is a handfull of hearbes, flowers or seedes, and this shall be marked thus with an \mathfrak{M} . and halfe an handfull, which is called of the Apothecaries *Pugillus*, shall be noted thus, halfe \mathfrak{M} .

Measures of water, honie and such like liquors, do we esteeme euery wine pint at eighteene ounces.

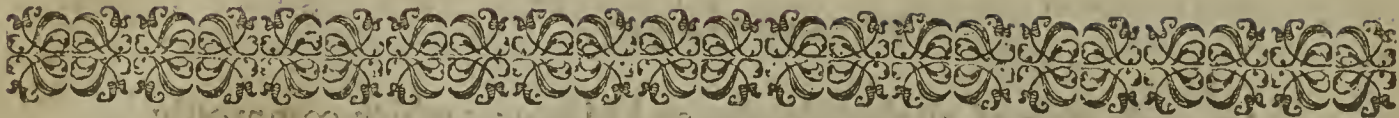
Note also, that if thou happen to finde any vnknown name or word in this booke, either in Latine or English, that thou shalt finde in the Table or Index at the end.

After all the instructions we will by Gods grace come to the principall, and beginning at the vppermost part of the bodie, that is the head, descend downeward to the foote.

The most high Phisition God our most deere father, through Iesus Christ our onely Sauio, giue vs his blessing and grace to finish it.

The end of the Introduction.

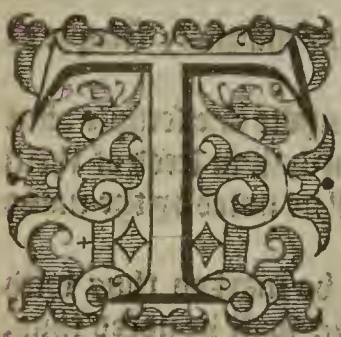
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The first part of this Booke containeth the Head, with
all the parts thereof, to the verie necke, as Face, Haire, Beard,
 Scull, Braine, Nose, Eares, Lippes, Mouth, Tongue, Teeth, Speech, &c.
with all such accidents as are incident vnto them,
 and their appropriate remedies.

The first Chapter.

Of paine in the Head.



Here are many paines in the head, by the Arabians commonly called
Soda: which as they procede of diuers causes, so doe they also differ in
 nature. They are deliuered vnto vs either in particular, proper, prin-
 cipall or vniuersall affections, vnder which all the other are comprehen-
 ded, as *Cephalalgia*, *Cephalaea*, *Hemicrania*, and *Congelatio*.

Of giddinesse of the head, falling euill, dead pallsie, and such like infir-
 mities shal be spoken hereafter, where we intreate of the braine: for that
 these and diuers other diseases are caused for the most part of a debilitie
 and weaknesse of the braine.

Of all outward accidents, as blowes, bzuises, wounds, and falles on the head, shal be shewed
 in the Chapter of the braine-pan or scull.

Cephalalgia.

Cephalalgia, by the Grekes so tearmed, is such a disease that almost affecteth the whole head:
 which sometimes is very violent, otherwhiles more tolerable, and either continueth long, or
 passeth ouer speedily.

Cephalaea.

Cephalaea is an intolerable headach, which (notwithstanding that it hath some communion
 with the aforesaid *Cephalalgia*) doth maruellouslie weaken all the powers of the head, and at
 sometime ceaseth, seeming as though it would not returne againe, yet (in manner like vnto the
 falling sicknesse) by fits returneth with such violence, such noise in the eares, such beating in the
 forehead, such thrusting forth of the eyes, and finally with such swelling vp of all the veines of
 the head, that both hearing and sight thereby decayeth: yea taketh diuers with that extremitie,
 that it seemeth vnto them as if something did beate on the inside of their head with a hammer,
 and would rend and teare their head asunder. This ach sometimes cometh in the sinewes of
 the eyes, and doth oppilate and harme them greatly, and at the length induceth blindness altoget-
 her. And albeit this affection of the head oft times groweth of a light and small cause, yet pro-
 cureth it diuers times very heauy and grievous accidents.

Hemicrania.

Hemicrania is also an head-ach, wherewith either the right or the left side, the backe or fore-
 part of the head is infected: it taketh commonly the one side of the head, euen from the midst of
 the forehead, and so passeth through the boll or concavity of the scull to the very backe part of the
 head. It doth also very often so disease the eies, that it perissheth the sight of them: insomuch that
 this paine is so like to the aboue named *Cephalaea*, that *Galen* and many others do not onely de-
 scribe them both together, but vse also one and the selfesame remedies for them both, as hereaf-
 ter may appeare.

Congelatio.

The fourth kind of head-ach is *Congelatio*, as it were a cold nummednesse: this proceeding
 from the backe part of the head taketh away all sense and feeling of the patient, and therefore it
 is not vnlike vnto that heauy and drowisie disease *Lethargus* and *Stupor*, wherein also the affected
 body is suddenly depriued both of sense and feeling.

Of the causes of head-ach. §. i.

The common causes of head-ach in generall are innumerable; as heat of the Sunne, bathings, change of ayre, a continuall South-wind, a strong sent of spices, whether they be hote or cold by nature: also the smell of Wine, drunkenness, stinking meate, Garlick, Onions, Mustard, strokes or blowes, bruising, or great motions of the braine, sleepe presently after dinner, much bleeding, worms in the eares, nostrils, or stomack, choler in the stomacke, fumes and vapors out of the same, too much repletion of the stomack, *Intemperies* or an unnaturall mixture of the humors, with many more, which for breuities sake we omit, and will treat of more necessarie matters. But for the most part (as hath already bene said) this paine in the head proceedeth of the intemperature of the foure humors, namely of blood, choler, flegme and melancholy. The Physicians haue found out eight kinds of this intemperature, with their appropriate and due remedies, as hereafter at large shall be shewed. As concerning the aches and paines of the head, we doe diuide them into hot or cold aches, in which all others that we purpose to treat of are comprehended, and so beginneth with the hot paines of the head.

The signes of a hote head-ach that proceedeth from choler. §. 2.

In this kind of head-ach are these common signes, belching or breaking of wind vprward with lothsomnesse and thirst, dryth of the mouth, tongue, and nostrils. The paine is pricking, sharpe, and rather in the right than in the left side of the head, heate ouer all the body, but especially in the nostrils, no appetite, no sleepe, the pulses hastie and quicke, the vrine reddish, the face yellow. The surest notes are, if the time of the yeare be hot and dry, the patient yong, and hath vsed those things that procure heate and dryth.

The causes and signes then being knowen, now follow the first and especiallest meanes to ease it, namely in shunning those things that in any way might either procure or continue it, as hot wines, the sent of hote and strong things, the vse of meates hot in operation: then to begin (not onely in this, but in all other infirmities whatsoeuer) with the easiest remedies at the first, and most of all if this hote paine of the head be but new and of no continuance: at which time, to delay the heate, thou mayest safely vse these things that follow.

Applications, Oyntments, Plaisters, Lotions.

O*xyrhodinum* applied outwardly is greatly commended, that is, Oyle of Roses, water and vineger of Roses, of each a like quantitie: in this mixture dip double linnen clothes, and lay them so cold and wet to the forehead, from one temple to another, and as often as it dryeth must it bee refreshed againe. Others make it stronger thus: Take of Rose water five ounces, of Helilot water foure ounces, water of Nightshade two ounces, oyle of Roses one ounce and a halfe, Rose vineger one ounce, vse it as the other before. These two compositions, by reason of the Oyle and vineger of Roses which are in them, are called *Oxyrrhodinum*: vnto which (if the heate be very extreme) thou mayest adde one dragme of Camfere. Also take the white of an Egge wel beaten, Rose water one ounce, water of Elder, & Fennell water, of each halfe an ounce, five small Putts well beaten in a mortar, a little Saffron, lay this to the forehead with wool. Another that is more stronger, the water of the white water Lilly, water of Endiue, of each three ounces, red, white, and yellow Saunders, or one of them, of each one dragme, beaten Rose leaues halfe a dragme, beaten Camfere halfe a dragme, mire them all together, and vse them as is aboue shewed. This cooleth greatly, and easeth the paine of the head.

The

The ointment of Roses described by Mesues.



Take fresh or new hogges grease, as much as thou wilt; wash it very often with warme water, afterwards with cold water: then take as many Roses in weight as thy grease weigheth; beate them both together in a mortar, let them so rest the space of seven dayes: then straine it thorow a cloth, and beate as many Roses with thy grease as before, and so let them stand other seauen dayes; straine them againe, and adde to thy grease halfe the weight of the iuice of Roses, and the first part of the oyle of swete Almonds, and boyle them together vntill all the iuice be consumed, which thou shalt know thus: put one or two dropes of it into the fire, where if it make no noise or hissing like vnto water, then it is sufficiently boyled: then take it from the fire, stirring it continually with a wooden pestell vntill it waxeth thicke and white: some adde a little *Opium* vnto it to make it cole the more, but it is needelesse; for if it be necessarie, thou mayest adde it at all times afterward. This ointment is an especiall good remedie in *Cephalalgia* and heate of the head, it stayeth flegmaticall rheumes and phlegmons, it mitigateth the canker, it is also good for the heate of the stomacke, liuer, kidneyes, &c.

A cooling vnguent, *Infrigidans Galeni.*

Take two ounces of white or virgine ware, melt it easily, and wash it often with faire water, and at the last with white vinegar; then adde vnto it foure ounces of the oyle of Roses, which also hath bene washed as before. It may also be made vp in forme of a plaister or *Ceratum*. It easeth both the heate of the agues, & of y^e head, being applied to the forehead & temples: it is also very good against the paine of the kidneyes. If thou wilt vse it for the paine of the head, melt it on a little fire, then wash it with vinegar, and with the iuice of Plantaine & Nightshade; annoint the forehead with it, especially on those seames of the skull: then lay vine or willow leaues vpon it, & thou shalt finde great ease. To the same intent is this Poplar vnguent or *Vnguentum Populeum* also vled, which is found readie made in all Apothecaries shops. Likewise take Rose leaues, Willow leaues, water Lillies, Gallowses, of each one handfull, boyle them in water, and irrigate thy head with it. Also take Violets, Barley beaten in a mortar, beaten Gourd seedes or the barke of Gourds, Poppy heads, seedes of Hollihocke, Purslaine seedes, Lettice seedes, of each one handfull: boyle them in water, and let the decoction being warme drop from on high vpon thy head. Note also that if necessitie and the violent paine should require stronger remedies, then vse the iuice of such hearbes as are cold and drie, as of Plantaine, of Shepheards purse, of Nightshade, of Houslecke, of Pomegranates, and in the greatest extremitie adde a little *Opium* vnto it, of Henbane: adding the iuice of Southernewood or of poppie vnto it, and applying them vnto the head as is aboue sayd. Here is also to be obserued, that the stupefactiue or narcotical things are not to be vled, but onely in the greatest extremities. Neither may any such cold remedies be adhibited to the back part of the head, but onely to the forehead. In fine, wheresoeuer these & such like may be omitted, there are they not at all to be vled: notwithstanding if the extremitie be such that no other remedies would serue the turne, and any danger might ensue of any obstupefaction or numming of any one part: this shall be sometimes vled: Take the wood of *Cassia* small beaten one dragma, mixe it with oyle, and drop it into the eares and nostrils: and if peraduenture the patient should lose both sense and feeling, then mixe halfe a dragma of Beuer Cob, a scruple of Saffron, and a little oile of Oliues, or rather oile of Chestnuts together.

Also make this emplaster: Take of the Vine buds, beate them small, and adde as much oile of Roses and Barley flower as shall suffice, then lay it plaisterwise to the forehead: in the want of Vine buds take Houslecke, or the iuice of Nightshade, of Shepheards purse, or of Lettice. Or else take yellow Saunders, Roses, water Lillies, of each halfe an ounce, Camfere one scruple, *Spica* of India halfe one scruple: wet them together with Rose water, boyle them, and receiue the vapours at your nose through a funnell: likewise take Roses: the blossomes of the Pomegranate tree, shels of Pomegranates, seedes or berries of the myrtle tree, shels of Citrones, of each one dragma, Agarick as much; boyle them in lie a little while, and wash the head with it.

This

This cooleth, drieth and strengthneth the braines. Otherwise take Venice hard or take Sope, slice it smal into a flat earthen pan, powre a good strong lye vpon it, couer it with a linnen cloth, and set it in the warme sunne while the Sope be molten: Stir it oftentimes til the lye be euaporated or dried alway; then put Rosewater vpon it, and let it drie againe: this reiterate so often till the Sope haue lost her strong and vsauorie smell, and imbibe the swete smell of the Rose water. Take of this prepared Sope one pound, white or yellow Saunders, Roses, of each halfe one ounce, water Lillies two dragmes, Camfere one dragme, being all beaten to powder mixe them with the Sope, and make it vp in little cakes, drie them, and reserue them for thy vse.

Of the paine in the head with agues, and laske or
fixe of the bellie. S. 3.



Whereas this paine of the head is oftentimes cause of diuers other maladies, it shall not be amisse to describe that headache which reigned in the yeare of our Lord 1564 in Hofbach, and in the whole Dukedome of the Palgrave of Rhene: at which time I compiled this present worke.

This paine began with a shiuering cold, presently ensued an ague with a little heate, but with great drit and thirst, which continued about one fortnight or more. It returned vnto diuers after they had bin cleare of it a moneth or twaine, and that twise or thriſe together: others were intolerably troubled in the head, and some were so vehemently vexed with a fixe of the belly without bloud, that it could by no meanes at all be stayed, yea they oftentimes very miserably perished with it.

In this headach were these remedies found very effectuell and good. First, if nothing do disswade from it, thou shalt open the head veine, especially if the patient be young, full of bloud, and be of body strong and able inough to beare it. Children shall then purge with easie medicines, as *Cassia*, *Manna*, sirupe of Roses, Sene leaues decocted with some cooling herbes. The bigger sort shall be purged with sharpe pills and other purgations, if they haue no laske withall: and if nothing else could be had out of hand, thou shalt make this decoction or drinke. Take Sene leaues one ounce, Cinnamon, Annise and Fennell seedes: Currans, of each as much as thou canst hold betweene two of thy fingers, Licorise the length of thy finger, if it be a thicke sticke take lesse of it; one fig, both cut small, swete Marioram, Rosemarie as much as thou canst take bp betweene thy fingers. Sugar one ounce: boyle them all in a quart of water, till halfe be consumed: of this giue to a child to drinke two ounces, to an old body fowre ounces, to a strong body mayest thou boyle half an ounce of Sene leaues with it. For women & children to be bored on the sholders and legs is very good, or to rub their arms and legs with warme clothes downwards. It is also good for them to bathe their face in the decoction of Cammomill, Roses and Betonie. Wines of all sorts must be shunned in this infirmitie, and all things that are hote, as Spices, Onions, Garlike and such like: for daily drinke take two handfuls of Barley, Annise seedes halfe an ounce, Raisins one ounce and a halfe: boile these together in a pottle of water, till the Barley do burst: then adde thre dragmes of Cinnamon grossely beaten, and let it boile a little, & so coole. Seeing then this sicknesse prouoketh thirst, thou maiest not bar altogether the diseased from any kinde of drinke, but let him take inough of the prescribed decoction, with the sirupe of Roses, of Violets, or of Citrones admired. Thou mayest also giue him y conserue of the same flowers, with the water of Endiue, Succorie, Bozage, and of Lettice, for that it doth comfort the heart. For his meate he shall commonly vse French Barley boiled with a hen in broth, beale, kids flesh, or stewed Prunes, and such like light meates. But if a fixe or losenesse in the bodie be adioyned to the former infirmitie, the affected partie shall in any wise take great heed of such light and losing meates: and onely vse roasted beale, pullets roasted, and other small birds, stewed Quinces, or any such like thing. Or if he would haue any other meate dressed, it shall be done with stilled water, which is made as followeth: Take as much faire water as thou wilt, set it on the fire, & cast a good peece of Steele into it, being first made red hot thre or foure times together: then let the water coole, and vse it as thou wilt. In like sort also mayest thou prepare water of iron, of gold, of siluer, and of flints for the same purpose: thus is wine, the milke of a colw and of goates also stilled.

But to come to our purpose againe: as long as this loosenesse of the body doth continue, thou shalt annoint the stomacke twice a day with the oyles of Massie and of Quinces. If it be about the time of the yeare that Sloes be ripe, take as many of them as you please, put them into a pot, and powre boyling water vpon them; stop or couer them very close: giue vnto the infirmed body three or foure of these a little before his meate: noting alwaies, that in foure and twentie houres he vse not above twenty of them at the most.

Contrariwise, if the body be bound, thou shalt seeke by all meanes thou maist, to lose it: otherwise many vapors ascend vpon into the head, and there augment both the heate and the paine, yea oftentimes bereaue the patient of his wits. Wherefore first of all thou shalt try to open the body by suppositoies, which if they will not suffice, vse common Clifters, which hereafter in the third part for the binding and stopping of the body are prescribed. Otherwise, if these doe not please thee, vse some cooling purgation, or else that purging potion aboue described. There be aboue set downe many vnguents, salues, and waters, but all are very good for the paine of the head. But in this kind of head-ach, this remedy that followeth is expressly described: Take of the water of Lettice, Nightshade, and of Houslecke, of each two ounces, water of Cammomill an ounce and a halfe, good strong Vineger one ounce, Camfire beaten foure graines: mixe them all together, or take Rose water, Rose vineger, Heliot water, Betonie water, of each, or of as many as are to be had, what quantity thou please, wet linnen clothes in them, and lay them to the forehead.

In this infirmitie oftentimes is both the tongue and throte very raw and soze, by reason of the great heate, for the which looke the remedies that are set downe in the Chap. 13. S. 6, of this first part, for the infirmities and heate of the tongue: and the gargarismes for the paine in the throte in the first Chapter of the second part.

The sirupe of Bulberies with Plantaine, Knotgrasse, and Selseheale water admixed, conduceth and helpeth very much: likewise take the seede of Quinces, and the seede of Fleaworte: then take a little sticke, and tye to the end of it a little skarlet or linnen cloth with one dragme of these seedes in it, steepe it in the water of Selseheale: when thou wilt cleanse thy tongue, rub it easily with that cloth so steeped: it cleanseth, moisteneth, cooleth and healeth all the chops or clifts in it.

To comfort the heart, vse *Mannus Christi*, with Pearles, conserue of water Lillies, Pomegranates, preserved Citrons, and others such like.

This binding water hath done very many much good: Take a hote wheaten loafe new taken out of the oven, take out all the crumme of it, put a good quantity of stealed water vnto it, with one ounce and a halfe of Putnecs, stop it close, and let it so stand one whole day in a warme place: then fill of the water in a glasse Lembecke: giue of this to the patient euery morning two ounces, and let him fast two houres after it: two houres after his meate, giue him as much more, not forgetting first to warme it alwaies, and let him then fast till night. The third potion or draught he shall take the next morning fasting (as before) after the same: this is not onely in this kind of fire, but in all other fires experimented and approued. Note also, that if the fire be without heate, thou maiest take red wine in stead of the water: for then will it be of better force and vertue.

Heate of the head with melancholy. S. 4.

This infirmitie is described by these signes following: the paine is not so great as the former, but with a dzyneesse and sadnesse: the heate is more euident in the left side of the face than in the right, it causeth disquietnesse, and albeit the sicke sometimes taketh rest, yet it is an vnnaturall sleepe; it maketh the affected faint hearted, fearefull and carefull, the colour of the face is red and blew, with a solwe taste in the mouth: if the patient be old, if it be about the Autumne, then are the signes the surer. Thou shalt vse those remedies for this maladie which are prescribed against melancholy, as sufficiently shall appeare hereafter. Also vse this Clifter: Take Gallowes, Violet leaues, Buglosse, Fumitorie, Bran, of each one ℞. Polipody, Epithymus, or Dodder, of each one drag. boyle them together in a sufficient quantitie of water, take twelue or sixtene ounces of this decoction, Oyle of Olives, three ounces. Stronger Clifters shalt

Thalt thou finde elsewhere described. Thou maist also make these or the like suppositoies: Take Coloquint, Sal-amoniacke, of each one dragme, Dre gall two dragmes, sodden or boyled hony thre ounces: make them reasonable thicke and long: they are very effectuell and strong.

Head-ach proceeding from emptinesse of the stomacke. §. 5.

It befalleth oftentimes, that this head-ach vereth many every day, especially before they eate or drinke any thing, and presently after meales departeth; wherefore to auoid this emptinesse of the stomacke, thou shalt every morning take one bit of bread dipped in vineger, or in the iuyce of Pomegranates, or Meriuyce.

The order of dyet in hote head-aches.

Those that are troubled with a head-ach that proceedeth of heate, must altogether abstaine from wine, as hath bene already said, and not eate any flesh at all or very little: for both of them do ingender much blood. Their meate must be things cold by nature, as Lettice sodden and stewed, Spinage, Purslaine, Panadoes, Broths, Beere, and Bread sodden together, Apples and Peares stewed, broths of Meale, of Hens, being sharpened with a little Meriuyce. Their drinke shall be small Beere, Whay of Milke, Barley water, with a little of the iuyce of Pomegranates or Limons.

Of Cephalaa and Hemisrania certaine paines of the head. §. 6.

If this head-ach do come with quicke and hastie puls, and with heate, then shall it seme good first of all to purge the bodie: and if the circumstances of the infirmitie permit it, the patient shall vse this lenitiue medicine, which is thus prepared: Take of the greater and lesser Endiue, Lettice, of each one handfull, Poppy heads, two ounces, seeds of Melons, Gourds, Cucumbers, and of Pompsions, of each two dragmes, grossly beaten halfe an ounce; Violets, Roses, white and yellow Saunders, of each two dragmes: boyle them all in a sufficient quantity of water, till the third part be consumed, then adde twelue ounces of Sugar, boyle it to the consistence of a sirupe, and then clarifie it with the whites of Egges. Of this giue to the sicke one ounce and a halfe at once, with the water of Borage, or Endiue, or Buglosse: vse this thre or foure times every morning.

Because there is a great vse of sirupes in this booke, I will now shew and set downe the perfect order and way how to make and prepare them. First see thou haue fresh and cleare water, with which thou wilt make thy sirupe: put into it those things first which are hardest, as rootes, woods and such like, let them boyle as long as thou wouldst seeth a couple of Eggs: then cast into it thy seedes grossly beaten, then thy hearbes being cut, after them thy flowers and Currans: let them boyle well together, that their strength may come forth, and if *Epithymus* be one of the ingredients, let it be put in last of all, and when it is sodden sufficiently, adde thy hony or sugar vnto it, and clarifie it with the whites of egges, as hath bin taught in the Introduction, namely, in the clarifying of Sugar: after this manner maist thou also deale in the purifying of hony.

But to come to the purpose againe; thou shalt note, that if the choler be supple and thin, then shalt thou take sirupe of Endiue, of Violets, of water Lillies, of each thre drag. admixed with the aboue named waters: if the choler be grosse and thicke, then take in stead of the sirupes, the like quantity of *Oxyfacccharum compos.* Rasis counselleth to giue this purgation after it: Take Damaske Runes ten drag. solwe Dates one ounce: boyle them in a sufficient quantity of water: in this decoction steepe the rinde or barke of yellow Mirobalans two dragm. grossly beaten, the next day straine and presse out all the liquoz, and giue thre or foure ounces of it in the morning. Others boyle Violets and water Lillies, of each one ounce, Stechas or French Lauander, two ounces, with halfe an ounce of Mirobalans: this alwaies giue at the first. They are both of them easie and safe purgations: for which cause also it is found good sometimes (according to

How to make
sirupes.

need) to adde three graines of *Diagridium* to them, or else to mixe with them of the conserue of *Runes*, or of *Electuarium de succo Rosarum*, three dragmes. Also in stead of the foresaid potion or drinke, thou mayest vse this confectiō that followeth : Take of both the confectiōs before named, of each halfe an ounce, sirupe of water Lillies as much as sufficeth to mixe them withall, and cast some *Betonie* rootes powdered and a little Sugar vpon it.

Likewise if thou hadst rather vse pills : take two dragmes of *Rubarbe*, *Pastir* one scruple, *Scammonie* halfe a dragme : make pills of them with the iuice of *Rue*, or with wine, and take a dragme at one time of them.

For the same purpose are solwe Dates approued to be an especiall good remedie, and may in this hot kinde of headache very safely & with very great effect be adhibited. But thou must take three or solwe ounces of them at once, as thou mayest behold their description and vertues in our Introduction. This manner of purging is set for an example, which according to the circumstances both of the disease and of the diseased, may either be changed or vled at pleasure.

The body then being purged, the oyle of *Roses*, or of water of *Lillies* shall be dropped, or by some other meanes, put into the patients nose, and let him smell to *Camfere*, *Rose water*, or the water of *Violets*. Or take oyle of *Violets*, of *Roses*, of water *Lillies*, of each halfe an ounce, *Camfere* three graines : rub them well together, and put them into his nose.

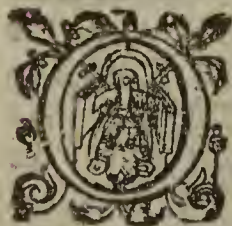
In like sort also take oyle of the seedes of *Gourds*, *Willow* leaues, and oyle of *Roses*, and vse it as before: likewise in place of the foresaid oyles, thou maiest vse cooling herbs, as *Pightshade*, *Houllike* layd to the forehead with tow and double linnen clothes. Also to the same end is womens milke mixed very well with the white of an egge, and so layd to the forehead especially approued: or let the patient bath and rub his legs with the decoction of *Vine* leaues, water *Lillies*, *Violets*, *Gourds*, *Cucumber*, & *Belon* leaues; & if for all this the paine would still increase, thou maiest mixe two or three graines of *Opium* or *Camfere* with it, and often iterate the dropping of the oyle of *Willow* leaues into the eares and nostrils : for this purgeth the head greatly. But see thou forget not that which before hath bin sayd of *Narcotics* and obstupefactiue things.

A sweete ball for the headache approued : Take *Violets*, water *Lillies*, *Willow* leaues, *Roses*, of each one ounce, *Camfere* two graines, beate them all together, and binde them vp together in a fine peece of silke or linnen cloth, and wet it often with a little *Rose water*. Others beate the foresayd simples into fine powder, and with molten ware make it vp in forme of a ball; but this is not so good. Many such like cooling bals are described in the treatise of the plague, in two diuers places of the first part, as well to recreate and restore the sicke, as to preserve the sound.

Headache proceeding of the sunne or south winde. §.7.

If the paine of the head be caused by the heate of the Sunne, then may it easily be remedied with the aboue described *Oxyrrhodinum*, vnguent of *Roses*, the cooling vnguent of *Galen*, &c. And if those would not suffice, vse the iuices of the before named cold herbes. Also the oyles of *Roses*, of *Violets*, mixe with them as much strong vineger, as thou takest of one of the oyles, beate them well together, dip a wollen cloth in it, & lay it where the paine is. Furthermore, the patient shall obserue and keepe the same diet that is aboue set downe in the Chapter of *Cephalgia* : eate things light of digestion, abstaine from all things that might any way trouble or bere the head, and if neede require, to purge with cooling medicines, as aboue is already shewed.

Headache that commeth of drunkenesse. §.8.



If the disease that proceedeth from drunkenesse, shall be spoken hereafter : now we will onely intreate of headache without any other infirmitie adioyning with it. Needelesse it is at this present to recite any signes of this kinde of headache, for that euery thing is most euident, whether this paine take her beginning of drunkenesse by wine or beere. The first remedie is to vomit; the second, to sleepe long, to cast it out, the broth of *Coleworts*, or of *Beetes* a good quantity being taken : also to drinke much cold water, and to eate solwe fruits; but the best meate is first of all to eate sodden *Lentils*, *Coleworts* and *Bullets* dressed with veriuice or *Lemons*. The patient

patient shall also smell to Roses or Camfire: let the uttermost parts of his body be rubbed, drink wine allayed with water, and two dayes after eate astringent and binding meates, with Pomegranates. The first day also shall it not be amisse to annoint the forehead and temples with the oyle of Roses, the next day with the Oyle of Cammomill or of Lillies: and if peradventure the paine as yet would not cease, he shall (as neede doth require) be purged, especially if any humors ascend vp into the head. Likewise he may also vse this powder following: Take Colicwort seeds, Barbarie seedes, Endiue seedes, Lentils, Roses, calcined or burnt Iuorie, or Elephants tooth, of each two drag. make it into a very supple powder, giue of this two drag. at once, Camfire prepared, three graines, With the sirupe of Pomegranates or Citrons.

Headach proceeding of a stroke or fall. S. 9.

If any one were hurt in the head by a stroke, a fall, or the throlwing of a stone without any wound or breaking of the skin, or fracture of the skull, hee shall first of all be let blood in the head veine, and afterward (if need require) take a common Clister: and (if he haue not an ague) he shall be purged with *Pilule Cochie*. And first of all lay on his head being shaven, this that followeth: Take the shels and flowers of Pomegranates, the iuyce of Sloes, *Hyppocystis*, fine Bole, *Sanguis Draconis*, *Terra sigillata*, of each one drag. beate them all into powder, mire it with the whites of Egges, and lay it vpon the place affected or bruised. Or take the decoction of Roses, of Mirtle seed, or of Willow leaues, applying it three or foure times a day: then take oyle of Mirtles, and of Roses, of each one ounce, Mirtle seeds, iuyce of Sloes, *Hyppocystis*, of each one dragme, mire them together with a little molten ware, and if there be no suffusion or congealed blood, annoint the place with it two or three daies together.

Thou maist also make a pultis of Roses, Cammomill, and Helilot flowers, adding a little fine Bole to it, and mixing it with the Oyles aboue named. If an ague be present, vse either cold or lukewarme things: also let him smell to cooling things, as Violets, Camfire, Willow leaues, and Mirtle leaues, &c.

The second Chapter.

Of the paine of the head that is caused by cold.

If the paine of the head procede of cold slegmaticke humors and continue long, then are these the signes: wearisomnesse of all the parts, and as if all the body were beaten and broken into peces: the paine is not extreme, without any swelling or thirst, sleepinesse, much spitting at the mouth, much moisture at the nose: for such like humidities doe daily increase in the diseased; the face is alwaies palely coloured, & somewhat swollen, the eyes run, and the mouth is quite out of taste. In such cold headaches, must contrarie remedies be vied, that is, warming and drying medicines. Also we must begin here likewise with the gentlest and easiest remedies first, as this example following sheweth: which alwaies must be holden in the mouth, chewing it continually, and casting forth the slime and spittle, which thereby is gathered. Take Mastix, Nutmegs, Diptamer of Candie, Pepper, Stauesaker, Pellitorie of Spaine, Cubebs, Ginger, bound vp in a little cloth.

The manner of purging in this infirmitie. S. 1.

Seeing that purging is very needfull in this kind of head-ache, purge therefore both head and bodie in manner as followeth: Take Sage, Lauander gentle, Bayberies, wild Mints, Hysope, Marioram, sweete Marioram, garden Mints, Calmus, of each one M. seedes of Fennell, Berley, Sparage, Endiue of each two dragmes, Raisins, *Nux Pineae*, seedes of Melons, of Pompions, of Gourds, and of Cucumbers, Roses, roots of wilde Simallage, Annise seeds, of each halfe an ounce, Cubebs, Pionie seedes, Cloues, Nutmegs, of each a drag. and a halfe,

halfe, Spikenard of India, Ginger, Cinnamom, Pepper, of each halfe a drag, boyle these things in a sufficient quantitie of water, then presse out all the moisture from them, & boyle it the second time with hony or Sugar to the consistence of a sirupe. This if thou wouldest haue to purge, adde vnto it seedes of wild Saffron, Hermodactils, of each halfe an ounce, Agaricke six dragmes, Salt in halfe one scruple, Turbit two dragmes: knit vp these together in a little bag, and boyle them in the foresaid liquoz. Afterwards sharpen thy sirupe with the vineger of Squils as followeth. Of this sirupe thou mayest giue one ounce and a halfe, or two ounces at once, mingled with good wine, or else with some other distilled waters that may serue to the same end, thre or foure daies continually together.

Oximell of
Squils com-
position.

The composition of the vineger of Squils is as followeth: Take the Squill (called in Latin *Scilla*) take away the externall shels from it, till thou come to the white: these white ones take off by themselves seuerally with thy hand, or else with a wooden Spattin or knife, and not with iron, for that is hurtfull: also leaue out the hart, the innermost part of the Squill, and take onely the middle white shiuers of it: fasten all these on a thred, that the one touch not the other, and hang them vp to dry forty daies in a coole place and in the shade. But this way that followeth, is much better: Take away all the vttermost parts vntill thou come to the white, then wrap it vp in dowe, and bake it in an ouen: afterwards part it in shiuers as befoze, and drie it as is already said. Take of this dried Squils as much as thou wilt, cut it into little peces with a wooden or bone instrument, put foure times as much vineger vpon it in a glasse, and let it so continue forty daies in the sunne.

Having taken the foresaid potion as hath bin taught befoze, thou shalt giue him *Pillula Cochiae*. If thou wilt haue them strong, take two dragmes of them; Coloquint, *Bdellium*, of each one scruple, make them into pills with the water of Sage: of these giue but one dragme at one time, because they be very strong: to the same purpose likewise serue the pills *Alephangina*, *Aurea*, and Aloes prepared, being taken a dragme at once. But if the sicke would rather take a potion than these pills: Take Lauander gentle, flowers of Bozage and Buglosse, Currans, of each one ounce, Basil seede one dragme, Agarick, Turbit, of each one dragme, boyle them in a sufficient potion of water, vntill there remaine about ten ounces; steepe in this liquoz one ounce and a halfe of the barks of *Pyrobalans* called *Chebuli*, and set it so in warme ashes al one whole night: then presse it out hard, and giue thre ounces of it at once. Also take *Hierapicra*, Agarick, of each one dragme, Lauander, Saffron, of each one scruple, Salt gem, two graines, mixe them with some broth that Putinegs and Sage hath bin boyled in. In like manner mayest thou vse this that followeth: Take homie of Roses, sirupe of Stechas, of each thre dragmes, Agarick, Turbit, of each two scruples, *Spica*, thre graines, prepared Turpentine, halfe an ounce, beaten to powder all what thou canst beate, melt thy Turpentine in some hot broth, & when it is as cold that it may be drunken, mixe the powders and sirupes with it, and giue it early in the morning. This must be either diminished or augmented in qualitie, according to the ability of the patient.

If the diseased can beare no kinde of Phisicke, then vse this Clister: Take Malloves, herbe Mercurie, Dill, Rue, Bran, of each one handfull, boyle them in a sufficient quantitie of water, take of Colatare twelue or sixtene ounces, mixe with it of *Hierapicra*, of white Sugar, of each halfe an ounce or somewhat more, Salt, two dragmes, oyle of Dill and Rue, of each one ounce and a halfe, and minister it warme.

Gargaismes also are very good for this maladie, because they draw forth a great deale of slime and filthinesse from the head. Take Mastix, Calmus, Licorice, Currans, of each halfe an ounce, Hyssope, Treos, of each two dragms, Bellitoxie of Spaine, Sarisfrage, Ginger, Mustard seedes, of each one dragme, beate them all together, and boyle them in fresh water: vse it thre or foure times a day warme.

Some do counsell to take a vomit of Radish water and Drymell, but it is not without some danger, for that it doth oftentimes greatly disturbe the head: otherwise it might do some good.

There are also diuers confections & Eiectuaries made for the same, which might warme and drie a cold and a moist braine. Take conferue of Roses two ounces and a halfe, conferue of Betonie one ounce and a half, greene Ginger halfe an ounce, Cinnamom one dragme, Cloues, Annise seedes, of each one dragme, beate & mixe them all together: and if it be too dry, adde as much of the sirupe of Citrons vnto it, as shall suffice, or as much of any other sirupe. Of this exhibite euery morning the bignesse of a nut in quantitie.

Another

Another Eleetuarie of life. This is described by *Paulus Riccius*, head Phisition to the Emperour *Maximilian*, and is very comfoztable for the head, for it doth warme and dry it. Take Currans sixe ounces, Licorice, two dragmes, boyle these in the waters of Buglosse, Scabious, and Betonie, of each twelue ounces; then straine it and presse out all the humidity, in the which being yet warme, steepe one dragme of Rubarbe, Lauander five graines: being bound vp together in a cloth, then put together in a pot, and stop it close, and boyle it a good while in a kettel with water, presse it out and put into it as much Rubarbe and Spike as before, letting them there remaine all a night, presse it out againe as before, and steepe it in the barks of Piobalans, to wit, *Chebuli*, *Indi*, *Bellirici*, and yellow Piobalans, of each one ounce, *Emblisi* two dragmes, boyle them all together, and straine them thzough a linnen cloth, then adde Sugar sixe ounces, Manna two ounces, and let it boyle to the consistence of a sirupe: when it beginneth to coole, mingle in it Cinnamom halfe an ounce, Cloues, Galingale, Putmegs, of each one dragme, *Lignum Paradisi* halfe a dragme, seedes of Fennell and Annise, of each halfe an ounce: mixe them well together, and reserue it in a gally pot. This following is likewise greatly commended for the same: Take conserue of Betonie, thze ounces and a halfe, conserue of Sage two ounces and a halfe, conserue of Rosemarie one ounce and a halfe, conserue of Bozage and Buglosse, of each one ounce, of the aforesaid confectiõ of life two ounces, Cinnamom two dragmes, preserued *Chebuli* halfe an ounce, preserued *Emblisi* two dragmes, sixe leaues of beaten gold, adde as much sirupe of Betonie as may suffice. This confectiõ also comfozteth the heart: The right *Calamus Aromaticus* of the ancient Phisitions, as it is described in the beginning of the eight part of this present booke, taketh away all cold headaches, and sharpeneth the wit.

Paulus Riccius
Phisition to
the Emperour
his Eleetuary.

Calamus Aromaticus.

Another conserue which is greatly commended for this kinde of headach: Take Cinnamom one ounce, Cubebs, Piobalans, *Chebuli*, and *Emblisi*, of each two dragms, red Rose leaues, red Saunders, red Corall, of each one dragme, Cardamomie, Mace, Cloues, Putmegs, of each halfe a dragme, Sugar sixtene ounces, dissolue your Sugar in rose water and Lauander water: boyle it till it be hard, and make it vp into a cake of *Manus Christi*.

What vertues the confects of Coriander, Annise seedes, Fennell seedes, Cummin seedes, bitter Almonds, Haselnuts, and such like haue to helpe, comfozt and strengthen a cold braine, as also how they keepe backe and hinder the fuming vapors that would ascend from the stomack into the head, is at large declared in the eight part.

An especiall medicine of the ancient Phisitions for the cold headache.



At the rootes of Horseradish small, drie them and beate them into powder, giue of this one spoonefull in wine or broth, and let him sweate in his bed very well; and fast two houres after it. Let his meate be light of digesture, as pullets, and such like. But I must needs mislike of this remedie, for that the Horseradish is very strong, and doth more harme than good to the braine: neither seemeth it any way conuenient to sweate vpon.

Certaine wines composed for the cold headache.



Take Rosemarie two lb. Putmegs one ounce, dried Betonie two ounces, Cloues two dragmes being cut very small, put vpon them eight quarts of good Rhenish wine, let them so stand together thze or foure daies. For the weakenesse of the stomacke drinke a good draught of it in the beginning of thy meales: but for the headache, at the latter end.

This wine is very good for a cold and moist braine, and hurtfull for yong folkes and hot complexions.

Another for the same: Take rootes of Buglosse one lb. rootes of Cicozie halfe as many, flowers of Buglosse, of Bozage, of Roses, of Rosemarie, Harts tongue, of each halfe a lb. boyle them in foure quarts of wine the space that thou mayest boyle an egge hard: let it coole, straine it, and then take foure quarts of wine more, and steepe in it sixe Sage leaues, and as much Rosemarie, long Pepper one ounce, Galingale one ounce and a halfe, Cloues, Cubebs, of each halfe

an ounce, Cardamomie two drag. Cinnamon, Currans prepared, Coriander seeds, of each one ounce: these things being well beaten, tye them in a cloth, and boyle them with the wine, but not aboue twentie bubbles; then put both wines together in a little rundlet, and let the spices steape in them eight dayes together, pressing them out once a day. If this wine be too strong for thy drinking (as it is most like to be) then mire other wines therewithall before thou drinke it.

Of other Cephalicall herbes and spices, thou shalt finde a description in the eight part of this booke.

Whitherto we haue abundantly treated of cold headaches with their appropriate remedies internall: now because that outward applications oftentimes are of no lesse effect than the inward medicines, I do purpose at this present to set downe diuers externall remedies.

Commanders
or the cold
headach.

A Muske ball for the same: Take *Laudanum* halfe an ounce, *Lignum Paradisi*, *Syrax Calamita*, of each one drag. Cloues, Putmegs, Basil seeds, of each halfe a drag, Rose water with which a little Muske is dissolued, make it vp into a ball: if thou adde a small quantitie of Amber, it will be the better. Thou shalt finde diuers sorts of these sweet smelling bals in sundrie places of this booke described.

These bals are made after this manner: Take a warme mortar and pestell, and put into it a little of the foresaid Rose water, with the *Laudanum* and *Waxe*; stir them with the pestell together till they be molten, then mire the other powders with them, except the Muske & Amber, and make it vp in bals of what bignesse thou please; last of all, pricke them full of litle holes, but not very deepe, into the which thou shalt put the Muske and Amber mired first with Rose water: then take some finely prepared Cotton, wipe the mortar with it, and wrap the sweet ball in it, or keepe it in a little red peece of linnall. It is also good to snuffe vp some of the foresaid powder into the nose, or else a little muske.

To perfume withall: Take Frankencense, wood of Paradise, *Mastic*, Putmegs, *Syrax Calamita*, of each by it selfe, or of them all as much as thou wilt. Also take Frankencense, *Sandaracha*, wood of Paradise, of each a like quantitie: throw it on glowing coles, and receiue the vapor or smoke.

The manner of making lyes and sopes for the same, with which the head being washed the braine is comforted, her moisture dried, and her ouermuch cold changed into warmth, for which purposes thou shalt vse these things following: Take Roses, Sene leaues, Betonie, *Mariozam*, Agaricke, of each one drag. Steape them in hote lye the space of foure or fve houres: others first boile them in wine, and afterward mingle it with lie.

Take Mace three drag. Stechas, *Mariozam*, of each one drag. blossomes of the wild Vine, Roses of each two drag. *Spica* one drag. cut them all into small peeces, put them into a little bag, and then steape them in the lye: this comforteth the head, braine and memorie, and helpeth also the swimming or giddinesse of the head.

Also take *Spica* halfe an ounce, Lauander flowers, Roses, *Mariozam*, Rosemarie, rootes of the blew flower deluce, of each two drag. cut them into peeces, and being put into a bag, steape them in ly, and wash thy head with it: this strengthneth the braine, all the senses, and the memorie very much.

Also take wild Mints, *Pep*, course *Mariozam*, Hyssope, Bay leaues, of each sort two *M*. Rosemarie blossomes, Stechas, Gold flowers of each halfe a *M*. and seeth them in ly: take also *Mariozam*, Sage, Cammomill, Bay leaues, Stechas, of each a *M*. lay them in steape in the water of ly, as is aforesaid.

Washing bals
or the cold
paine of the
head.

Here followeth diuers sorts of washing bals very meete and necessarie for the cold, and humors of the head. Take Venice Sope, halfe a pound, bruse it and stampe it in a warme mortar with a hote pestell, and make it somewhat moist with Rosewater, or Lauander water, vntill it be like vnto dowe, then beate one ounce of Ireos roots, Cloues, Putmegs, Cinnamon, Cardamonie, Stechas, of each a drag. Roses, Basil, Rosemarie, Lauander blossomes, of each halfe a drag. all dried and beaten to powder, and then mingle the same with the dowe of the Sope: and take oyle of Spikenard, and rubbing your hands therewithall, then make vp the bals.

Also prepare or dresse the Sope in like sort as before is mentioned, and then mingle therewithall these powders hereafter following, to wit, Lauander halfe an ounce, Roses, *Mariozam*, Basil, of each a quarter of an ounce, Ireos 3, quarters of an ounce, Benzoin, *Syrax Calamita*, Stechas, of each a drag. Spike a quarter of an ounce, and mingle them with Rose water, Then annoint

annoint the temples of the head, and it will giue a very sweet smell or fume, and comfort the head and braine.

Also take of the foresaid Sope prepared in the like manner as before is specified, two ounces, and mixe therewithall a quarter of an ounce of Agaricke: Treos, Cloues, of each halfe a dragme, Camfire a scrup. Then make bals thereof in what sort you desire them.

Also take Venice Sope foure ounces, Treos, Cloues, Betonie, of each three dragmes, Marioram, Nacis, Galigan, *Lignum Aloes*, Ciperus, Calinus, Sandaracha, of each a scrup. liquid Syrrar a dragme and a halfe, Muske foure graines, then dresse the Sope with Lauander water, as before is specified. Also heretofore in Chap. 1. S. 2. is mentioned, how the strong smell of the Sope may be taken away, and made very commodious and fit for vse to diuers purposes.

Here is to be noted, that if the bals be for present vse, then are the bags hereafter mentioned not needfull: but for the bags, you are to take drie Betonie a M. Bozage, Melilot, Millet a little dried in a pan, of each halfe an ounce, Rosemarie flowers, Stechas, of each a quarter of an ounce; make the bag so great, as the place of the griefe, and put the same therein, and lay it to the place where the griefe is. This following is stronger: Take drie Betonie, Rue, of each halfe a M. Rosemarie blossomes, Stechas of each an ounce. Basill seede, Rue, of each halfe an ounce: beate them in a mortar together, and put them in a little bag, and lay them to the head. Millet scorched or dried a quarterne: the like quantitie of salt, and also as much Cammomill, put them in a little bag, and lay them warme vpon the head: this is also very good.

Also take Stechas, Cammomill, wild Mints, Marioram, Bay leaues, of each a handfull, Sene leaues, Cyprus, Citron shels, of each two drag. Cubebs, Nutmegs, Cloues, of each a drag. Nacis, Spike of India, Cyprus rootes, Calmus, of each two drag. beate these together in a mortar; then put the same into two little bagges: and if thou wilt haue it warmer, then take Doues dung and Mustard seede, of each three dragmes, Beuer cod, and *Euphorbium* of each a dragme.

Note also very specially, that neither Roses nor other stopping things be put in the bags, neither are these plaisters following, in any wise seruiceable; and although they be strong, yet do they but hinder the diuinding of the matter. Therefore you shall not vse the bagges in certaine houres after you haue washed it with the Sope before mentioned.

A powder for the head: Take Nutmegs, Nacis, Rosemarie, Cloues, Frankencense, Marioram, Lauander, Stechas, of each a like quantitie, beate it small, and rub the head well therewithall vpon the seame of the head, and then couer and keepe warme the head with a cap, that the smell of the powders may the longer remaine.

Also take Betonie, Marioram, Stechas, Roses, of each a M. Sage, Rue, course Marioram, of each halfe so much, Rosemarie two drag. Citron shels one ounce, Barke of Frankencense, Myrthe, Frankincense, Bassir, Sandaracha, of each halfe an ounce, Cloues halfe a drag. beate them all into powder. This is very good for the moist and rheumaticke head, to drie it and to procure warmth.

Plaisters and salues: Take Aloes, pennyroyall, Citron shels, wilde Mints, Sandaracha, Frankencense, of each halfe an ounce, oyle of Roses one ounce, *Laudanum* sixe ounces, beate these small in a warme mortar, with a warme pestell, put thereunto sixe ounces of molten ware, the other being very small beaten, then spread it vpon leather, and couer it ouer with red sarsnet: this shalt thou lay vpon the head of the party griened, in the morning whilest he is fasting: this drieth very strongly, warmeth the head, and comforteth the braines.

Another: Take of the best *Laudanum* two ounces, Nacis, five dragm. Millet that is scorched or dried two drag. Turpentine and oyle of Cammomil so much as shall be needfull for one plaister, and then vse the same as before is mentioned. Some take foure ounces of *Laudanum*, and Horehound in the place of Nacis.

This plaister following is very strong, and of great heate: Take Beuer Cod, *Euphorbium*, Pepper, white Mustard seede, *Styrax Calamita*, Rue, Horehound, of each a like quantitie: this beate altogether with wine vntill it be like dowe, and thereof make cakes of a like weight, let them drie. When you will vse them, rub them with oyle of *Costus* (otherwise Balsam) or Cammomill oyle, vntill it be made fit for a plaister or a salue, then lay it vpon the forehead: for it is very good for any old or cold paine of the head, but lay it not vnto the forehead onely, but also drop some into the eares, and it will be very warme, and therefore I do not counsell you to take much

much thereof.

This is of special account: Treacle or Hithridate, with the iuyce of bruised Bints, make it thicke as pap, and then annoint the forehead therewithall in the time of rest, and principally in *Hemicrania*, and where you finde the head most cold, there vse it oftenest.

Also take the rootes of wilde Cucumbers, Wormewood, of each two ℥. seeth them together with a soft fire in three ounces of water, and as much common oyle, untill it be sodden to a third part. With this moisture rub the head till it be wet, and of the rest make a plaister, and lay it to the place of the paine.

Also take of the vsuall plaister Apostolicon foure ounces, make it soft with the Oyle of Camomill, and then rub the place of the paine therewithall. Alwaies vnderstanding that the haire is to be first cut off very close.

Hereunto may also of the oyle of Spikenard, of Costus, of Beuer root, of Cammomil, and Dill be vsed, of each a like quantity, and then stamping all the foresaid herbes and rootes with them.

Addition.

The hearbs and simples that are vsed in a cold head-ach are these: Iris Ilirica, Oyle of the wilde Oliue, oyle of Almonds, the seedes of the chaste tree, bitter Almonds, Lana succida, water Mints, the iuyce of Iuie leaues, Aloes, Mints, wilde Time, Melilot, the leaues of Baccharis, Rue, Scammonie, Annise, Dog Fennell, Git, the lesser Coniza, the young leaues of Anazyris, Rhodia radix, Hippoglossa, Laurell, iuyce of the wilde Cucumbers, Galingale, Nardus Italica, Lauander, Valerian with the roote, Cinnamon, Cubebs, Muske, Siuet, Amber, Oyle of Baies, Mummie, Masticke, Agaricke, water of Veruaine, Verbascum, Coloquint. For the heate and hote paine of the head, Priuet blossomes, drie Roses, Parslaine, the rootes of water Lillies, and of Rhodia, iuyce of Poppie, the greater Housleeke, tame or garden Nightshade, Vine leaues, mosse of trees and stones, oile of Priuet, iuyce of Plantaine, of Lettice, Fabaria beaten, Henbane, Muscilage of Fleawort, Mandrake, all manner of Housleeke, white Saunders, the decoction of Sene, Camfire, &c. Some of these are vsed onely inwardly, some onely outwardly, and some also both waies, and for that cause they are not to be vsed without great circumspection,

Of needling for a cold and rheumaticke head. §. 2.



Any do aduise to prouoke needling, for to cleanse the braine and head thereby: but it is also to bee doubted, that the same will rather dissemper the head, so that it must prouidently be dealt with, as shall presently hereafter be expressed. Therefore it is also needfull to speake somewhat of needling, which doth men much good or ill.

Needling, *Sternutatio*, is a motion of nature, or of the expulsive vertue to driue out all that hindreth the aire from the braines. Or, needling is a speciall motion of the braines expelling superfluous moisture or matter, and that throughe the helpe of the attracted ayre, which driueth out the same speedily throughe the mouth and nose.

The causes of needlings are sharpe things, as Onions, Lillies, Helleboze, Pepper, Mustard, seeds, and such like, in smelling, eating and drawing them into the nose. To hold by the nostrils against the Sunne, to tickle in them with some sharpe things. But for more safety this is mine aduice, that Needsworth be restrained as much as is possible, as also *Pieretrum*, *Euphorbium*, and such like moe, and principally by themselves alone. In like manner, although the wild Cucumber doth draw forcibly, yet notwithstanding it is a great deale too sharpe. But if it bee found good aduice to vse needling, then are these compounded remedies hereafter following much safer and milder to cleanse the head and braines: Take Marioram one quarter of an ounce, Pigella seeds, Rosemarie flowers, of each one dragma, Cloues two scruples: beate them small, and snell thereto.

Item take beaten Marioram one quarter of an ounce, *Pieretrum* one scrup. Ginger one scrup. white Helleboze nine graines, and beaten all small together.

Item

Item take *Pyretrum* ten graines, *Betonie* a drag. *Marioram* one drag. and a halfe, and beate them all together.

Item take *Laudanum*, *Myrthe*, *Amanacum*, white *Helleboze*, of each one drag. *Frankencense*, *Euphorbium*, *Coziander*, *Ginger*, long *Pepper*, of each halfe a drag. these beaten all to fine powder, it is very good for the cold murre.

Item take *Pyretrum*, blacke *Helleboze*, of each halfe an ounce, white *Helleboze*, *Beuer* root, of each two drag. *Marioram* halfe a drag. beate them to powder: of this vse but a little, and not very often; for it is very strong.

Dyle of *Spike* being put into the nose, doth prouoke sneezing. There may also be drawne vp into the nose two ounces of *Marioram* water, and afterwards wash the forehead and face warme therewith.

For what end sneezing is commodious or hurtfull, you shall perceiue heere and there in this booke.

Lotions for the face. All Physicians do commend for sundry sicknesses, and also for cold ache in the head, this lotion of the face: Take *Betonie*, *Roses*, *Elderne* flowers, *Camminomill*, *Marioram* and *Sage*, of each foure handfulls: seeth them together, and euery euening put the face deepe enough therein, and so continue about halfe an houre therein: this may be kept good three daies together.

If so be that the patient cannot sleepe, hee may vse this three or foure times a weeke: Take *Camminomill*, *Melilot*, *Violet* leaues, of each one handfull, water *Lillies* halfe a handfull, *Poppie* heads broken in pieces one ounce: seeth and vse them as before.

The order of dyet for the cold paine of the head. S. 3.

Strong wine is good, but not too much, to the end it doe not disturbe the head: once in eight daies he must bathe and wash his head with the decoction of *Camminomill*, *Marioram*, and *Stechas*: or he may vse according to the importance of the sickness, one of the aforesaid lyes or sopes: before meales is his head to be rubbed with warme clothes, and after meales take a little *Marmalade*, thereby to hinder the vapors of the stomacke from ascending to the head, and prouoking of new paine.

Outward bruising of the head. S. 4.

All outward bruising of wounds of the head, whereof is not onely caused great paine, but also great perill of life, do belong chiefly to Chirurgerie; notwithstanding where we shall hereafter discourse of the Skull, somewhat shall be spoken thereof.

What doth conuey the medicines towards the head. S. 5.



We haue hitherto described many kinds of remedies and medicines that are meete for the hot, cold, and other paines of the head: but because the laxe and purging medicines through their owne power doe not expell all humors (for which they be giuen) out of all members indifferently, without the addition of such things as may conuey their operation towards some certaine member, the which one desireth to haue them to purge: therefore we will discourse here somewhat thereof. And that you may by example clearely vnderstand the same, then behold the *Drymel* that shall immediatly be described: it prepareth or digesteth flegmaticke humours indifferently as well in one member as in another. But if so be you mixe therewith *Nutmegs*, *Pionie* seeds, or *Cubebs*, then doth it onely purge the head, and none other part of the bodie: and if you put thereto *Tamariscus* and *Caper* rootes, then doth it purge out of the Gilt, and so forth with all the rest. Now because we write heere onely of the head, these are the principallest simples or herbes, that do conuey the medicines towards the head: to wit, *Nutmegs*, *Cubebs*, and *Pionie*, *Pennirovall*, *Marioram*, *Balsam* wood and seeds, *Frankincense*, *Beuer* root, *Laudanum*,

danum, Melilot, the right *Acorus*, *Lignum Aloes*, *Pyrrhe*, *Chamedris*, *Squils*, *Nuces pinea*, *Spike-*
nard, *Gentian*, *Hysope*, *Pepper* and *Sapagenum* or *Serapinum*.

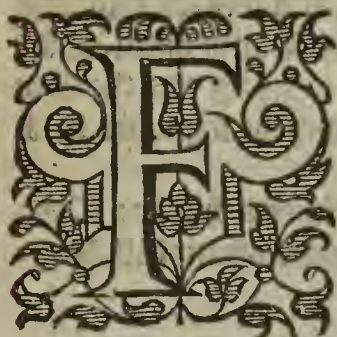
There are many things moe here and there discovered in this booke, which the diligent Reader shall finde to be very meete for the headach.

Additions vnto the paine of the head.

For the forementioned paine of the head there are certaine things commemorated, that are commodiously and much bled, and yet are not discovered how they should be prepared.

Thus, to the end the Reader might be satisfied, we will here describe certaine of them, and begin with *Oxymel*.

Diuers kinds of Oxymel. §. 6.



First we will begin with that which at the Apothecaries is called *Oxymel simplex*: for that it is made onely of honie and vineger: now for to make the same, take clarified honie foure ounces, powze thereto two ounces of clere water: seeth the same together, and scum it, vntill all the water bee sodden away: put thereto two ounces of vineger, let it seeth together vnto a sirupe. This consumeth all tough slime and thicke humors, openeth all obstructions, cleanseth the breast, and maketh an easie breathing.

The second *Oxymel* is called at the Apothecaries *Compositum* or *Diureticum*. It is made in this manner: Take Fennell rootes, and rootes of Smalage, of each two ounces, the seeds of Parsley, of Butchers brome, of Sparage, of Smalage, and of Fennell, of each an ounce: take out the core of the roots, chop them, and seeth them in a quart of water vntill they be mellow, afterwards wring them out thorow a cloth, and adde to the decoction six ounces of sharpe vineger, twelue ounces of cleansed honie, let them seeth together vnto a sirupe. This is much stronger for all uses then the former: it doth attenuate all tough slimes, it driueth them out of the members, openeth the obstruction of the liuer, of the milt, and of the kidneys, it expelleth the vyne and sweate.

The third *Oxymel* is made of Squils called *Scyllinum*, or at the Apothecaries *Squilliticum*: for this, take vineger of Squils which is described before in the second Chapter, §. 1. against the cold paine of the head, foure ounces, clarified hony six ounces, and seeth it all together vnto a sirupe.

The fourth is *Oxymel Scyllinum compositum*, the which is thus made: Take the roots of Smalage, of Fennell, of each two ounces, the roots of Parsley, of Butchers broome, of Sparage, the seeds of Smalage, and of Fennell, of each halfe an ounce: seeth them together in a quart of water vntill the roots be mellow: vnto this decoction adde twelue ounces of vineger of Squils, clarified hony 18. ounces, and then seeth it to a sirupe.

They are both very good to attenuate the tough slimes, to strengthen the stomacke, and to prouoke vyne: but the first is stronger to open all obstructions, and is speciall good against all quotidian and quartaine agues.

Purging sirupe of Roses. §. 7.



Take a pound of red or Damaske Rose leaues, put them into a pot with a narrow necke, powze thereon about thre times so much of hot clere water, let it stand so 8. or 12. houres couered very close, afterwards wring it hard out with thy hand, straine the liquoz clere thorow a cloth: then take againe fresh Roses as before, and powze the strained liquoz seething hote vpon it, let it stand as before: wring it out again, and do this afterwards eight or twelue times together (the oftener the better) and it will be the stronger in purging.

Lastly, weigh all that strained iuyce of Roses, and put halfe so much Sugar vnto it, and clarify it with the white of an Egge, vntill it be very clere: afterwards let it seeth to a sirupe. Some do stamp the Roses, that the vertue might come out the better.

Others do make it after this manner, as followeth: Take red or Damaske Rose leaues two pound

pound and a halfe, powze thereon ten quarts of May dew, or cleare raine water made mately hote: let them infuse together in a warme place a whole day and a night stopt very close. The next day wyng it out hard: make the bzoth not seething, but onely mately hote: then powze it againe vpon two pound of fresh Rose leaues: let them stand and stepe, as before. The third time take one pound and a halfe of Roses; the fourth time one pound, and so the fift and sixt time: last of all, after the foure last times, take each time halfe a pound of Roses: afterwards, the liquoz being strained, put vnto thze parts of it one part of Sugar: seeth it well, clarifying it vnto a sirupe. Of one of these sirupes may be giuen to a full growne person thze, foure, or five ounces at one time: vnto a young childe one ounce: vnto one of eight or nine yeares old, two ounces, and further after the same rate, according to the greatnesse or smalnesse.

This sirupe doth quench the thirst and heate in all hote agues, it doth strengthen the stomacke and the hote liuer, defendeth the heart from all venime and stinch: therefore it is also good for the plague, and loseth very gently.

It is also prepared with Kubarbe and other things, according to the opinion of euery Phisition.

Barley water. S. 8.



It is ordained before, for the hote paine of the head, to giue vnto the sicke body Barley water for his daily drinke; the which is prepared after diuers manners, but is commonly prepared thus: Take vnto a good deale of water one ounce of peeled Barley, let it seeth vntill it breake. Some doe stepe it two or thze houres before in cleare water. And albeit that such Barly water haue small force, yet it is better than bare water, when the patient is forbidden to drinke wine.

There are also other things moe, according to the importance of the sicke person, put vnto it, as Pasticke, Barberies that do colour it like vnto wine. In like manner are also hearbes, rootes, and all that one will, decocted therein.

Manus Christi with Pearles. S. 9.



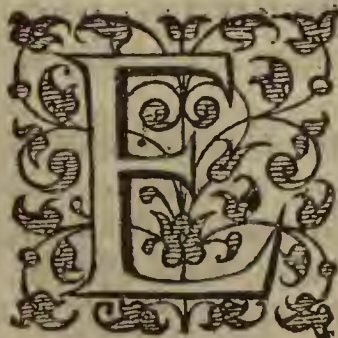
This cordiall Sugar is very common, and is made thus: Take 12. ounces of the whitest Sugar, seeth it with Rose water like as is taught in our Introduction, afterwards when it beginneth to be cold, stir an ounce of prepared Pearles amongst it, and make Tabulates or *Manus Christi* of it. It is good for all faintnesse, hot agues, heauy fantasies and imaginations.

The Apothecaries do commonly not take more a dragma of Pearles vpon a pound of Sugar, because men will not go to the cost thereof.

Without Pearles the Apothecaries doe call it *Manus Christi simplex*: they decoct the Sugar with Rose water, without putting any thing else vnto it. It is made also with Violet water, Cinnamon water, and howsoeuer that one will haue them.

The third Chapter.

The Haire of the Head.



Men as we haue discoursed of all kind of paines of the head, so we will now begin certaine other things of the same in particular, and of that which maketh shew outwardly in the top of the head, to wit, the haire; the which groweth there of it selfe, garnisheth the head, decketh and couereth it. And although the same haire (like as the nailes also) hath no other gouernment but onely the growing and garnishing by nature: neuerthelesse it hath that secret in it, that thozow his colour, his hardnesse, softnesse, finenesse, curling, euennes, and other marks, it doth sufficiently giue knowledge how the braines which lye vnder it are inclined; to wit, the cold, warmth, drith, moisture, as also their mixed complexions, as cold and drith, warmth and moisture, whereby it may be knowne what humoz or moisture doth most abound;

abound, or whether ones haire also wil quickly fall off or not. These weightie and other causes haue planted by nature in all men, specially in women, a carefulnesse to looke vnto, and maintaine it: the one with making it grow more or thicker than the other, to change the colour, to make it fall away, to keepe it cleane from all vermine, and to free and cleare it from all defaults. Because therefore that this is so greatly esteemed, it is requisite to prosecute our attempted method, and to write also somewhat thereof. And first of all, of those things which cause the haire to grow: afterwards, to take that away which hindereth, or to draw or plucke it out.

To cause the haire to grow, and to colour it. §. 1.



All they that desire to haue their haire to grow thicke & apace, are to annoint the place oftentimes with hony where they will haue it grow: also to make a ley of herbes (to wit, for yong maidens and women) who beare the name thereof, *Callitrichon*, faire haired, *Politrichon*, much haire, *Capillus Veneris*: Venus haire. And if any body haue a bald patch, then take garden snailles pluckt out of their houses, *Horseleaches*, *Waxes*, *Wasps*, *Salt*, of each a like quantity: powne them not too hard one amongst another, put them into a glassed pot that is pitched beneath, and hauing a smal hole, burie it the space of eight daies in warme horse dung, and receiue the moisure that droppeth out in another glasse bound vnder it: and annoint therewith the baldnesse, rubbing well the place first: wash the head with the decoction of *brine*, *Mozmwood*, *Southernwood*, and of *Lineseede* well parched: goates milke doth likewise make the haire growe faire. You shall also find more things hereafter in the description of the eye brolwes, and of the beard.

Of the dying of the haire in generall. §. 2.

If any desire to dy the haire otherwise than it is grown by nature, then is this generally to be obserued: that he alwaies before wash the haire with ley made of vine stockes, wherein a peece of Allum is dissolued: for the Allum maketh a preparatiue for to receiue all colours, as is well knowne to all Dyers.

Here do now follow certaine sorts of colours.

Amongst Dutchmen there is no colour more highly commended than the gold colour or yellow, like as it was much esteemed of the Romanes: so that sometimes they dyed their beards and haire with gold: but these things following are also meet for this purpose.

Yellow haire.

Take ashes of the Wine stickes, eight ounces, of Barley straw two handfulls, of Licorice two ounces, seeth them together in a great quart of water: afterwards let it settle, and wash the head with this ley, and let it dye of it selfe.

Item take shauen Beechen wood, Gold flower, Venus or maiden haire, of each one handfull, Licorice halfe an ounce, Saffron one scrup. let this mollifie in ley, wash the head, and let it dye of it selfe: also as often as one combeth him, he must wet the combe therein.

Item take Willow leaues, white beaten Mustard seede, *Consolida Saracenic*, broad Plantain, Water Cresses, Radishes, white Hellebore, Bryonie, Onions, of each halfe an ounce: cut them all in peeces, and let them seeth all together a while in ley, temper one ounce of Honie amongst it, and then let it stand untill the herbes do putrifie: afterwards put more fresh herbes therein, and seeth them with as much hony as there is of the decoction, untill it be thicke, and annoynt the place where you desire to haue the haire grow: but looke well to it that you touch no other haire with it, for it would be disordered thereby, but I aduise no man to vse much of this salve, for it is hurtfull for the head.

Item in March take Poplar buds and seeth them with ley; take also powdered Colewort seede, temper it with the oyle of Walnuts like to a salve, and annoynt the head therewith.

Or take nettle rootes, horse Radish, The gumme of the Birch, make it hote vpon the fire with the ley, and wash the head therewith. Juniper oyle annointed thereupon after washing, will easily make yellow haire to grow: but note that this oyle is hote. This should also the fruite of the Beechen tree do, being laid in ley.

Blaske haire.

Blaske haire: Some that by nature haue blaske haire, do diligently seeke to augment that colour: others will cloke therewith the mishapen haire, many will dye gray haire therewith, which

which to effect, they annoint it with the iuyce of Sage.

Burne Hasell nuts, as many as you please, in a luted pot, stampe them to powder, then make them vnto a salve with the tallow of a Beare or Goate: this doth not onely dye blacke, but maketh also the haire to grow.

Item take beaten Gall nuts sixe ounces, seeth them in nine ounces of Sallet oyle, as long as one would seeth an egge hard: afterwards wzing them out, mixe amongst it pounded Priuet, burnt Vitriol, Salt geni, of each one quarter of an ounce: let it seeth a good while together, having washed the haire with the decoction of Whites and Elderne flowers, then make it fat with the aforesaid oyle.

Item take the greene shales of Walnuts, stampe them and seeth them, annoint the haire with it, and it will be as blacke as Pitch. For this also helpeth Cyppers nuts, Beane straw, burnt shales of Hasell nuts, peeles of Pomegranates, vnlecked Lime, Priuet, and oyle of Puts.

For to make curled haire, take Hallowes layd in ley; if one would dye his haire gray, then make athes of the innermost barke of Aue, and wash you oftentimes therewith, or annoint your haire with Badgers grease.

To hinder gray haire. S. 3.



Be gray is onely proper to mans head, which cometh thozow the abatement of the naturall warmth, or thozow the ryoting life, whereby *Flegma* is increased, and it is sometimes also caused as well thorough vnnatural heate as cold: but if any be gray before his time, that cometh by vse of much fruit and fish: but to vtter the truth, the gray haire is none other then an Ensigne or banner for vs, that death planteth vpon our heads, signifying that it will shortly haue victorie ouer vs. But as there be many that wold hide their age, & would rather be thought yong men, then old soles; So hath it bin also found out, not how to turne away gray haire, but how to preuent the same, whereof we will here write somewhat.

The chiefest is the daily purging of flegme, and specially with vomits and clisters, for which are fit *Pilule Cochicæ*, *Trifera Saracenica*, these pills following.

Take Coloquint, Turbith, Aloe, of each a dragma, Fennell seede, Annis seedes, Berley seed, blacke prepared Belleboze and Pepper, of each halfe a dragma, Diagridion two scrup. make thereof a masse with the iuyce of Wormewood, take a dragma thereof at the most at one time, for they be strong: good hede is to be taken in this purging, that age for gray haire be not thereby taken away.

The ancient Phisitions doe describe many things for preuenting gray haire, what is to be eaten, drunke, and restrained: also what is to be vsed a whole yeare in youth, and that one must eate snailles: so that it grieueth me to enter into so needlesse a matter (when one would stay and preuent the course of nature) I will therefore be brieue. Annoint thy head with the oyle of Beuer rod, with the oyle of a Beare, fresh oyle of Roses, or oyle of Mustard seede: all which are meete to preuent gray haire: or take the splene of an old dog, and rub the haire therewith. Also the oile of Priuet doth preuent gray haire.

Item take Tassell, seeth it in ley and vse it daily: steepe in the ley Hirtle leaues, Cyppers nuts, Juniper wood cut, the barke of Fir wood with the leaues, Gall nuts, and such like.

To take away haire. S. 4.



Take a pinte of wine, drowne twenty greene frogs therein, or as many as can be drownd therein, then set the pot forty daies in the warme Sun: afterwards straine it hard thozow a cloth, annoint the place therewith where you will take away the haire.

Make the place oftentimes moist with the iuyce of yelloe Lillies, which is wilde flower-deluce. Take Ants eggs and rub the place therewith, wherein you would haue the haire taken away, it will fall off and grow no more againe. Item annoint the hairie place with the iuyce of Sloes, and it will make the hairie place bald and smooth.

Will you plucke out haire without breaking the skin? Then take sixe ounces of Turpentine

To plucke out haire.

set

set it on the fire in a new pot, and let it seeth somewhat; then powze it into a panne full of cold water, and stir it continually about with a wooden sticke vntill it run together. Then powze therein other fresh water, and plucke it with your fingers well from another, whereby it may be well washed; and do this so long, vntill it waxe faire and white; afterwards temper amongst in one ounce of beaten Masticke in the foresaid pot, seeth it all together as before, and wash it also afterwards as before is done, and keepe it allwaies couered with water, and when you will vse it, powze out the water: let it melt with the fire, spread it on a cloth, and lay it no where but on the place whence you would haue the haire drawne out, and when it is cold (as it will be quickly) pull off the plaister with violence. Then will the skin remaine very white and bare of haire, then haue a peece of fresh larde ready, and therewith annoynt the place, and then wipe it by and by away with a cloth: then will the skin be bald and smooth.

Of diuerse defaults of the haire §. 5.



The cunning and expert Phisitions do reckon nine kinds of defaults of the haire: *Contorsio*, *Decoloratio*, *Quassatio*, *Fractio*, *Atrophia*, *Canities*, *Alopecia*, *Defluxio* and *Ophiasis*. The first, *Contorsio*, is called a curling or intangling of the haire. The second, *Decoloratio*, a deformitie of the colour. The third, *Quassatio*, which is a splitting or cleaving asunder of the haire. The fourth, *Fractio*, a short breaking away of the haire, that it snappeth asunder. The fift is, *Atrophia*, that is as much as a drying away or consuming of the haire for lacke of fode. The sixt is, *Canities*, when the haire before his due time becomes gray or white. The seuenth is *Alopecia* or *Area*, which is baldnesse or falling off of the haire. The eight is *Defluxio*, which is also a falling away of the haire, like as in them who lost their naturall heate, or recouer after a long continued sickness. The last is *Ophiasis*, which hath her name of the snake: it is also a changing of colour not vnlike to the other; for it is parti-colouring like to a snake.

Of baldnesse and falling off of the haire. §. 6.



Baldnesse and falling away of the haire is three-fold: as the falling off of the haire of the head, of the eye-browes, and of the beard. Of the two last we will discourse in their place: here we will onely speake of the first falling away of the haire. The causes of the same are inflamed moistures, whereby the haire before was fed: which through inflammation thereof is taken away, as already hath bin rehearsed: for whensoever that it wanteth sustenance, the haire must of necessity die away, and fall off with his rootes, as may be seene in them that haue hote braines, and become bald betimes: and contrariwise women, children, and they that be gelded, very seldome. Thus to speake of the meanes: the first prooue, is, whether the haire may be restored or not, to rub the bald place: and if it be not forthwith red, then is there no hope at hand: but if it wax red, then it is a signe that there is still some good bloud, and therefore good hope also. And to come vnto it, first must good order of diet be obserued, to refraine strong wine, Bozage, reare eggs, and all that is light of digesture is commodious for him, and to drinke white, cleare, and small wine, that is sweetish. Bathing and rubbing is very meete for this disease; if the person be full of bloud, open y head veine, or that on the nose, or the veine behind the eares, and also purge, if it be needfull, of whatsoeuer occasion it be that the falling away of the haire happeneth. These means following are allwaies conuenient for it: Take *Euphorbium*, burnt Hasill nut shels, burnt Chestnut shels, Cresses seedes, Andie Spica, *Verbascum*, of each one drag. bitter almonds with their pils burnt, one quarter of an ounce, make salve thereof with vine cuic, oyle of Radishes or barbaries.

Item take *Euphorbium*, wild Rue, Bozeas, Mustard seed Bugwort, of each a like much; beate them all together and make thereof a salve with the iuice of Onions: let the head be rubbed vntill it be red, and then annointed therewith. Of such like remedies are many moze described by the ancient Phisitions: but omitting them, ye haue some here that are certaine and common.

Take Pigeons dung, burne it to ashes, then powze lye vpon it, and let him be washed therewith.

Or Hasill nuts with the shels beaten small, and tempered with Beares grease, is very good.
Oyle

Oyle of eggs doth defend and keepe the falling out, and makeeth the haire for to grow againe where it is fallen away. Forasmuch as the oyle of egges is so good for this, and for many other things more, it is needfull to teach here how to make the same.

The oyle of Eggs and his vertue. Take hard sodden yolkes of eggs as many as you will, breake them in peeces, and parch them in a pan untill they ware ruddy; then shall you see oyle run out: then without ceasing must you stir them about, and when they be thoroughly parched presse them hard through a woollen cloth.

Oyle of Eggs.

It is many times approued and found, that this oyle doth not onely cause the haire that is fallen off to grow againe, but doth preuent and stay the haire from falling. It also healeth, and causeth all other itches and sores to heale.

Further: Take wel salted Barly bread, burne it to powder, and temper it with Beares grease, and annoint your head therewith.

Item take a glowing Steele in the ley wherewith you will wash you: vse it often without any thing else therein.

Take Mirtle seeds and the leaues: seeth them in water, and wash the head therewith.

All that is taught hereafter against the falling off of the haire in the eyebrowes and the beard, is also meete for this purpose.

Of the scales of the head, of the beard, and eyebrowes. §. 7.



The Latinists do call the scales of the head *Eurfures*, which is bran, well knowne of all people, and are very common in almen's heads. They grow there thowow a hot complexion, and when they abound much & aboue custome, then were they wont to be messengers of leprosie. They that haue them so excessive, do get them thowow a licentious life, and surfeiting in eating and drinking, through incontinencie, strong wine, much vse of garlick, onions and mustard, wherby the blood is burnt to ashes.

For this must one begin with purging, like as in all drie itches shall be expressed. But if the person haue much bloud, then is he to be let bloud; if not, then are to be vied nasing powders, gargarismes, and boring cups are to be set on the shoulders and necke, and afterwards these things: Seeth Hallowes or Venus haire in water, wash therewith the head and face, and alwayes rub well the head; or boile fennell seed, Licorice, Flea wort, Lupins, Hollhocke rootes, take out the muscilage as shall be taught hereafter, and temper them with the iuice of Melons. Item take Puttre wood, or Putshels burnt to ashes, put them in the ley and wash you therewith. Item take Charuill, Southernwood, make a ley thereof with a little vineger. Item burne Bay flowers to ashes, and poure ley vpon it. Item take Clecampane rootes, and infuse them a good while in ley.

Or take Stozkes bill, let it seeth in water, and foment well the scales therewith, that they be well frothed, and afterwards lay the herbes on the top of it, and they will weare away.

Will you yet haue stronger things? then take the gall of a Bull, Coloquint, Sal Alkali Bozas, of each one drag, Bals, pills of Pomegranates and their blossomes, of each one scrup, and temper them together.

Item take narrow Plantaine, Henbane seeds, and salt, of each a little, seeth them in water and rub the scales therewith: the same also doth *Aqua vite* with brinstone among it.

Heretofore in the second chapter & §. 1. you haue a bag for ley, which beginneth, Take Spica &c. you may vse the same also for the scales, and put thereto two ounces of Denge peels, whereof some of the white is cut away.

For to draw the muscilage out of the seeds and rootes, the Apothecaries do call the slime drawne out of all seeds and rootes *Muscilagnes*; it is much vled in this matter, and is thus prepared.

Take rootes and seeds, chop and stampe each according to the quality, seeth them untill the li- quor be very slimy & muscilaginous: this being done, poure it al together into a long bag that is piked beneath, and bind it hard to a staffe; afterwards take two little bordes and fasten the said bag betwene them, wzing it hard from aboue downewards, then runneth the slime or musci- lage out of it, receiue it in a cleane porrenger; and after this fashion wzing or presse out all the slime that will come forth.

How to make the slime or muscilage of seeds & roots.

For to driue away Lice and Vermine. §.8.

Lice.

This lothsome and (especially to children) troublesome worme, hath his most abode in the foresaid haire of the head, and they do grow through moisture of the flesh, or (to speake properly) of a grosse and moist vapor that fumeth out at the pores, and through naturall warmth becometh outwardly a Louse, and receiveth also a vitall spirit, and is altered into a little worme with sixe feete, increasing and saking their meate in the place of their generation: therefore are children and women more plagued then men that are drie by nature, and be much lesse hurtfull to yong children then to full growne persons, yet they haue this commodity thereby, that they that haue most lice be wholly freed from the headach.

Their cause.

The cause whence they are ingendred, may be ouermuch eating and small digesture, or eating of meates that be very moist, as diuers fruites, and especially figs and chestnuts: also ouermuch carnall copulation, vncleane clothes, and such as are worme ouerlong.

Their remedies.

Now that one may be rid of this vermin, annoint the head with the broth of Salt fish, with the iuice of Alehouse, the iuice of Sumitory mixt with Vineger: take Gentian and seeth it in lye, and wash the head therewith.

Take Bay berries, or (if you haue them not) the oyle of Bay, Vineger, powdered Bay berries, burnt Varts horne, seeth them together in water or lye, and wash the head therewith.

Salues. Take halfe a pound of Barrowes grease, mixe and temper amongst it one ounce of Quicksilver, and one ounce of the oyle of Bay, Licebane and white Helleboze, of each halfe an ounce, Salgem one dragme, and a little vineger: temper them all together, and therewith annoint the head, and put a kercher on the head, and in the morning wash the head with lye.

Another. Take Barrowes grease halfe a pound, beaten Liner foure ounces, Wolues bane, and white Helleboze rootes, of each halfe an ounce, oyle of Bay one ounce, temper amongst it one ounce and a halfe of quicksilver so wel that one cannot see it, salt one drag. vse a little thereof, for it is strong.

Item take vnprepared Coziander, seeth in water, wash therewith the head, and all places where there are any lice, and wash the clothes in like maner: it driueth away lice and fleas: you may also try the same with Coziander leaues.

Crab-lice.

Against Crab-lice you are to vse all the former things. They grow of a stinking matter, that nature expelleth through the hairy skin, as in the eyebrowes, beard, & prinities; they are most plagued with them that eate many kinds of meates, vse small exercises, and much bathing. For to consume this vncleane matter, he is to be purged with *Pillula Cochia*, and to vse oftentimes gargarismes with the sirupe of vineger, and a little mustard seed, and to wash the place with Allume water, and salt water, or that wherein Stauesacre is decocted.

Item take Stauesacre and Allume, of each one drag, beate them together, temper it with hony, & annoint therewith: Others do take Sal-aromoniack, Aloe and Boxras amongst it, and in stead of hony, vineger of Squills: also the white of a rotted egge is commended for it, wrapt vp in a cloth, and held as hot vpon the place as may be suffered. This being done three or foure times, they will fall away.

Lice in childrens feete.

Sometime yong children haue also lice growing in their feet: for them take new laid hen eggs, let them be sodden hard, cut the white in peeces in the breadth; beate then the yolks, and with fine linnen rags lay it on the feet, and then the white vpon it; and so being well bound certaine houres, the lice will creepe to the white of the egge.

The Lowlie euill, *Phthiriasis*, a miserable sicknesse. §.9.

Euen as we haue written of the Lice, so we will adioyne thereto the Lowlie euill, which the Grecians do call *Phthiriasis*. This is a wonderful and terrible sicknes, that a man should be eaten vp with such baggage worms, and so bereft of his life. It hapneth that these worms do breed of moisture of a mans flesh, and begin commonly in the eyebrowes, and in some scabs, or among some scurse therein, when they do breake of themselves or are opened. Then do lice creepe out, and so by little and little out of the whole body, with such danger, that very skillfull Physicians haue inough to do therewith, and yet neuerthelesse are these medicines following ordained

ordained for the same : Take the iuice of Fumitory, Bozage, Germander, of each two ounces, *Mirobalani*, *Chebuli*, *Indi*, *Citrini*, of each foure scrup. blacke prepared Helleboze one quatter of an ounce, prepared Agarick half an ounce, Aloe three quarters of an ounce, *Epithymum*, *Sene* leaues, rootes of Polipody, of each one ounce : powne all that is to be powdered, and temper them with the iuice ; if it be too soft, let it dry, and forme a lumpe or masse : thereof take one drag. and make five pills of it, of the which you are to take twice or thrice euery weeke, two at one time, an houre before supper.

Prepare this ley ensuing: Take Aristolochy, Swines bread, of each halfe an ounce, of Gentian, *Rhapontica*, of each three drag. Centory one quarter of an ounce, seeth these things in ley, and wash therewith.

Item take Ireos halfe an ounce, Squills one ounce, Centory halfe an ounce, Birtle seed one ounce, Cloues three quarters of an ounce, bitter Almonds foure ounces, Vineger, as much as is needfull : let them seeth together stopt well in a glasse in water by a soft fire about the space of foure houres: afterwards wring it out well, & with this oyle annoint the pusshes or scabs whence the lice do issue and breed.

A salve. Take Juniper berries powdered well, one ounce, of sallet oyle three ounces, of white wine one ounce and a halfe: seeth them together till the wine be consumed, afterwards wring it out ; then take two ounces of Barrowes greace, Elecampane rootes rolled vnder the ashes, one ounce and a halfe, Litharge of gold one ounce, prepared Quicksiluer one ounce and a halfe, temper them and annoint the scabs therewith, but beware of the eyelids that you do not annoint them therewith.

In this lousie euill it is commanded to mortifie the Quicksiluer as hereafter followeth : take wild Ferne and the rootes three *H. Limons* and Oranges cut in peeces, of each three drag. seeth them in water untill the third part be consumed : afterwards straine it through a cleane cloth, and temper the Quicksiluer wel amongst it. There are other meanes moze to kil the quicksiluer, like as hath bene shewed in the other salues for Lice.

How to prepare & mortifie Quicksiluer.

Of the bad sore, Scurfe or Scall of the head, and such like. S. 10.



Through the vnnaturall moisture of the head Lice do grow : so doth there come thereof bad sores or scals of the head, as is seene in children which are full of moisture. And although these scabs are for the most part alwayes an expulsion of nature, whereby children are cleared from other accidents and noisome diseases, for which cause they ought rather to be prouoked then healed : neuertheless heere must be taken that this breaking out come not to grow old, and to be changed into the bad sore or scall, the which is not to be holpen in people of yeeres, nor yet in yong children, therefore will we here write somewhat thereof.

Of a Scald head.

This is a detestable disease, to wit, the sozenesse or scals of the head with scurfe, spoile and falling off of the haire, with much itch, stench, and lothsome misshape or illfaourednesse : the one sort are dry, the other are moist ; neuertheless all are to be cured after one manner.

At the first doth this bad sore appeare small and little : but if they be not quickly looked vnto, then runneth it forth with from the one side of the head to the other, untill the whole head be full: the causes are drie burnt humors, or moisture and putrified blood.

If it come only of *Phlegma*, then yeeldeth it moisture, whereof we will make further mention.

If it be dry and old, then do all the learned conclude vpon it that it is incurable; and although it should heale in continuance of time, and through much aduice, and with trouble, neuertheless must not one cease therefore. And to this end are these things following acknowledged to be good for the same.

First it is needfull to begin the cure with a good order of diet, wherein neuertheless there is no certaine order to be made, because that this disease is incident to yong children, albeit sometimes also to people in yeeres, wherein great difference is to be made. But generally to eschue all things which maketh heavy, melancholicke and flegmaticke blood, whereof are many instru-

tions giuen in many places of this booke. First of all, a full growne man must alway apply himselfe as hereafter followeth.

Above all he must beware of strong and sharpe wines, and (as is said) from all Melancholike meate, as chesse, coleworts, salt flesh, and such like, and must rather vse them that be light of digestion, and make good blood, as fowles that haunt high grounds, reere eggs, Bozage, sweet fish of fresh waters. He must also oftentimes purge, according as the person is, and as the sores be great and noisome.

If a mans age will permit it, and the patient be abounding in blood, which may be perceiued by the greatnesse of the veines, it is aduised to open the head veines in both armes, likewise the veines in the forehead, and behind the eares. Neuerthelesse some do suppose that the two last mentioned veines are not often to be opened. To the end one might recouer haire, for which this blood is requisite, vpon the places where it is red and raised, and sheweth bloody, are horse-leaches and boring cups to be set, and plaisters to be applied that doe raise blisters, whereof shall be more spoken in time. If there be any disease where haire groweth, there it must be shorne off twice a weeke, and alway before there be laid any salue vpon it, the haire must be cleane shorne away, and be also well rubbed with course linnen, and afterwards annoint it ouer with the iuice of onions or of Radishes. These are now the beginnings of the cure.

First of all must the grosse burned moisture be attenuated and prepared for expulsion, the which is to be effected with *Oximel* of Squills called *Compositum*, and is described in the second Chapter, §. 6. for which also doth serue the sirupe of *Fumitory*. The melancholike and flegmaticke humors are to be purged with the pills *Cochia*; and if one haue strong folks in hand, he may vse thereunto *Epithymum*, *Coloquint*, and prepared *Helleboze*: yet a man is alwayes to be aduised herein by a learned Physitian. And for example in a dry scall: Take prepared blacke *Helleboze* one drag. *Sene* leaues, *Epithymum*, of each one drag. *Agaricus* one drag. and a half, *Pastick* one drag. Aloe halfe an ounce, make pills thereof with the iuice of *Smallage*, and giue therof one dragme at one time.

But if the scall be moist, then purge with these pills following: Take *Cochia* one drag. & a half, *Epithymum*, halfe a drag. make pills thereof for to vse at two times: or take *Agaricus*, *Coloquint*, and *Pastick* of each one drag. Aloe halfe an ounce, temper them al together with the iuice of *Garlick*, take one drag. at once. *Miobalanis*, *Chebuli* tempered with *Epythimu* and *Sene* leaues are also meet for this.

Take of these remedies, of which we shall write against both sorts of these scalls, and begin first with the least.

Fumitory, after what sort soeuer it be taken, doth much cleanse the blood, therefore it is to be vsed for this disease. Also wash the head with wormwood wine, for that it drieth the moisture, and specially healeth the scalls, with the white scall or scurfe.

Annoint the scalls with oile of white Lillies mixed together with the oile of Cammomill.

Take the yolks of eggs, fry them well in swines grease, and put vnto it as much Turpentine, let them melt together, they dry very gently.

Take oile of Roses, Juniper oile, of each half an ounce: quick brimstone, Pigeons dung, Uerdigrease, of each 3. drag. a little war, melt them together, it is very certain, and healing all scalls.

Take stamped Lupins, temper them in vineger with Barrowes grease.

Take oile of Bay and Matmeale, of each a like much, Basill seed, one quarter of either of them, annoint the head, and lay leaues of this herbe vpon it. But it is too mild for the scall, and besides the Basill seed is hurtfull to the head.

Take two handfuls of Sage, beate them smal, temper them with salt, hogs grease, & vineger: let it seet h well, and annoint therewith the scald head euery other day. Upon the day betwene both, it is very good to wash the head with the decoction of Hallowes and Dock roots.

This salue is certaine, and approued many times: Take butter which is burnt black, Soote out of the chimney, and salt, of each a like much: stir them both well amongst the butter, vntill the butter be stiffe, and therewith annoint the scalls. And if it be not needfull euery day, then about the third day wash the head with a small ley, and do this as often as is needfull; when the scurfe falleth away, annoint the red place with this salue. Also this remedy following is much in vse: take pure turpentine two ounces, and wash it well with cleere water, fresh butter one ounce washt well, half an ounce of small bruised salt, one Dreng beaten all to peeces and

woong

wrong out hard, the yolkes of three new laid egges, oyle of Ro'es halfe an ounce; temper them all together by a small fire. This is a certaine salve, it may be vsed for all itches and scabs.

This salve following is exceeding sharpe, and therefore it is not to be vsed but at great neede, and for the most venemous scabs of the head.

Take two ounces and a halfe of Barrowes grease, oyle of Bay, Wax, powdered Frankinsence of each an ounce, salt one quarter of an ounce, Quicksiluer mortified three dragmes: first melt the wax, oyle of Bay and grease by a small fire, and put one ounce of the iuyce of Plantaine and Fumitory with it, let them boyle till the iuyces be consumed; then take it from the fire and temper with it the Frankinsence and Quicksiluer, and stir it so long untill you see no more Quicksiluer; it is then prepared: and you are to annoint this salve onely vpon the scall, and if you mixe halfe an ounce of Mastix with it, it would make it the better.

Some haue another manner to heale the scall of the head, and do first thus: first they cause the head to be shauen bald, afterwards they annoint it the space of three daies with oyle of nuts, oile of Palma Christi seeds, and oyle of Cammomill tempered together.

The fourth day do they let the head to be pricked in diuers places, that it may bleede: afterwards they let it be washed with the decoction of Fumitory, Docke rootes, and of Cammomill; and afterwards they put into the same decoction Argall Squils, or Barlik; they seeth it all together, and forthwith do rub the head therewith, and dry it with hot clothes: and this do they twice or thrice a day for the space of three daies. The fourth day they wash it againe with the former decoction, and then shoue off all the haire: if the skin be not yet cleane, vse rubbing againe with the Argal, & continue it so long until the skin be thorough cleane, then annoint the head with the salve following. If you haue a woman to cure, then take a womans haire; if you haue a man, then take a mans haire, burne it in a pot of ashes, take thereof an ounce, burne hazel nuts one ounce and a halfe, the dregs of Sallet oyle foure ounces, clarified hony three ounces, Myrhe one ounce and a halfe, Aloe halfe an ounce, Saffron three dragmes; temper them together vnto a salve. This preserueth the skin, and permitteth not the moisture to putrifie vnder it, but maketh the haire to grow. But if it happen that through this or any other salues the skin is destempered, then must it be vsed no further, but with these decoctions following (which are much commended) it is to be washed, to wit, with the decoction of Willow leaues and Woodbinde, for which these also are more requisite, Whites, Fumitory, wilde Time, Dock roots, Sorrell, Storcks bill, all together, or which one can get, decocted or bathed therewith.

This following is a very good salve, not only for the scals of the head, but also for all other scabs and scurfs, itch, falling off of the haire, nits and lice.

Take Gals, red Arsnick, Aristology, of each 3. drag. Hemlock seeds one quarter of an ounce, soot of a chimney, brimstone, bitter Almonds, Coloquint, Caper roots, fig leaues, Chintre leaues, Verdigrease, Blume Allume, Sieff memithe, plain Coegal, Myrhe, Aloe, Frankinsence and pitch, of each one drag. and a halfe, stampe all that is to be stamped, and temper it with vineger, set it eight daies or more in the sunne untill it be well tempered, and then vse it.

In like manner is this highly commended, although the scall had continued many yeares.

The blacke and white Helleboze, Brimstone viue, Vitriol, Gold litharge, vnsekt Lime, Shou makers blacking, Aloe, Gals, soote of the chimney, Wood ashes, of each halfe an ounce, mortified Quicksiluer, Verdigrease, of each one quarter of an ounce, stampe all that is to be stamped. Further, take the iuyce of Bozage, Scabiose, Fumitory, Dock roots, of each two ounces, mixe them all together with three ounces of old dregs of Sallet oyle and as much vineger: let this seeth vpon a milde fire halfe an houre, and then temper the other things amongst it, and put an ounce of molten Turpentine amongst it, Wax as much as is needfull for to make a salve. This is maruellous much commended for all scurfe and diseases of the skinne.

A sharp ley. The ancient Phisitions will make a cleane head with sharp ley: but I cannot aduise, especially if one will often vse the same.

Take a pound of Argall beaten small, and bind it in a cloth, polye thereon a pinte of water, and let it lie so the space of halfe an houre; afterwards lay cloth and all in the fire, and so burne it three houres long, then beate it againe, and binde it vp as before, and burne it two houres more, beate it to powder and put it in an Hippocras bag, poure the foresaid water vpon it, let it runne through fire or eight times, and make a ley thereof: it drieth vehemently, and hath almost the sharpnesse of blew Tartary.

Of the plucking away of the scall.

MAke nine caps of blew cloth or blew linnen, as big as the head is scally, annoint it inwardly with molten Pitch and Rosin, and put it vpon the shauen head, and so leaue it thereon three daies: afterwards plucke it off by force, and it will take away with it the haire and all the scurfe. But if there remaine any haire in it, then plucke them out with small mullets, and then wash the head with water (like as is said) wherein is decocted Fumitorie and Docke roots, &c. And when it is dry, then set another cappe vpon it: doe as before, and so vntill nine times, afterwards vse one of the foresaid salues.

Of the skinne of the head. §. II.



As much as the foresaid scall hangeth most on the skin of the head, and the foresaid skin is not onely fastned to the head, but also to the whole body, couering it as with a clothing, and is laid vnder the haire as his ground: therefore are wee somewhat admonished heere, and afterwards occasioned once againe to write thereof in the first part.

The skin which couereth the head, is not of one kind of nature: for this whence the haire groweth is hard, dry and thicke: the skinne of the forehead, as much as it is without haire, hath her free motion: that which is vnder the eye cannot be separated but with great trouble, and hath no motion, like that of the forehead. The skin of the lips is a mixture of the skinne of the muscles, so that they may be called with both the names. Thus much may suffice at this present time.

The fourth Chapter.

Of the Skull of the Head.



In this name we will not onely haue *Cranium*, but also all the vppermost bones of the head to be vnderstood, whereof there bee seuen commonly told, the which through fine *Suturas*, which is sewings or conioining, very naturally are in each other knit together. But for the same one may looke into the *Anatomicos*: concerning this our purpose, the head is parted into sixe parts, whereof the first is *Frons*, the forehead, which is beginning from the eye-browes till there where the haire beginneth on both sides euen vnto the eares, it is but one proper bone called by the Chirurgians and other moe *Coronalis*, like as men do vse to weare on this place of the head the garland. The second is fast by it couered with haire, they call it *Sinciput*, it is with vs the former part, and hath two bones which we call *Parietalia*, the sidebones: they touch both of them the suture that passeth ouer the middle of the head, are thicke bozed through with small holes and weake. The third doe they call *Occiput*, the hinder part of the head; the necke is a great strong bone with a great hole, where the first ioynt *Vertebra* of the backbone hath his winding about. The fourth is *Vertex*, the crowne, the height and middle, from which, as from a point or circle, the haire doth spread abroad it selfe round about; but that which is betwene both the eares and eyes be called *Tempora*, with vs the temples,

Lastly, is all that beginneth vnder the forehead and the eye-browes vnto the end of the chin, as eyes, eares, nose, mouth, called *Facies*, that is, the face. These are now the outward parts of the head, which do also comprehend the bones, of which hereafter particularly mention shall be made.

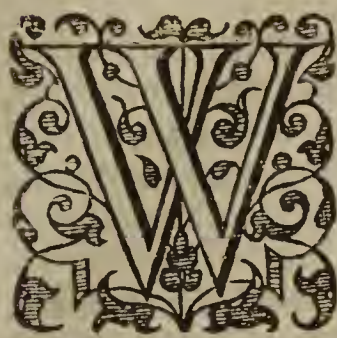
As much as then concerneth the skull, that is outwardly after diuers manner of meanes abused and perished, as through stripes, fractures, wounds, and such like, which accidents doe specially appertaine vnto Chirurgions, neuerthelesse we are minded to discourse somewhat thereof. And this for a beginning.

Of

Of the compression of the skull in yong children. §. 1.

Itemmeth to passe otherwhiles, that new borne children haue their skulls doubled one ouer another or compressed; for which lay this plaister vpon it: Take Lodestone, Pumice Stone, salt, of each a like much, bruised small, and make with honie a plaister thereof.

Of the fracture of the skull. §. 2.



When it is time after the first dressing to look to the wound of the head, then take off the tow, couer the wound with a fine linnen cloth made wet in this *Aqua vite* following: Take *Aqua vite* made only of Wine one ounce, wherein put powdered Aloe and Myrre of each one dragma, Mastick half a dragma, stop it fast; then strew of the powder which is powdered together of the three things vpon the wet cloth; couer it with another cloth, & anoint the wound round about with oile of Roses, couer the head gently with a linnen cap or kercher.

Item take womans milke that giueth sucke to a boy, wet a peece of silk therein and couer the wound therewith, afterwards take the well brayed white of an eg, put powdered Frankinsence vnto it, spread it on a cloth, and lay it ouer the wound aboue vpon the first cloth which is made wet in the womans milke, and let it lie so three dayes: if the braines be quiet, then is it a good signe of life: afterwards dresse him with the blacke plaister or salue that shall hereafter follow: but if the wound stanch not bleeding, then is this powder following marvellous good; Take Frankinsence two dragmes, Aloe one dragma, and therewith strew the bleeding wound.

A water. Take Rosemary with the flowers, Sage, Betonie, of each one lb. Steepe them 24. houres in good wine and distill it, put thereto Myrre halfe an ounce, Aloe one ounce, Saffron ten graines, *Sarcocolla*, Frankinsence of each one drag. This you are to keepe in a fast closed glasse vntill you haue need to vse it.

After that the wound is dressed, and that it hath not bled much, some do aduise that the head beine is to be opened, and that is very truly aduised, that for all such wounds the head beine once at the least should be opened, and the patient purged: for it happeneth oftentimes that the paine of the head, impostumation, or other mischances may thereby be hindered and prevented.

But to returne againe to the Chirurgery. It hapneth oftentimes that there befalleth with it paine of the throte and of the almonds, for which is mete this gargarisme.

Take Masticke, Frankinsence, of each one drag. Plantaine, the iuice of Sloes, Acorne cups, of each one quarter of an ounce, Licorice an ounce, *Pieretrum*, Pomegranate pils, of each one quarter of an ounce: seeth them together in a quart of soure red wine vntill the third part be sodden away, put thereto prepared *Bolus Armenus* halfe an ounce, burnt Allume one ounce & a halfe. Lay this plaister following then vpon it to heale it withall: Take oyle of Roses eight ounces, oile of Masticke one ounce, shepes and calues setwet of each twelue ounces, siluer litharge bruised small two ounces, red lead one ounce, and a pint of wine, then let this boile softly vntill it be browne or blacke: then put thereto foure ounces of Turpentine, Masticke two ounces, *Gummi Elenii* halfe an ounce, white ware as much as is needful for to make a plaister. This plaister is especial good to cure a wound in the head, although one vsed nought else, yet is the wound oftentimes to be washed with warme water: & if it were wholly impostumated, then in stead of water vse wine, wherein little seedes and blossomes of Pomegranates with a little Allume hath decocted.

Another plaister, which is also commended for good, and to haue bin approued. Take *Gummi Elenii* one ounce and a halfe, white rosin two ounces, Ware two or three ounces, oile of Roses two ounces and a halfe, Ammoniack one ounce, Turpentine one ounce and a halfe, make a plaister or salue of it: some adde Rie meale vnto it: others blacke Beane meale: the third sort beate Plantaine seedes: some also vse wine in stead of oile.

A salue. Take white rosin five dragmes, powdered Aloe halfe an ounce, oile of Roses and ware as much as is needfull, let it melt by a mild fire: when it is cold, put thereto halfe an ounce of *Gummi Elenii*: with boiling may be made a tough plaister thereof. It draweth the matter out of the broken skull, and from the bottome or depth allwageth the paine.

An especiall salue for the fracture of the skull.

Yet one more that is stronger ; Take the vpright Balsame, or in stead thereof oyle of Cloues, Bdellium, Ammoniacum, of each thre ounces, white Rosin, *Gummi Elenii*, of each one ounce, Frankinsence, Myrhe, Sarcocolla, beaten small, of each one dragine and a halfe, oile of Roses two ounces, war as much as is needfull : make a tough salve thereof, and seeth it in foure ounces of the iuyce of Woodbinde vntill all the iuyce be consumed.

Of the skins or tunicles of the braines, called *Dura* and *Pia mater*, when they be perished. §. 3.



These two skinnes or tunicles that couer the braines vnder the skull, doe the Greekes call *Meninges*, the vpmost is called *Dura mater*, the hard Mother, for that in comparison of the other it is very hard and full of holes where the beines passe thorough. *Pia mater*, the good Mother, is very spare and thinne, therefore also very dangerous if the same be wounded: for which these salues following are ordained and found requisite.

Take Woodbinde, Betonie, Pimpernell, of each two M. *Gummi Elenii*, Dragon blood, of each thre quarters of an ounce ; seeth them together in two ounces of oyle of Roses, and sufficient quantity of red wine vntill all the moisture be consumed, wzing it out, and let it be cold, make it as thicke as you will with molten ware.

Or take Turpentine, Rosin, War, of each one ounce, Frankinsence one quarter of an ounce, oyle of Roses three ounces, *Gummi Elenii* three dragn. Mastix one quarter of an ounce, Betonie, Woodbinde, of each three drag. These herbes must be sodden in red wine vntill all the moisture be sod away, afterwards wzing it out, temper the other things with it ; stirre it well about vntill it be a salve.

But if the skull onely be broken, whether it be by falling, throwing or beating, and a swelling withall, then take Wormewood, Roses, Cammomill, of each one M. seeth them in redde wine and oyle of Roses as much as is needfull, temper a good quantity of Beane meale with it, and so apply it.

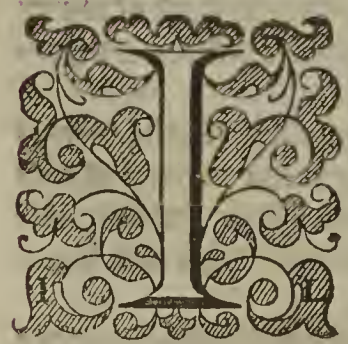
Item, take Wormewood, Cammomill, Melilot, of each one ounce, Stechas, Betonie, Woodbinde, Bolus, Dragons blood, of each halfe an ounce, Barley meale two ounces, oyle of Roses as much as will suffice for a plaister or salve, yet if you would haue it hard, adde ware vnto it.

The tryall when the plaister is sodden enough. §. 4.

If any will put iuyces, Wine or any other moisture in plaisters, then are you to let the iuice be sod away : and when they be sufficiently sodden, you shall know it hereby : let a droppe or twaine fall vpon the fire, if it do not sisse as water is wont to doe, then it is enough.

The fift Chapter.

The face a part of the Head.



It is befoze declared in the beginning of the fourth Chapter, that in diuiding of the head, the face is the first part, beginning and ending from the eye-browes vnto the end of the chin, of which parts disease we will now discourse.

As much as concerneth the face in generall, man hath purchased the same aboue all liuing creatures, for it cannot be said of any beast that it hath a face, *Faciem*, but only of mankind : and it is also to be wondred at, that nature hath planted so many parts into so small a compasse, for that there be eyes that see and leade the whole body ; a mouth that speaketh and taketh in meate for the sustenance of the whole body ; a nose that smelleth, and can discerne what is pleasant or vnpleasant in smell or sauour, that also doth discharge and vnburden the braines of all superfluous moisture,

moisture; eares for to heare, whereby men may vnderstand one another: a beard for to distinguish one man from another; eye-browes to the garnishing and defence of the eyes; cheekes, wherewith to manifest and shew shamefastnesse, feare, peace, and friendship, as shall be more at large shewed hereafter: consequently, the face is a looking glasse of the mind, of the inward intention and vnruealed thought. But we will not make long discourse thereof at this present, but onely to discourse of the diseases of the face, and how to cure them.

Of all staines or spots of the face. §. 1.

For to take away this disorder or misfiguring of the face, may these remedies following be used: make a little cruse of doo, as it were a small pastie meetly thicke, put therein six ounces of Cerusse, make it fast on the top, that there shie no vapor out of it; let it stand so in an ouen the space of an houre; that it be not too hote: and when it is waken cold, take it out and braise it small, and put thereto a sufficient quantity of Elderne water, and so set it in the Sunne close stopped, stirre it euery day about foure or five times; wash the face therewith foureteen daies long, or as long as is needfull with a cloth which is wet therein. This is oftentimes approved.

Item take fresh rootes of Salomons seale, beate and annoint it on the spots: or take Goates milke wherein Salomons seale rootes are decocted, and vse it as is aforesaid. The water of distilled hony doth take them also away.

Maidens milke, *Lac virginis*, the which the ancient Phisitions doe so name, is a good and sure water, not onely for staines in the face, but also for many other diseases, as shall be hereafter more at large declared, and the same shal be prepared thus: take halfe a pound of litharge of gold, beate it small, and put it into a pot, poure halfe a pinte of vineger vpon it, let it seeth a little, afterwards when it is settled poure of the cleere into another glasse and keepe it; you may preserve the litharge for to make a plaister with it afterwards.

Lac virginis
or maidens
milke.

Secondly, take a good handfull of salt, put foure ounces of water vpon it, seeth it to the halfe, and keepe it also in a glasse by it selfe: whensoever you will vse it, then take three parts of salt water, and one part of the foresaid vineger, temper it wel, then wil it be as milke: wil you haue this better, then put a litle Rose water and *Sal Armoniack* vnto it. It is good for all scurfes: some do vse it in the eyes also, but it is very sharpe, chiefly if one take *Sal Armoniack* with it.

Tristrams water.

Take twelue ounces of Nutmegs, Mace, Ginger, Graines, Cloues, of each halfe an ounce, Kubarb one ounce, Beuer cod, Spikenard, of each halfe an ounce, oyle of Bay two ounces, leaue the spices vnbeaten, poure to it foure quarts of wine, couer it close, and let it stand so the space of foure weeks, afterwards poure away the wine, powne all the spices to pap, and put it again to the foresaid wine, let it stand well stoppt three daies, stirre it well about: then distill it in hot water without seething, and preserve it well. Besides that this water doth take away all spots of the face and of the body, there is ascribed more vnto it these wonderfull vertues, to wit, some holden in the mouth taketh away the toothach: Also venison laid therein should continue good a yeare and a day. Also all manner of fruits and flowers laid therein doe the like: a litle thereof put into faint wine, maketh the same fresh and quicke: a litle drunke thereof doth breake all inward impostumes, it kepeth a man in good constitution, also the stomacke, the liuer, the milt, the lights and the bowels; a cloth dipped therein put on wounds, doth heale the same: it preserveth from all dead palsies, it drieth all moist and rheumaticke braines: if any drinke the same, or annoint the head therewith, it taketh away a stinking breath: also it kepeth one long youthfull if one drinke a litle of it in the morning, as many times hath bene proued.

A salve for the spots: Take oyle of Roses, vnguent of Roses, of each halfe an ounce, oyle of Violets one quarter of an ounce, the iuyce of Plantaine halfe an ounce, Pusilage of Fleawort, of Dallowes, of Violet leaues, of each one ounce and a halfe: let it seeth til the Pusilage be consumed, afterwards with molten ware make a salve thereof.

For the freckles which one getteth by the heate of the Sunne: Take a little Allume beaten small, temper amongst it a well bzayed white of an egge, put it on a milde fire, stirring it allwaies about that it ware not hard; and when it casteth vp the scum then it is enough, wherewith annoint the freckles the space of thre dayes: if you wil defend your selfe that you get no freckles on the face, then annoint you face with the whites of egges.

Of the rednesse of the face. §. 2.

TAke the whites of two egges bzayed well with Rose water, temper the iuyce of Plantaine and of Dockes amongst it, of each a like much, afterwards thre graines of small powdered Sublimate also mixed amongst it, annoint the rednesse with it.

Afterwards take about eight ounces of Vineger and Rose water, temper one quarter of an ounce of Brimstone amongst it, Allume one quarter of an ounce, let it seeth softly untill about one third part be sodden away, wash therewith the red face.

It is also good that the bad blood may be drawne out to set a horseleach or twaine to it, for it is found that the rednesse of the face and the pusshes can neuer be better taken away, than with this fastning of the Leaches, but one must allwaies purge before hand.

A water. Take Sulfure vine halfe an ounce, salt one drag. Camfere halfe a scruple, Rose water, the water of blew flowerdeluce, of each two ounces; set it fourtene dayes well stopt in the Sunne, stirre it oftentimes together, make a cloth wet in it, and therewith wash the face.

Another. Take one ounce of Ceruise, Masticke one quarter of an ounce, Myrre halfe a drag. let them be sifted thzough a lawne searce together, put them into a mortar, and poure thzough a little sallet oyle and vineger, and with long stirring it about make a salue thereof.

For all white pusshes of the face. §. 3.

For this is first of all good, the water of broken Ceruise with Eberne water, which is described in the first §.

This salue may be also vled for it.

Take shepes selwet, fresh marrow out of the stags bones, melt them together on the fire, and annoint the face therewith. Item take Camfere halfe a drag. grinde it small with thre ounces of Rose water, stirre it often, and wash the face therewith.

For this is also highly commended, the oyle of Spike, besides the good sauor, it giueth the face a good colour.

Mentagra.

With the white pusshes of the face, we doe also vnderstand all scabs, blisters, and other spices of leprosie in the face, which the Grecians do cal *Lichenas*, and the Latinists *Mentagram*: for that all such diseases doe commonly appeare with drie white scabs, and itching scurfe about the chin, the which doth at length spzed it selfe from thence ouer the whole body; for which these remedies following are very good.

The Goats milke that commeth warme from the beast, the water of Viriconfanie, of each eight ounces, the whites of thre new laid egges which come warme from the nest, the crusts of two warme white loanes, Salomons seale one M. Camfere halfe a drag. This shall be distilled together in seething water, then temper the Camfere amongst it, and wash oftentimes the face therewith.

The face commeth also otherwhiles full of little red blisters, whence issueth a sharpe moisture mixt with blood, the which if it be not remedied in time, it will degenerate into the right leproie, against which these meanes following are to be vled.

Take water distilled of water snegs, or of muscles thre ounces, Ceruise washed with Harts toong water, one ounce and a halfe, the iuyce of wilde cucumbers or the water thereof as much as is needfull for to make a salue thereof: but this following is more forcible.

Take *Sarcocolla*, Ceruise, Starch that is steeped foure daies in ley, of each thre ounces, al these are you to temper with the white of an egge: Lastly, put thereto two graines of *Muscus*, and one dragaine and a halfe of Camfere, make a salue thereof, and therewith annoint the face.

But

But this following is aboue all other to be commended : Take Litharge of Gold which is well decocted in vineger and well cleansed, bruse it very small, and temper with it oyle of Roses: but amongst all the rest this is to be noted for a rule, that the vse of this foresaid nointing is not to be done but onely at the euening.

For to make a cleane face. S. 4.

If any one haue a darke and sad countenance, he is to be purged with *Hierapicra*, afterwards he must euery morning fasting take Gentian, Wormwood, bitter Almonds, of each one drag. beaten small together: he is to wash the face oftentimes with vineger tempered with Rose water. This following is also very sure: Take Litharge of siluer an ounce and a halfe, Sulfure blue halfe an ounce, Camfere halfe a drag. burnt Allume halfe an ounce, make a fine powder thereof; put thereto the water of Lillies and of Liciconfanie, of Beane blossomes, Salomons seale, of each one ounce and a halfe, keepe it in a close stopt glasse, and when you will vse it stirre it well about.

Item take Beanes as many as you will, keepe them all a night in sharp vineger, take off the peeles, and dry them in a warme place; beate them to powder, and put some of it in warme water when you will go to bed, and wash thy face therewith.

It is counsell'd for women, that if they wil haue a well colozed face, to eate oftentimes course Marierom: for this it is also good to drinke wine, for it maintaineth a liuely colour.

In like manner are much commended for this purpose the Aromaticall wines, that haue rosemary in them, not onely to be drunken, but to wash the face also with them. Betonie infused a whole night in wine maketh a good colour.

For congealed blood after any blowes remaining. S. 5.

Take Comfrey, Daisie leaues, of each three ounces; Cammomil, Melilot, of each one ounce, Beane meale two ounces; boyle them together and beat it to grout, and when you will vse it adde oyle of Roses to it. Item this following is very good: take Comfrey, Daisie leaues of each three ounces, Cammomil, Melilot, of each two ounces, Saffron one drag. Beane meale foure ounces, fresh butter two ounces, Fenegræk meale one ounce and a halfe: boyle the rootes in water, beate them and make a plaister of it: this is very good for bruised members with congealed blood, it suppleth and swageth the paine, put also Wormewood and Cumin vnto it, of each one ounce, then hath it not his like.

How to make a good colour. S. 6.

Take the rootes of Cuckowpint, Ceruse, of each halfe an ounce, beaten small, mire them with Rose water and annoint the chækes with it: or take the lesser three leaved grasse beaten, rub the face therewith; it maketh a faire face and a cleere skin: It is also ascribed to the Pithiade that it should also beautifie the face, but young hot folkes are not to vse it.

The sixth Chapter.

Eyebrowes, Eyelids, with all that appertaineth vnto them.

In the beginning of the description of the face in the fift chapter, is shewed that the same hath his entrance at the eye-browes; therefore doth the diuision of mans body require somewhat to be written of the same. This is here specially to be noted, that prouident nature doth wonderfully defend the eyes, not onely with these, but also with other members moe, from many kinds of externall accidents: for first there be *Cilia*, the haire of the lids placed on the edges of the vppermost and vndermost eye-lids, which stand out befoze with hard and stiffe haire, whereby all small things,

things, as flies, dust, and such like, that might fall into the eyes, should be therewith withstood. Afterwards are both the eyelids *Palpebra*, whereof the undermost standeth very fast, and the uppermost most swiftly moueth, so that it couereth the eye against all that might fall into it: they do thus preserve and keepe the eyes in the sleepe, they couer them from the ayrie light, to the end that the whole body might the more commodiously take rest. Thirdly, they haue aboue in the end of the forehead as is said, *Supercilia*, eyebrowes set vpon a high bulke garnished with much haire, to the end that all things that might fall downe, and specially the sweate, which thorough his salt nature might do the eyes much harme, should be kept of these as it were with a bulwarke or fortresse. And in like sort haue both the cheekes also two bunches in the midst of the two sides separated & defended with the height of the nose, like as also the outsidcs, both of them with hard bones preserved and provided for, called of the Anatomists *Iugales*, the temples: so that the eyes are on euery side fortified that they might lie the surer in the depth. It is not needfull to speake more ampler thereof, but onely to discourse of those things which are conuenient for the healing of the maladies that are incident to those members.

Of the swelling of the eyelid. §. 1.



Here do fall many maladies into the eyelids, as swellings, impostumes, blednes, and other mo, which maladies also oftentimes with the falling away of the haire are augmented. But we wil begin with the swelling, these haue many causes, first that the defluxion of the eyelids cometh of a grosse and tough humoz, their rednes, itch and smart make manifest, whereby they be exulcerated, and the haire falling away by no meanes groweth againe as long as this disease endureth, the which doth hurt the sight and the eyes. This patient first of all if he be full of blood, is to haue a veine opened, afterwards to prepare the matter with *Oxymel compositum* and sirupe of *Fumitory*, and afterwards to purge with these pills following: Take yelow *Myrobalan* barkes halfe an ounce, *Aloe* one quarter of an ounce, *Turbith* one drag, *Dragagant*, *Roses*, *Diagridio*, *Sene*, the iuice of *Fumitory*, temper them all together, and giue thereof one dragma at once or foure scruples. They do purge the burnt matter and salt flegme: water baths are also very profitable for this, wherein *Hallowes*, *Sorrell*, *Docks* and *Gerueins* are decocted, used oftentimes.

At night lay this plaister following thereon, take *Endiue*, *Purslaine*, *Priests crowne*, of each a like much; beate them to pappe, and temper them with the white of an egge, and with a little oile of *Roses*: you may also wet a cloth in the iuice of those herbes, and so lay it thereon. Item take sodden *Lentils*, polure out the broth, bray them with a little *Rose water*, and lay it thereon like as the former. Or take *Lentils*, *Pomgranate pills*, *Roses*, *Sumack*, of each one ounce; beate these together, and make a pap thereof with *Rose water*: make the eyes often moist with stilled *Rose water*, or well water wherein *Sorrell* is decocted. Or do thus: Take *Dandelion*, *Sorrell*, *Roses*, *Dock* leaues and *Lentils*, of each a like much. Item, take prepared *Sarcocolla*, and bruse it in the iuice of *Celandine*, and annoint the eyes therewith, is very good. The order of diet is like, as hereafter in *Ophthalmia* shall be shewed. But if this defluxion or rednesse of the eyelids be of long continuance, then must one let blood, and purge the oftener, and outwardly vse the stronger things, as this ensuing, called *Sieff viride*. Take *Verdigrease* one drag, burnt *Vitrioll* one quarter of an ounce, *Opiment*, *Seafome*, *Saltpeter*, of each one scrup. *Sal Armoniac* two scrup. temper them together with the iuice of *Rue*, and annoint it vpon the eyelids. This is very good indeed to expell all such diseases: but it is very strong, and somewhat perillous to be used in the eyes, yet outwardly not awhit.

This following is somewhat milder: Take *Verdigrease* one dragma, *Dragagant* three drag. *Saffron* and *Pepper* of each one drag. make it as thicke as hony with solwe wine, and vse it as before.

Item, take white Wine, *Rose water*, of each two ounces, *Aloe*, *Saffron*, of each one dragma, wherewith wash the eyelids; take water wherein *Sumack* is decocted, *Rose water* and white Wine, of each three ounces, *Vitrioll*, *Verdigrease*, and burnt *Aloe*, of each one drag. wash it cold therewith: or take *Roses* one quarter of an ounce, prepared *Tutia* three drag. *Antimony*, burnt *Copper*, of each halfe a drag. Wine six ounces, *Fennell water* one ounce and a half: temper them and wash the eyes therewith.

The

The other manner of swelling or diffention of the eyelids and browes, doth come of subtille moisture or vapors. Also if there be something throwne into the eye, stung of waspes, or perished through any other inconueniences. In like manner if one rub the eyes with any other herbes, as Nettles, Rue, Cusla, &c. Also these accidents may proceed of a bad digesture of the stomacke, of ouermuch watching or sleeping, like as it cometh to passe in the Lethargy, and also in the Drop sic.

Item, if the swelling be caused through stripes or hurt, then take the white of an egge brayed, temper it with Rose water, or oyle of Roses, and lay vpon it as often as it is dry: two or three dayes after put Cammomill in a little bag, and let it seeth in Wine, and wet the swolne eyes therewith.

Item, if this swelling be caused through wind or vapors, then take powdered Millet & Cumin, of each a like much, make a plaister thereof with Fennell water, and lay a roasted Apple vnto it. You may annoint it also with the iuyce of Sloes.

But if the swelling doe come through the stinging of Waspes or Bees, then take Theriaca, Nithridate, or the confectiō of Triphera, tempered with a little Aloe, bruised with Rose water, and annoint it therewith. Some do temper salt Gemme amongst it: You may reade further thereof afterwards in the seuenth part, of the stinging of Bees.

Or if this swelling be caused through rubbing of hot hearbs or such like, annoint it with Populeon, oyle of Roses tempered with the white of an egge: for this also the iuyce of Housleake tempered with oyle of Roses, or with iuyce of Plantaine, making clothes wet therein, is good. If it be caused by much watching, then is sleepe requisite: and also for a bad digesture, to suffer hunger and thirst, &c. If the same be caused through cold, then take Asarabacca, Daffodill, of each halfe an ounce, prepared Tutia, and annoint the swelling therewithall: there may also oyle of Roses and white ware be molten amongst it, that it may be like a salve. The third sort of swelling of these members, is like as it were a fatnesse that sheweth it selfe throughout the browes, where the same aggrauateth and hindreth the lids that one cannot well open them. This diffention is without paine, and if one presse his finger vpon it, then is the mark sene stand a good while afterward therein. The occasion of this is dry or grosse slime, and withall some moisture of the eyes, it doth matter in the corners of the eyes, that sticketh so fast to the eyelids. But one must first try to remedy it by fomentation, & to take for it the decoction of Wormwood, Cammomill, Fennell, Annise and such like: afterwards make a plaister of prepared Ammoniack or Diachylon, and some salt Armoniack and Treos tempered amongst it: and if it will not away therewith, then is it certaine that it proceedeth not of moisture or vapors but of rottennesse, for which many strong things are to be vsed, for that will not easily be consumed, euen as you may apparantly perceiue, if you let water and fat seeth together, that the water is much sooner wasted than the fat: therfore we are also to vse the things following that are rehearsed hereafter in the first place of this diffention.

Especially if the premisses will not help, he is to purge, like as is said in the first swelling or diffention of the eyelids: but if so be that the water be subtille and fluxible with choler, then is a purgation to be tempered with yelloiw Biobalans and Woodbind water, and also to let blood if it be needfull. Warme clothes wet with well water are also very good layd thereon: also to bathe otherwhiles. And when one goeth to bed to lay vpon it the white of an egge brayed well. In the morning are the eyes to be fomented againe with warme water: if then the matter be grosse, and the swelling be any thing big, then take Fenegreke and Linsed, lay them to steepe in womans milke, then wring out the muscilage, but foment the eyes with warme water before, and lay the foresayd Muscilage vpon it; if there be then paine with it, annoint the place with the fat of a hen. This doth also the Muscilage of Linseds alone, tempered with a little Ware and oyle of Roses, and layd thereon. This tough matter we must seeke to consume with the foresaid Collyrium of Tutia, Pepper and such like, and therewith continue somewhat, because health cannot follow so soone after it. There cometh also otherwhiles paine of the eyelids, which presseth none otherwise than as if one were constrained to hold his eyes shut: for which the Nithridate is very good layd vpon the eyes and the forehead, and held in the mouth.

The fourth kinde of the swelling is called Hailstones, by reason of their hardnesse, which is not throughout like to the fat swelling, but onely in one place whether it be within or without the

the eyelids: for this is first to be sought to mellow it, as shall be hereafter taught. If this cannot be effected, then if it may be come by outwardly, it is to be cut out.

The first kind receiveth her name of the Barley which it resembleth, for it is such a swelling of the eyes that stretcheth him from one corner of the eye to the other, and is greatest in the middle and smallest in the corners; and hath this difference with the aforesaid Hailstones, that they remaine hard throughout, but this not so, vnlesse it were hardened through long continuance of time.

For to cure this, the head veine is first to be opened and purged: afterwards to lay vpon it *Opopanacum* molten in *Cammomill* oile. Afterwards a plaister made of prepared *Galbanum* and Barley meale, of each a like much, prepared with oile of Lillies and layd thereon: for this is also very good, Vens grease warme. The eyes must be often bathed with warme water, wherein Barley and Cammomil is sod, and afterwards annointed with the blood of Pigeons, Turtles, or Partridges,

Another plaister: Take *Galbanum*, *Ammoniacum*, of each halfe an ounce, Bozeas one dragme, mire them together and lay them vpon the eye. Or take Frankincense and Myrrhe, of each one quarter of an ounce, *Laudanum* halfe an ounce, Bozeas, Allume, Ware, of each one dragme, the dregs of the oile of Lillies as much as is needfull: melt therein the *Laudanum* and Ware, the rest temper and beate amongst it: vse this so long vntill it be all consumed.

Of the itch and smarting of the eyelids. §.2.



It is mentioned in the former distension or swellings of the eyelids that the same cometh with great itching and smarting, whereof we must speake more at large. This happeneth oftentimes in the infusion of the eyes *Ophthalmia*, through salt and sharpe rheumes, whereof shall be hereafter discoursed, and also of Lice, whereof is before spoken in the third Chapter and eight s. and shall immediately hereafter follow in the discourse of the browes.

Otherwhiles this itch and smart doth proceed of hot bloud, or such like other moisture, and in case then the rubbing and scratching do come to it, then hath the humor the more recourse thither, whence follow scabs and scurfe, not much differing from bran or sawdust, which doth harden and continually smarteth. And although in the former swelling of the eyelids (as is said) there be good remedies declared, meet also for this disease, yet neuertheles it is very needfull to speake somewhat more thereof. If it do come through heate and rednesse, vse for it all that is there rehearsed: if it come of any sharp matter, purge (as before in the first swelling is shewed) once every moneth. Or purge with the whay of Goates milke, wherein is sodden *Epithymum*, in the which shall be steeped and wzoong out *Mirobalani*, *Chebuli*, three dragmes, Annis seeds halfe a dragme; and if this be too much, then prepare these pills following: Take Aloe, Kubarb, of each one drag. Annis seeds halfe a drag. Diagridion two scrup. make pills thereof with the iuice of Fumitory, take thereof one dragme at the vttermost at one time: afterwards open the veines in the corners of the eye, and set boring cups behind in the necke. Also vse either of these fomentations of the eyes, whereof hath bene spoken in many places of the distension and swelling of the eyelids. Or take yelow Amber one quarter of an ounce, Pomegranate peeles three dragmes, temper them with hony, and annoint the eyes with it where the itch is. Or take Sal Armoniack two drag. Aloe halfe an ounce, mire them together in a brazell mortar. But if the itch be not too great after the letting of blood and purging them, onely foment the eyes with warme water, wherein is decocted Pallowes, Docks, and Sorrell, with some Rose water put amongst it: or take white wine three ounces, Aloe one quarter of an ounce, annoint the eyes therewith after the fomenting.

Item, Take Butchers brome seed, Purslan seeds, Lentiles, of each a like much, polune them all together, close it with the white of an egge and oile of Roses: Sarcocolla tempered with the iuice of Celendine is allwayes very good for this purpose.

Of clefts in the eyelids. §. 3.

These clefts and infection of the eye-lids are caused of heate, or of a sharpe and salt humoz that falleth into the eyelids after the purging and letting of blood (whereof is said so often times.) Seeth pills and blossomes of Pomegranates very soft, afterwards stamp them in vineger, and therewith annoint the eye-lids certaine daies together; and afterwards temper some Saffron and the yolke of an egge amongst it, and lay it vpon it, for it healeth much, like as doth also the *Sieff de Thure*, which is approued for all rheumes of the eyes, and to bee sought for in the Register.

Of Warts vpon the Eyelids. §. 4.

Of these there be two sorts: the one not very hard and without rankling, which is caused of melancholike humors: the other hard, like to a small *Dulbery*, standing commonly about the corner of the eyes: both of these must be cut or burnt, and afterwards things laid vpon it, which hereafter for the cure of the excrescence of the flesh, of the fistula and corners of the eye, are discoursed. But of the Warts shall be moze amply written hereafter in the fift part.

Of the inuersion of the Eyelids, where the inward red flesh appeareth outwardly. §. 5.

It happeneth also that through the increase of flesh the eyelids doe turne, and the inside doth appeare outwardly. There are two sorts of this: the one when the eyelids being turned about be red and sore, which is a kind of scabbednesse: the other doth couer and hide the whole apple of the eye with red and meetly big veines: both of them are of long continuance, and hard to be healed. Therefore it is aduised that at the very first there bee somewhat laid vnto it: and although the cure of this disease haue the same intention with all other forementioned infirmities of the eyes, yet neuer thelesse it is required for this disease, that if the party be in health, he must purge with these pills: Take *Agaricus*, *Coloquint*, *Bdelium*, *Castick* of each one dragma, *Aloe* halfe an ounce, *Turbith* one ounce and one quarter, make pills thereof with the iuyce of *Betony*, whereof you are to giue one drag. at once. Or take *Pillula aurea* two scrup. *Cochie* one scrup. make pilles thereof, and fast fire houres vpon it. But if one haue once purged, then is the head veine to be opened betwene the thomb and the forefinger, and in like manner in the forehead, and to set boring cups behinde in the neck. *Allume* boyled in white wine, and washed therewith, is also very good. Afterwards this plaister following shall be laid thereon: Take *Fenegræke* meale sixe ounces, *Canniomill*, *Roses*, one ounce of each, red wine as much as is needfull for to make a plaister, whereof take as much as you wil vse at one time: temper amongst it the whites of two wel brayed egges, and lay it vpon it. Afterwards you are eight daies one after another to vse this sirupe following: Take sirupe of *Roses* one ounce, sirupe of *Vineger Compositum* halfe an ounce, *Fennell* and *Licorice* water, of each one ounce: after this must you by and by take the foresaid pills againe; and further then euery fift day once, two houres after supper, the inuerted eyelids are in the day time often to be annointed with the iuyce of *smallage*, and that enduring the space of eight daies. The next eight daies afterwards, they are to bee made moist softly with the water wherein *Sal Armoniac* is dissolued, and then being annointed with the foresaid iuyces, lay this plaister following vpon it: Take the plaister *De Muscilaginibus* as hereafter it is described, one ounce; of *Allume*, *Vitrioll*, both burnt, of each one dragma: melt this plaister with old wine, temper the powders amongst it into a tough plaister.

After the vse of this plaister and the foresaid water, then vse this powder following: Take *Antimony* halfe an ounce, prepared *Tutia*, *Oypiment*, *Blodstone*, *Litharge* of gold, of each one quarter of an ounce, make a very fine powder of it: this eateth away all the superfluous flesh, healeth the sore eyes, dryeth and taketh away the itch. But if it be too strong, then leaue out the *Oypiment*, and take onely *Verdigrease* two drag. *Tutia* three drag. *Antimony* halfe an ounce, but haue care of the apple of the eye. And if this disease ware old, then it is needfull that this

scabbed

scabbednesse be rubbed untill it bleed, which may most commodiously be effected with fig leaues. The other must be opened with a lancet, with a hot iron, and the paine asswaged with the beated white of an eg. But these are cures of cunning and expert Chirurgians, to whom only the same is to be referred. But this drying powder is not here to be concealed, which is also discovered in other places: Take egshells of very new laid eggs, lay them the space of nine dayes in vinegar, drie them and make thereof a subtil powder, and strew it vpon the diseale.

These sick persons shal beware of all meates that fume into the head, as of all spices mustard, strong wine, and eschue especially drunkenness; but let them eat cere eggs, Spinage, Fennel, Borage, Parsly, yong flesh, and drinke watered wine.

The other maner of inuersion of the eyelids hapneth when the vppermost eyelid shrinketh vp, or is drawne vp, so that it cannot couer the apple in the eye: we call it the Hares scap; it doth sometimes couer but one part. Thirdly when the vppermost of the eyelids cannot reach to the lowermost. But if it come by nature, then it is not possible to be holpen.

There cometh also otherwhiles a paine in the eyeboles, which wringeth sore (as if one were constrained to keepe them alway shut) for which Nithridate is very good, being spread vpon the eyes and the forehead, and likewise some thereof holden in the mouth.

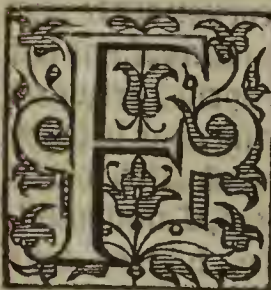
Of the Consolidation or growing together of the Eyelids. §.6.



It happeneth otherwhiles that after the taking off of the skin, or cutting off of the flesh in the corner of the eyes (if it be not well locked vnto) that the eyelids do grow vnto the apple of the eye, or one fast to another, wherewith the whole eye is couered.

For to preuent this, must the eyelids which are not yet growne, be raised vp softly, and the place be annointed with a soft fetter, with the decoction of fennel and Caraway, then put in some of the white of an egge; do this euery day two or thre times, now if there remaine any flesh, the fourth day are Sharpe Collyria to be vsed, which hereafter are described in the eyelids.

Of the neathermost Eyelid which pricketh the Apple of the eye. §.7.



Further, it cometh also to passe, that the Eyelids do alter their naturall course in growing, not growing right but inwards: and because (as hath been said) next to the Apple of the eye, they are very subtil, not sensible at all, they make the more paine with their pricking: for to amend this, these meanes following are to be vsed.

If there be but one or two haire, then take Masticke, Gummi Arabicum, make them somewhat moist, turne the eyelids about, and annoint them therewith: if it will not be wel therewith, then are the haire to be pluckt quite out, and you must burne the holes with a glowing needle that it may not grow out againe. Or you may vse this salve following: Take the iuice of the rootes of Southernwood, Muscilage of Fleawort, a little vinegar and Camfere, annoint the same in the same hole. Item take Opium one graine, Masticke halfe a scrup. make it soft with a drop of vinegar, and annoint the hole therewith. Or take the blood and gall of a Hedgehog, iron dross, of each like much, make a flat cake like to a Lentill, or fish scale, and lay it on the place where the haire is drawne forth; that swageth the paine within the space of an houre, and will not suffer the haire to grow there any more. Or take the rust of iron, temper it with fasting spetle. In like sort may also be powdered Ants eggs, and vsed. But amongst all is the plucking out and burning most surest.

If the haire be many that grow inward, then must one cut off the outer edges of the eyelids; so that the roots of the haire be taken away, the which must be done by expert Chirurgions; or therwise must the eyelids not be cut ourthwart at any hand, for that they could not grow together any more.

Plaster de
Musculagini-
bus.

A plaster de Musculaginibus, promised to be described in the fist §. Take Fenegreek, Linseed, Hollihock roots, of each three ounces: boile them, and draw out the slime or the Muscilage, besprinkle it besides with a little vinegar, afterwards temper 3. ounces of small beaten Litharge of

of gold sodden softly with fixe ounces of oyle of *Sesamum*, and put thereto the foresaid lime, and then seeth it to a plaister or salve.

For falling off of the Haire in the vndermost eyelids. §. 8.

The falling off of the haire is of many sorts; whereof heretofore in the imperfections of the haire are many things described in the third Chapter, 6. §. and further in the description of the beard shalbe declared. The cause of the falling off of y^e haire out of the lower eyelids, is a sharp salt matter, which consumeth the humors that should feede the haire, and dryeth away the rootes thereof, that they must fall away, which is oftentimes seene by them that recover of a soze sicke- nesse. It may also happen in the sozenesse and scabs of this place, as heretofore is sufficiently declared. Also experience doth teach vs, that the haire do fall from the eyelids of those that leade an vnchast life. Also that the crab lice doe grow thereof, is sufficiently declared before in the former Chapter, 8. §. But if the cause of all this be a sharpe, salt, smarting matter, let the body be purged, like as heretofore is specified for the itch of the eyelids, and so for the like in others.

But for a beginning, one must keepe a good order in eating and drinking: afterwards make this plaister: Take Hares dung, Bucks dung, of each one quarter of an ounce, burnt Basil nuts three drag. Goats fat as much as is needfull for a salve, therewith annoint the eyelids. Or take Antimonie, burnt Pepper, of each one drag. and washed Lead halfe an ounce. Indie Spica, Squinant, of each one drag. and a halfe, burnt Date stones five drag. Goates and Beares fat, as much as is needfull for a salve.

Item take Swallowes dung, Hice dung, of each halfe a drag. burnt Date stones, Lasure stones, of each one drag. Indie Spica one scrup. make a salve thereof with clarified honie, and vse it as the foresaid.

If the falling off of the haire be caused of rednesse, smarting, or scurfe, then take a Pomegranate, cut it in eight peces, and seeth it in vineger untill it be soft, and vnto growt or pap: afterwards straine the iuice thow a cloth, and vse it so long untill it be thow whole.

The seauenth Chapter.

Of the Eyes.



They are thus described: The eye is an instrument of the sight, whose nature and complexion is moist, round, yet a little flattish, with seven pan- nicles and three humors complese and conioyned, the definition whereof would here be too long to rehearse. These two members are accounted in comparison of all the rest to be very small, yet notwithstanding so preci- ous, that our Lord God hath planted maruellous things, and shewed his power and omnipotencie most excellently in them: whereof it is not here needfull to write any more, yet it is not amisse to rehearse those things which in the beginning of the first Chapter haue bene said of the face: to wit, that for the most part all humane affections, inward desires, and cogitations of the heart, do most forcibly appeare in the eyes. For what is there, that the inward thoughts, will and desires of the heart and the minde could counterfeit more naturally, than these members? For they shew thow their rol- ling about, looking downwards, sudden motions, winking, and other such like, mirth, sorrow, anger, hatred, and other affections of the heart. They do giue also sure knowledge of the secret lusts: for there cannot be so many inclinations in the brest of man, but there may be a signe thereof discerned in the eyes: so that one may iustly say, the eyes are most true messengers of the heart and of the minde. Of them haue the *Physognomici* knowne the manifold nature of men, and adiudged that the eyes which stand so deepe in the head do see much sharper, than they that stand wide out. These eyes that stand farre out (they say) do decipher a foole and light brained person: they say also, that the eyes which do so twinkle and close the eyelids so often, doe alwaies signifie fearefull persons: contrariwise, they that hold the eyes strong open, are stout and inui- cible,

cible, and such like moe, with which naturall causes the daily experience agreeth. In fine, there is nothing moze costly, noz moze needfull in a living bodie, then the sight: It is also amongst the motions of the bodie an onely thing, that maketh a difference betwene life and death. And this is sufficient in generall to be said of the eyes: we will now come to their diseases and their

Of the paine in the eyes in generall. S. 1.



Before that we do come to the effect of the matter, these things are to be obserued in all paines of the eyes: to wit, the nature of the patient, his age, the time of the yeare, the sicknes he hath had before, and all other circumstances: so that all things, according as occasion serueth, may be either augmented, diminished or altered. In generall, it is alwayes good in all paines of the eyes, that the patient do keepe him in a darke place, free from aire and wind, lie high in the bed, so that the rheume may not tary in the eyes, but may fall downe to the cheekes: sleepe is very meete: for it consumeth and digsteth the matter. All veration is also to be eschewed, and all that may breed or bring any trouble to the head, as sorrow, anger, ill sauour, & such like. Also to restraine much venerie, feed on light meates, to auoid strong sentes, as Mustard, Onions, Garlike, Beanes, nuts, wine, vineger and all soluye meates. He must keepe himselfe very quiet, as long as the griefe of the eyes endureth. This is now a generall and briefe declaration, because that we shortly hereafter (in the description of the Gnats that seeme to swarme before the eyes) shall giue a longer and ampler instruction of the eyes. What concerneth the letting of blood, purging, and other sorts of remedies, that shall particularly be taught in their proper places.

First some remedies are here described which may be vsed for all paines of the eyes: and for that this is a generall rule, that as oftentimes, and so long as the paine of the eyes endureth, you shall lay thereon the white of an egge, brayed together with oyle of Roses, for it stayeth the course of the humors, and swageth all paines.

Item take the iuice of Celendine and honie, of each a like much, beate them together by a soft fire; afterwards scum them, and annoint the eyes therewith. The iuice of Fennell and the iuice of Betonie is also very good for this purpose.

Item take broade Plantaine, Ciebright, Fennell, seeth them together in a pot, and receiue the vapoꝝ into the eyes.

Take a young Pigeon, open the veins vnder the wings, and let the blood drop in your eyes; but vse not this in the beginning, (for it is too hot) but at the last when the course of the humors beginneth to abate. Or you may vse this following.

Take the blood of a Turtle doue: temper it with Rosewater, and put it into the eyes. This is many times approued for the paine of the eyes. Others do only annoint their eyelids with it.

A very good Collyrium, which diminisheth and discusseth the paine. Take prepared Tutia, Camfire bruised very small, of each one scruple, Rosewater one ounce, white Wine halfe an ounce, temper them well: when you vse it stir it well about, and put a drop or twaine in the eye.

Rasis his white powder which maruellously asswageth the paine. Take prepared Sarcocolla fine ozag. Sief memithe (which is hereafter described) one ounce: temper it wel with Fennel water or womans milke. But by reason that womans milke is oftentimes vsed, therefore we will admonish here, that womans milke must not be vsed except it be very fresh: for it soluyeth very quickly, and loseth her force, whereby it might doe moze hurt then good.

The white powder of Rasis for the eyes

Sief memithe which is here and in other places mentioned, is thus prepared: Take the iuice of the strange herbe Glaucium, called by the Arabians Memithe, Chamedrios, barks of Frankensence, Myrthe, Aloe, Sarcocolla, burnt Vitriol, Aristologi, of each a like much: make this together into a most fine powder, and vse it like as is taught.

Of the corners of the Eyes and their diseases. S. 2.

First there groweth in the corners of the eyes sometimes as much of the flesh, that the sight thereby is hindered. Contrariwise there cometh also sometimes such drying away or

con-

consumption, that they wholly ware soze, and alwaies run, so that the rude and unskillfull people do deeme no other, then that it is a Fistula. The cause of this growing is ouermuch bloud and moisture, as it also commeth to passe in the diminishing of the eyelids, the same being not rightly handled, the affluent humors make flesh to grow againe. The diminishing and abating is caused of drowth. The signes of both these are apparant to the sight: they are both almost incurable, but that there must be sharpe medicines vsed vnto them which the eyes cannot suffer, wherefore it is strictly to be commaunded to the vulgar *Oculists*, that they haue speciall care of their incisions and cauterisings in such perillous places.

For ease may one vse one of these remedies following, which are very meete for it, if the corners of the eyes do run much and impostumate.

For this, is the bodie first to be cleansed, afterwards to be bathed every day, and to sweate, but not too much: for y thereby should the moisture be drawne out of the bodie, and be consumed.

Afterwards shall this powder be vsed oftentimes, made after the subtillest manner.

Take prepared *Tutia*, one ounce and a quarter, red *Corall*, yellow *Diobalans*, of each one quarter of an ounce, *Pepper* halfe a drag. Brew that in the corners: Take prepared *Tutia* one drag, *Antimonie* halfe a drag, prepared *Peacles*, *Nihil*, red *Corall*, of each one quarter of an ounce, burnt silke houses halfe a drag, make an impalpable powder therof, it drieth very strongly, and is also safe. Take *Aloe*, *Acacia*, *Licium*, fine *Bolus*, *Gummi Arabicum*, of each one drag: This being powdered together, is to be mixed with the white of an egge, or dissolued *Dragagant*: afterwards annoint therewith the forehead and eyelids. Item take the iuyce of *Houflock*, or *Pightshade*, and betuice, of each one ounce: mixe beaten *Acornes* amongst it, *Hythe*, fine *Bolus*, of each one drag, lay it on the eyes, as is said before.

Item take *Cipers nuts*, *Rommie*, *Dragon blood*, *Hasticke*, *Dragagant*, of each one quarter of an ounce, beate them small, and make with the white of an egge, or dissolued *Dragagant* a salve of it.

Item wash the eyes oftentimes with raine water, wherein *Walnuts*, *Hirtle seedes*, fine *Bolus*, and *Cipers nuts* haue bene decocted. These things are all good to driue backe the moisture. Take burnt *Diobalans*, *Chebuli stones* beaten small, make with water of *Hints* a *Collyrium* of them. Item take one drag, of *Tutia* steeped in *Hirtle water* and washed, white *Corall*, burnt stones of *Chebuli*, *Butchers brome seedes*, *Walnuts*, *Aloe*, *Hastick*, *Frankencense*, *Opium*, of each one scrup. all beaten together after the smallest manner, make a powder: or temper it in water wherein *Gummi Arabicum* or *Dragagant* is dissolued.

Now because that in this *Collyrium*, as also in other mo medicines for the eyes, *Opium* is vsed: therefore must I here admonish, that the same is not to be taken but in time of great extremitie: for it might easily happen, that whereas one meant to ease the paine, that the disease for euermore were made altogether incurable: yea that blindnesse might follow after it: Therefore are men to take good heed vnto this.

A plaister. Take *Laudanum*, *Ammoniacum*, of each one ounce, *Hastick* fine dragm. parched *Millet* two ounces, beate it all small, make with *Camomill oile* a plaister foure fingers broad and one quarter of a yard long, the which lay vpon the seame of the scull.

Hereafter do follow many more remedies, which are also very good for it: but this present is prepared rather for the running corners of the eyes, for to drie them, and to stay the rheume.

Of the disease in the eyes called *Ophthalmia*. §. 3.

Some haue supposed that this *Greeke* word did generally signifie the paine in the eyes: but other haue defined it thus, *Ophthalmia* is an infirmitie that commeth in the eyelids & in the eyes, spreading it selfe so wide abroad, that it couereth the whole apple of the eye. *Ophthalmia* is a hot disease, which onely assaileth the eyes (after a naturall manner) through bloud or *Choler*, or outwardly of corrupted matter, of cold *Rheumes*, or is caused of bloud or vapors, and thereby whatsoever moisture is in the eye it is oderheated: yet do all learned conclude with *Galen*, that it is flegme of the eyes. Of this doe also come other moistures, which the *Latinists* do cal *Lippitudinem*, that is, the blearnes of the eyes which is caused of three speciall causes, like as is said at the first, to wit, of outward and inward: Of outward, as the *Sunne*, *smoke*, *dust*, and such like: so much also the vnnatural alteration of the times, vse of vaporous

Opium not alwaies to be vsed for the eyes.

vaporous meates, as Onions, Garlick, Mustard, strong compounded Wines, cause the same. The inward causes are the afflux of certaine humours, be they mixt or not: but this infirmitie of the eyes may be caused of the blood, *Cholera*, *Phlegma*, or *Melancholia*, of which signes we will here somewhat discourse.

Of Blood.

If it proceed of blood, then are the eyes and their veines puffed up, red, the temples of the head do beate, the uppermost eyelids do swell, the eyes are moist, yet with little pain; but with such moisture that in sleepe the eyes do bake to: for this doth also the time of the yeare auaille, as doth the clearenesse, youth, warme and moist country, and meates that engender much blood.

Of Choler.

If it do come of *Cholera*, then is there pricking, burning, with great paine and swelling, not so red as aforesaid, but moist and burning, that thereby also the apple of the eye is otherwhiles perished.

Of Flegme.

If it proceed of *Phlegma*, then is there a compression and ponderositie in the eyes, with great paine, without heate or rednesse, but some whitenesse, and by reason of the great moisture, much sozenesse and swelling.

Of Melancholie.

If it be caused of *Melancholia*, then is there also great ponderositie, with sallow coloz, without rednesse of compression: the eyes do not bake together in the sleepe, for that the Catarre or the Rheume is too drie. The Whissions do herein make more differences and signes, which are to be commended to the Philosophers. But this may suffice for our purpose and intention.

Nevertheless, this is also to be noted, that these defluxions, sozenesse, or impostumations of the eyes (that befall for the most part in the corners of the eyes, with a sharp salt Rheume, which hath been spoken of in the §. 2.) are the beginning and true signes of this *Ophthalmia*. The corners of the eyes are foure, two besides the nose, which are the greatest, the other smaller. Whensoever then the *Ophthalmia* doth appeare in this place, occasioned of blood, then must it be prevented with letting of blood, be it in the head veine, or other, in one, or both the armes, and let out much or little according to the abilitie of the patient. And if the matter were subtil and ran sore, one may also let him blood in the temple of the head. In like manner, horseleaches applyed to the forehead, and boring cups on the necke. But if all this will not helpe, there is to be made and applyed on the top of the head vpon the *Sutura Coronalis* a *Canterium*, whether it be potentiall or actual. Afterwards the patient is to be purged, and to vse no other outward meanes but to betake him to a good order of diet. Now to proceede to the especiall infirmitie of the eyes or *Ophthalmia*, this shall be the first.

Of the rednesse of the eyes. §. 4.



This is caused outwardly of stripes, thrusts, concourse of blood, superabundance of blood in the veines, which (as is said) spreadeth it abroad in the eyes. For this, it is aduised to open the head veine on the contrarie side, or at least to set boring cups vpon the shoulders: afterwards to purge. Further, to apply outward things which drie the matter backe againe. For this is first, the white of an egge brayed with womans milke, most highly commended and safe, a drop or twaine dropped into the eye. Or seeth Linseed and make a sponge wet in that decoction, and lay it warme on the eyes: but if this will not helpe much, then doe in like manner with the decoction of Fenegreke or of Cammomill.

Item take the iuyce of Nightshade, temper it with the brayed white of an egge, and with oyle of Roses, make a cloth wet in it, and lay it on the eye. Item, if the eyes be bloodshot, take the iuyce of Wormewood, bray it well with the white of an egge, and drop into the eyes.

Take Coriander, seeth it in water, wring it out with this decoction, make muscilage of Fleawort, temper it with fine Bolus, and lay it on the eyes with wet clothes.

Or make Cotton wet in the brayed whites of egges with oyle of Roses, and lay it to his forehead, eyes, and temples. Also you may temper amongst it fine Bolus, or Frankinsence, which you will.

But if the matter be subtil, then must one labour to discusse the blood: for which end, you are to take young Pigeons or Turtle doves blood, like as is taught before in the §. 1. for that hath beene found many times to be good.

Item take Frankinsence, *Sal gemma*, of each one drag. beate it small, and make it with womans milke into a *Collyrium*.

Take

Take broad Plantaine water about one pinte, small bruised Herdigrease one ounce, fine Bolus, Dragon blood, of each halfe an ounce, Camfire one quarter of an ounce: distill this in a glassen helme in seething water: it is not onely good for red eyes, which are painefull, and for swollen eyelids that haue long continued: but also to all soze stinking mouthes, and especially for all bl-
cerations of the priuy members.

Ulcerations
of the priui-
ties.

Item take Aloe three parts, Camfire one part, keepe them in Rose water, and vse it.

Radish water is also maruellous good for al rednesse of the eyes. Take the water of Merueine, of Eyebright, of Mariorani, of each halfe an ounce, Fennell water one ounce, Camfire halfe a drag, the gall of a great Pickerell: temper and stirre it altogether, and vse it as the rest.

Item take prepared Tutia, prepared in pisse and Fennell water (like as is taught in the Introduction) halfe an ounce, of Mace three drag, of Camfire sixe graines, of Malmesey one final pint: beat all these as small as may be, mixe them together and keepe it.

You haue also other preparations mo of this Tutia, like as there are twaine expressed in the Introduction of this Booke: but for the rednesse of the eyes is this especially recommended: take halfe an ounce of Tutia, make it glowing, and quench it 15. times in Rose water: then bruse it small, and put vnto it one quarter of an ounce of Calamint stone, three Cloues, halfe a pinte of Malmesey: mixe all these together. The three Collyria are for all rednesse of the eyes, and other things very highly commended of the ancient Physitions.

Tutia prepa-
red.

Also to besume the eyes with white Amber, is much praised. Item take Hyssope, Mariorani, Fenegræke, Cammomil, Melilot, Roses, and such like: seeth them, & let the vapor go into the eyes.

A plaister for the rednesse of the eyes. Take Radish leaues wel made cleane and washed, and Currans of each halfe an ounce, Pigeon dung one quarter of an ounce: beate them well together, and lay it thereon.

The same may also be done with powdered Willow leaues, and laid vpon it.

Salues. Take Tutia halfe an ounce, oyle of Bay one quarter of an ounce, Hony and vineger of each a spoonfull, Camfire one drag, make a salue thereof, and therewith annoint the eyelids. This is also meete for inuertered eyelids.

Ciesalue called Nihil. Take prepared Tutia one quarter of an ounce, red Corall one dragme, Pearles one drag. Nihil albi one quarter of an ounce, Camfire halfe a scrup. Barrow grease 4. ounces: temper it well, annoint of this salue the quantitie of a Coriander seed in the corner of the eye, in the euening when you goe bed: it healeth the rednesse of the eye, and taketh away all rheumes that fall into the eyes. After this forme is the salue of Roses much commended, which is described in the first Chapter and 2. s. whereof take one ounce, prepared Tutia, foure scrup. and annoint the eyelids therewith.

Confected Chebuli being eaten, do withstand the rednesse of the eyes, and defend the sight. In like manner Nutmegs confected in hony.

Hote Eyes. §. 5.



Drasmuch then as that there can bee no rednesse of the eyes without heate, therefore must we discourse somewhat thereof, and vse these remedies following for it: Take the water of Eyebright, of Fennell, of Celendine, of each one ounce, prepared Tutia three scrup. prepared Sarcocolla and pearles, of each halfe a drag. temper it together. This Collyrium is much in vse at Augusta.

Another. Take Rue, Fennell, Merueine, of each like much, stampe it, and poure thereon Rose water and white wine, so that the herbes be couered: let it stand a night, afterwards distill it in a glassed helme and in water. Item take prepared Sarcocolla halfe an ounce, white Dragagant, Frankincense, Iron drosse, of Pearls, of each three dragm. Indy Spica, Siluer and Gold Litharge, of each one drag. and a halfe, Starch, Ceruise, of each one quarter of an ounce, Tutia, three drag. bruse this altogether vnto a small powder, make a dough thereof with Rose water, afterwards make small trocisces thereof, and let them dry: powne them afterwards againe, and make them moist with the iuyce of Pomegranates, and dry them againe. Thirdly, make them moist with the Water of Nightshade like as before: put thereto one drag. of Camfire, white Sugar one drag. and a halfe. When ye will vse of it, stirre it with Rose water, white of an Egge, and womans milke: Take Aloe, Tutia, Hony, Sugar, Fene-
græke,

græke, Fennell, of each a like much, seeth them in Wine, and receine the vapoꝝ, or apply it vn-
to them; it is very good for the hote eies. Item, take white Wine foure ounces, Aloe, Serapinum,
Myrthe, Sugar, Fennell, of each one drag. let it seeth moderately: this is also good for a Collyrium.

Take the water of Fennell, of Eyebright, of Celendine, of each halfe an ounce, Serapinum one
drag. dissolve this gum, and temper it altogether.

Item, take greene Agrimonie, stampe and temper it with the white of an egge: make towe
wet therein, and lay it vpon the eyes.

To set boring cups on both shoulders, is also very commodious for this infirmitie, womans
milke, letting of blood, Roses and Fennell, with Tutia: sodden Fenegræke and egges sodden
warne and layd vpon the eyes is also much commended.

Hote Blisters and pricking in the Eyes.

These are caused thow moysture which setteth it selfe in the white of the apple of the
eye, and there rankleth. The blisters are sometimes great, and sometimes small, white,
red, darke, and also blacke with paine and pricking, according as the matter is. The
deeper, the greater they be, and the more hurtfull and dangerous to be cured, because of the
noblenesse and tenderesse of this member. But this in the beginning is alwaies good for it.
Take Licium, Saffron, of each halfe a drag. Acatia or the iuice of Sloes one scrup. mixe this
with Rosewater, and drop a little in the eyes: he must also be let blood, and purged. But this
foresaid water for the eyes must be dropped into them with the white of an egge, and whilest
the disease is in *Augmento*, or the increase: then take Fenegræke, Linseed, of each one quarter of
an ounce, Heliot one quarter of an ounce, seeth it in faire water, and wash the eyes oftentimes
therewith, let a drop thereof drop otherwhiles into the eyes: that ripeneth, draweth out the
corruption, and swageth the paine. When as the blister is broken out, then heale it like other
sores of the eyes. Item, take the fat of the fish *Tymalus*, and annoint it on the apple of the eye:
it is very strong, therefore it is better for horses then for men. But this following is more su-
rer: take the crumme of white bread, make it wet in water: but it is stronger in womans milke,
and lay it on, where it is drie make it wet againe, or take a fresh.

This confection following is very good for all heate of the eyes, swelling and pricking: take
Eyebright, Fennell, Cinnamon, of each thre drag. long Pepper, Piats, Pace, Marioram,
Merueine, Calmus, Rosemarie of each one drag. and a halfe, Sugar pennets thre ounces, white
Sugar five ounces: with the Sugar seeth these iuices following, of Roses, of Merueine, of each
two drag. the iuice of Fennell that is well clarified five ounces, the iuice of Celendine, of Rue,
of each one ounce and a halfe: let them seeth so thicke as a sirupe, afterwards temper amongst
it the rest well beaten.

Item take young Endiue, stampe and temper it with the oile of Violets, or rather the oile of
Roses: annoint therewith the hote corners of the eyes and the eyelids: the same taketh away
the paine, and swageth the heate. If that will not helpe, take the meale of Lentils, Sumacke
seede, Roses, Pomegranate kernels, powned together and tempered with Wine *cuisse*, vse this
as the rest.

Item if this helpe not, then must the head veine in the forehead be opened, or in the corners
of the eyes, which you will; which doth boie away the sharpe matter that setteth in the eyelids.
In like manner purge alwaies with such medicines which expell the *Cholera*, & salt matter. It
is also good to bath otherwhiles, and to sweate moderately, whereby the sharpe defluxion is
delayed: or in stead of sweating may you foment the eyes with a sponge made wet in luke-
warne water. Lastly it is very good to wash the eyes with water of Fennell, of Celendine, of
Merueine, and of Eyebright, mingled together one amongst another.

Itch and Scabs of the Eyes. §. 6.

These biting drie scabs of the eyes do otherwhiles manifest theselues on the lids of the eyes,
so that one cannot forbear but to rub them, the which doth the eyes and face great hurt, ma-
king the same more hotter and redder.

This defluxion is a salt matter, which is sharpe and pricking. Against this, he must first re-
fraine from rubbing of the eyes, eate and drinke soberly, purge choler, open the head veine, and
also lay thereon outwardly at the first fresh water or Rosewater two or three daies: afterwards
he must foment and wash the eyes with the decoction of Mallowes, Violet leaues, Celendine
and Merueine, or with Rosewater also alone. If then of this or any other occasions there come
any swelling to it, then looke to that which is ordained for red and hot eyes.

Watering or running eyes. S. 7.

It is manifest, that the watering of the eyes doth procede of many occasions, as
of mirth, sorrow, weaknesse of the retentive power, and superfluous moisture of the
braines that falleth vpon the eyes; like as of thrusts, stripes, sharpe winde, smoke,
cough, sharpe saours of Onions, Saffron, &c. all the which doe perill the eyes, so
that the eyes do stand as if the eyelids were newly pluckt off, or that a Cataract had bin couched
in them, or as if they had suffered any other disease, the which also happeneth if any body drinke
too much wine: wherefore that many may afterwards bewaile the miseries of drunkenness,
what concerneth the outward causes, those may be learned of the patient himselfe. But if this
running of the eyes be caused through any disease of the braines, and not through heate: then
doth the patient alwaies feele some heauy puffing vp of the veines in the forehead, and in the
temples of the head: and this defluxion is for the most part alwaies augmented by the sneezing.
This running or watering is very strong, falling as well into the eyes as into the nose, with a
sharpnesse in the throat. But if this defluxion be through heate, then is the humor so hote, that
through the heate it bites open the eyelids, which cause the haire to fall out of the eyelids, yea
that the heate may be perceiued, through feeling with the hands. But if it come through cold,
then are all things contrary to all these that we haue now spoken of. Now the remedies of
these running eyes be these.

They that be caused of outward causes, may be easily remedied, that is, by taking away of
the cause of this defluxion: but as much as doth concerne the inward causes where heate is the
cause, it is specially aduised, that the body be purged sometimes with Pills Cochie, Auree, with
Succo Rosarum, or with Pills of the fine kinds of Diobalans. And it is not enough that this
and the letting of blood be once performed, but oftentimes: to wit, in the beginning, in the aug-
menting, and in the standing still of the disease, that thereby the sickness may be thoroughly
holpen.

The order of Diet.

For this must all drying things be vsed, and all moist attenuating meates and drinkes es-
chewed, like as Lentils, Coleworts, Lettice, Purslaine, salt fish and flesh, Milke, Cheese,
Onions, Scallions, Garlick, and all that fumeth into the head: some forbid to eate in the
euening. When it is caused through heate, he must snell to Roses, Saunders, Camfere, and
such cooling things: like as also the Pomanders are commodious for these causes, ordained in
the discourse of the Plague.

When the patient is purged, and the paine of the eyes be yet in the beginning, then take (like
as it is oftentimes aduised at the first) the brayed white of an egge, and drop a drop thereof in
the eye. Take also milke of a yong woman which hath a daughter sucking vpon her, put it fresh
into the eye: or take two ounces of Rosemarie amongst it, then beate the white of an egge, and
drop a drop or two thereof in the eye.

Some do take onely fresh water mixt with Vineger, and vse it as is rehearsed, specially after
bathing, and haue thereby found great amendment.

This is also much praised: Take vnripe Grapes, burne the same to ashes, bruse them very
small, and blow somewhat thereof into the eyes; it dryeth the running, and doth driue away
the rednesse.

Or take the slime of Fleawort, Quince kernels, or Dragagant one quarter of an ounce, the
white of an egge well brayed, womans milke that hath a daughter sucking, half a drag. tempered
well; if the paine be very great, then draw out the slimes or musilage with water, wherein
before

before Poppie heads haue bene sodden. You may also vse *Sieff de Rasis* which followeth hereafter.

Take fresh Rose leaues halfe an ounce, Saffron, *Spica of Indie*, *Gummi Arabicum*, of each one quarter of an ounce, beate all small, and make cakes thereof with raine water: and when you will vse them, then take one dragma thereof, and lay them to steepe in the beaten white of an egge. This is speciall good in the beginning of the hote *Ophthalmia*: for it repelleth the matter backe, it consumeth and asswageth the paine. In like manner, is this also following much commended: Take washed Ceruse, prepared *Sarcocolla*, Dragagant, *Licium*, *Acatia*, pills of Pomegranates and Frankincense, of each one dragma, Pearles, *Opium*, of each halfe a scruple, and the iuyce of Pomegranates (which is very cleare) as much as is needfull for to make cakes or trosciscs thereof when you will: then vse thereof. Then lay a dragma thereof to steepe in Rose water; this hath a constringent vertue: it drieth and colet al hot humors: but when the paine is at the most, then temper among the foresaid medicines two or thre graines of *Opium*, or of *Sieff album*, called *Sieff Rasis*.

Take washed Ceruse one ounce, *Gummi Arabicum* halfe an ounce, *Opium*, Dragagant, of each halfe a dragma: this must you bruiſe very small, and temper it with the well brayed white of an egge and womans milke. Take also the iuyce of Fennell well scummed one ounce and a halfe, Aloe two dragmes and a halfe, a leafe of well beaten gold: temper them well, and afterwards put vnto it the weight of seuen graines of Frankincense: dissolve them in good white wine, and mixe them all together with Fennell and Rose water: you must drop of this water twice a day in the eyes.

Item take good Aloe steeped in the iuyce of Fennell: put thereto the weight of ten graines of Frankincense burning therein, kindled at a candle, vse it as afoze.

Other waters moe. Take Rose water foure ounces, quench therein glowing gold, afterwards put thereto Aloe, Frankincense, Masticke, Litharge of silver, of each one drag. let it seeth vntill a third part be consumed: afterwards, straine it through a cloth, and vse it as it is needfull.

Item take Dragon blood, Aloe, *Sarcocolla*, of each halfe a dragma, Saffron, Camfere, of each halfe so much, prepared *Tutia* one quarter of an ounce, bruiſe it very small, and temper amongst it wine of Putmegs foure ounces, and as much Rose water: also let it seeth in water in a glasse, vntill about thre parts be consumed: it drieth and healeth without any danger.

Item, take Aloe, *Tutia*, Hony, Rue, Fenegreke, Fennell; seeth it in wine: it is especiall good for all ouerhote eyes.

This water following is also very appropriate for the same disease: Take prepared *Tutia* one ounce, prepared Bloodstone one dragma, Frankincense, Masticke, Pepper, of each a scrup. Fennell water, Eyebright water, of each one ounce, Rose water and Violet water, of each two ounces, old fine wine thre or foure ounces: put it into a glasse, and let it seeth in water euen to the halfe, afterwards straine it through a cloth.

A salve. Take the iuyce of Rue, of Framboyes oyle, of Mirtle, of each one ounce, let it boyle vntill all the iuyce be sodden away: then wring it through a cloth, and set it againe vpon the fire: mixe amongst it prepared Sapphire halfe a dragma, Iacint one scruple, Antimonie one dragma, burnt Copper one scruple, prepared *Tutia* thre dragmes, let it seeth softly with the foresaid fire: put thereto thre dragmes of Ware be it more or lesse, accordingly as you desire to haue it hard: wherewith annoint the eyelids. This swageth the paine, stayeth all defluxions in the eies, and taketh away the cause of them wonderfully.

In running and ouermoyſt eyes, take Hythe halfe a dragma, Bloodstone one dragma, the vppermost sprigs of Framboyes, and of the Rose tree, of each one ounce; seeth them together in a glasse in water vnto the halfe: afterwards straine it forth through a cloth, and droppe at least foure times a day one drop in the eyes. Secondly, the forehead and temples of the head are oftentimes, or at least against the euening, to be annointed softly with the iuyce of Roses.

But if this rheume be but in his increasing, or in *Statu*, which is at the highest; then may he very freely put therein all the foresaid things, and chiefly Womans milke (which is much commended for this) also temper Dragagant amongst it, and drop in them. In like manner take prepared *Tutia*, Camfere, of each a scruple tempered with halfe an ounce of white wine. It drieth and swageth all paine. This is also very good, *Tutia* tempered in Fennell water, in water of Celendine, of Rue, of Verueine, and in Rose water, and a gal of a Pickerell, or a Partridge put thereto,

thereto, and the same kept in a Copper vessel, untill it be to be used: or take prepared *Tutia* one quarter of an ounce, white Amber one drag. *Fennell* and *Rosewater*, of each foure ounces, take also washed *Ceruse* one quarter of an ounce, prepared *Sarcocolla*, *Dragagant*, *Opium*, of each halfe a drag. *Gummi Arabicum*, *Saffron*, of each halfe a scrup. This being altogether beaten as smal as may be, temper it with raine water, and let it dry. And when as you will vse it, mixe it with womans milke.

There is to be noted, that raine water for all paine of the eyes is very meete, for that it is subtile.

But whensoever this *Ophthalmia* cometh to abate, then may bathing be used: or that which is more sure, seeth *Camomil* and *Helilot* in water, and make a sponge wet therein, wringing it out a little, and so hold it warme vpon the eye, and when it is cold to make it warme againe. Or take fresh *Wormewood*, *Licium*, *Fenegræke* of each two ounces, *Sarcocolla* one ounce and a quarter, the iuyce of *Celandine* halfe an ounce, *Aloe* one quarter of an ounce, *Saffron*, *Seafoth*, of each one drag. seeth that which is to be sodden, in raine water vnto a pap, and temper amongst it all that is beaten, and lay it warme ouer the eyes. It is also very good to wash hands, face, and oftentimes with the warme decoction of *Wormewood*, *Helilot*, and of *Camomill*. In like manner also is the yelow powder of *Rasis* in the declination of this defluxion much commended, which is thus to be made: Take *Sarcocolla* five drag. *Aloe*, *Saffron*, *Licium*, of each one drag. *Pyrrhe* halfe a drag. make a powder thereof.

◦ Bleared eyes of a cold cause.



If this defluxion or rheume come through cold, then at the first when it beginneth to fall, vse this confectiō: Take *Indie Spica* five drag. *Agaricus* one drag. and a halfe, *Cinnamon* one ounce, *Masticke*, as much as the weight of them all: also make a confectiō thereof with clarified *Honie*, and vse thereof euery day.

This patient is to smell vnto all warming and drying things, as *Muscus*, *Lauender*, *Mariozam*, *Amber*, *Betony*, *Syrax Calamita*, and such like, as also vnto *Y pomanders* that euery where in this booke are specified.

It is also very conuenient to chew and to eate a good deale of *Fennell* seede euery morning. Likewise also *Rue* and *Merueine* chewed, and the eyes annointed with the spetle.

If so be that the eyes be filled with cold moisture that floweth out of the braines: for that is this following very good to be used. Take prepared *Bloodstone* one quarter of an ounce, *Roses*, burnt *Iuorie*, red and white *Corall*, *Amber*, yelow *Picrobalans*, of each one drag. the iuyce of the sprigs of *Framboyes* foure ounces, temper them together, and so keepe it well stopp'd: of this iuyce put daily into the eyes, and annoint also the eye-lids therewith. This doth dry the rheume marvellous much, and both strengthen the eyes from taking any such moisture.

Or take the iuyce of *Fennell*, of *Rue*, of each one ounce, childrens vrine halfe an ounce, *Aloe* three drag. let it seeth somewhat, and then straine it thorow a cloth, and put a drop of the same in the eye: it cleanseth, dryeth, and sharpeneth the sight.

Item take *Frankinsence*, *Masticke*, *Cipers nuts*, *Pyrrhe*, *Aloe*, of each one quarter of an ounce, *Tutia*, *Sarcocolla*, of each one drag. and a halfe; *Dragons blood*, *Sumach*, *Barberies*, *Roses*, of each one scrup. make them to powder, or to trociscs with the iuyce of *Fennell*, and vse it with *Rose water* or *Fennell water*.

Item roast three apples, cense them of the pils and kernels, then temper them with the yolks of three new laid egges, and then lay it warme to the eyes.

Item take *Acatia*, *Dragons blood*, of each one drag. fine *Bolus* a quarter of an ounce: this being beaten together, then make it to a plaister with the white of an egge, and lay it round about the eyes from whence the rheume doth come: you may lay it also vpon the forehead, and vpon the lids of the eye: but then you must leaue out the *Bolus*.

In winter time may one wash his eyes with the vrine of a man childe and wine: in sommer with the vrine and with *Rose water*: that driueth away the rheume, and preserueth the sight wonderfully.

This water following doth dry much the cold catarres: Take *Gummi*, the Muscilage of *Fenegræke*

Fenegræke seedes, of each one quarter of an ounce, of prepared *Sarcocolla*, *Spica nardi*, *Myrhe*, *Cinnamon*, *Aloes*, *Beuer cod*, of each halfe a scrup. this powdered all together smal, and made vp with womans milke.

This following drieth also much the defluxion: Take an ounce of *Tutia*, bzuise it very small in a mortar, put thereto 12. ounces of old solwe wine, powze some vpon it, and bzuise it well with the stamper: afterwards, powze wine vpon it againe: afterwards let it seeth together in a copper pan. When it is from the fire, then temper amongst it *Aloes* beaten small, one quarter of an ounce, put two or thre drops thereof in the eyes. Then lye vpon your backe the space of two houres. This discusseth the blood also in the eyes, and taketh away all sharpnesse, and biting Rheumes.

In like manner, if this defluxion doe make much paine, then take vnwashed sheepes wool, burne it to ashes in a close stopt pot, bzuise it as small as may be, and mire it with the white of an egge: lay it on your forehead, and on the temples of the head: this swageth the catarre very quickly, and abateth the paine.

Another. Take the solwe iuyce of a Pomegranate (seeth the same to the half, and scum it wel) five ounces, *Sieff Memithe*, *Aloe*, *Licium*, *Saffron*, of each one quarter of an ounce, *Hydromel* halfe an ounce, put them all together in a glasse stopped close; set the same the space of foure daies in the Sunne, and vse it morning and euening, it is good and approued: it helpeth much the obscurity of the eyes.

A plaister. It is also profitable for such cold catarres, to haue a plaister laid vpon the temples of the head. The same is to be made thus: Take *Aloe*, *Myrhe*, *Mirtle leaues*, *Acatia*, of each one drag. *Pasticke*, *Frankinsence*, of each halfe a drag. beaten small together, make it to a plaister with the white of an egge, and lay it as is said on the forehead and temples of the head.

Another. Some do counsel for to take *Assa foetida* one ounce, *Pepper* one quarter of an ounce: melt and seeth the Gum in Vineger untill it be thicke, then stirre Pepper amongst it, lay it ouer the eyes: but haue good regard, that there come none of it into the eye: it will stinke much, and is very dangerous for the eye. But there be other things that may be vsed for this purpose.

Of actuall cauterisation in the necke in all Rheumes of the head.

This hath oftentimes also bene more remembred, and is often vsed by the ancient Physicians, euen as many Italian Physicians do aduise, that in these cold rheumes or defluxions, the necke is to be opened with an actuall or potentiall Cauterie, whereof diuers may be sought in the Register, and must be kept open about forty daies.

What is conuenient for purging.

That is to be effected with the pills *Cochie*, which be sharpened with the trocisces of *Alhandali*, also with the confection of *Hiera*, and such like. In the declination of the rheume through cold, bathing is very meete, to wash himselfe with vrine, to drinke wine moderately, to apply vnto it the foresaid sponge with the warme decoction of *Cammomil* and *Helilot*.

Sore eyes with or without matter. §. 8.



These diseases do come commonly through outward occasions, as of pricking, striking, or any other manner of bzuising: in like manner, of inward causes, as hot, sharpe, and salt rheumes, which doe eate in and perish the pannicles of the eyes. If then there be perceiued great paine with pricking, beating, and with moyst rheumes in the eyes, and the eyebrowes be fallen, the eyes stand wide open, the white of the eye looking red, & that some whitenesse be scene vpon the black: then is there an impostume growing, and indeed such accidents do verily require an expert Chirurgion: for (as the common prouerb is) there is no iesting with the eyes. Therefore to this end & intent that hereafter be presented & deliuered many good medicines: and we wil first begin with things which

which are caused through inward sharp Rheumes: It is to be noted, that the impostume that cometh in the white of the eye, is not so much to be feared, as they that come vpon the star or blacke: for that they are the most dangerous. Amongst which, one is called the Canker, which cometh of melancholike humours: and the signes be, that this Impostume doth shew it selfe with heate and heauinesse of the minde: the face and the eyes are of a leaden colour: It maketh great pricking paine in the eyes, and in the temples of the head, on the side whereas the disease is. And if there be applied thereto any hote things, then doth the paine increase manifestly, the appetite to meate is lost, and all the face getteth another colour: Therefore when that is seene and perceiued, then must it be with all speede prevented. And first to begin with a necessarie letting of blood, and purging: The patient must be forbid en wine, and flesh, and especially swete wines. His meate must be cooling hearbes, as Spinage, Lettice, Purcelane, Gourds: Endiue water must be his best drinke: much letting of blood (if the partie may suffer it) is good. And if so be that the impostume doe appeare very great, then is the patient to be let blood the more in the Median or in the Saphea, on the same side: afterwards in the Liuer veine, alwayes regarding the time of the yeare, and the patients abilitie. But if the impostume be not so great, you may be content with the opening of the liuer veine or Median onely: hereby will the Rheume be cut off, that it cannot fall any more into the eyes.

For this are moete also boring cups set vpon the shoulders and higher, with pricking: But if the matter be sharpe and biting, one must purge with Dirobalans, Manna, laxative iuices of fruits, and such like. Afterwards the patient must be caused to neese, and to gargarise, whereof you haue before in the second Chapter and s. 2 good instruction, & shall haue hereafter in other more places. When as this is effected and done, you may vse of these medicines which you will. First there is *Sief album*, (not long since described in the 7. S.) tempered with womans milke. If it leaue beating, then it is a good token, and hope that the sozenesse or paine will weare away without impostumation: but if it come to impostumate, then must it be cleaned with *Hydromel*, or hony of Roses, tempered with raine water, making a linnen cloth wet therein, and so layd on it. Secondly, with astringent things; as the *Sief de Thure*, which is forcible for all humours and defluxions of the eyes. Thirdly, with drying medicines; as with well prepared *Tutia*, and chiefly with the plaister *de Muscilaginibus*, which is described in the first Chapter, and in the end of the 7. S. Will you then haue some part of the Catarre repelled? Then put thereto the Pulcilage of Fleaworte, or of Quince kernels, the which must thre or foure times a day be layd vpon the eyes, mixed alwayes with *Sief de Thure*: to wit, as long as the matter cleaueth to the apple of the eye, and no longer.

A good salve. Take *Tutia* prepared in Rosewater halfe an ounce, fresh Swines grease one ounce, Starch thre quarters of an ounce: bryse it long in a mortar one amongst another: afterwards wash it thre times in the water of Nightshade, and annoint the forehead, the temples of the head, & the eyelids with it, without and within. This salve is marvellous good for all impostumate and running eyes, as also for all paines of the eyes, bloudshots, scabs, and wounds of the eyes. Some do vse also the maiden milke, or *Lac Virginis*, (which is described in the first Chapter and the 1. S.) but it is somewhat sharpe in the eyes.

If there be any sharpe Catarre that falleth into the eyes; take warme white bread, steepe it in womens (or any other milke) lay it vpon the eyes.

Item take a white loafe, cut slices thereof a finger thicke, lay them to steepe in Well water, and lay them on the eyes.

Dyle of burnt linnen is also very good for the impostumate eyes, which is to be made as hereafter followeth.

Lay cleane and washed linnen clothes in a glasse helme, steepe poisoned glasse vpon it, againe afterwards another lay of clothes, and glasse againe, vntill the helme be halfe full: afterwards distill it in sand. Some do burne it in gilt boules, and giue it for the plague. Item set the clothes on fire with a candle, lay them vpon an euen peece of iron, tinne, or siluer, and put them presently out againe. Then shall you alwayes finde a drop of oyle, the which take vp with a feather, and so gather it. This healeth marvellous well the impostumation of the eyes, taketh away the paine, and is good for the fistula and wounds in the eyes.

Clarified hony annointed in the corners of the eyes doth heale all diseases.

This Collyrium following is aboue all measure much commended; a little of it being dropped often

*oyle of
linnen*

A precious
water for the
eyes.

often in the eye, for it healeth and strengtheneth the sight mightily.

Take Rue, Roses, Endiue, Betony, Veruein, Venus haire, Agrimony, Cleuers, Bilfoile, Eybright, Chamedris, Pimpernell, Sage, of each two ℞. cut them small, steepe them a day and a night in good Wine: afterwards wring them out, and spread them on a board that the moisture may runne off: ten houres afterwards beate them grosse, and distill them in water, and keepe it stopt close.

Item, take the iuice of Celendine one ounce, the iuice of Fennell one ounce and a halfe. Dre gall five drag. and one scrup. Wolfes gall thre quarters of an ounce, prepared Tutia halfe an ounce, temper them altogether, this dryeth much the impostumate eyes.

Item, take Poppy leaues one ℞. Verueine, Eybright, Fennell, Pallowes, Hollihockes, Cammomill, of each halfe a ℞. chop it and stampe it to pap, mire it with oyle of Roses, make a cloth wet therein, and lay it ouer the eyes. It is a generall commandement, that where one vseth water for the eyes, you must bind it hard with twice double linnen, whereby the medicines applyed fall not off through nœsing, coughing, or any other stirring or motion of the head.

Impostumes of the eyes through outward occasions.



If so be that the impostumes of the eyes be caused through any outward occasion, as through thrusts, strokes, and such like, then are the deepe thrusts or pricks dangerous and most to be feared, lest blindnes do insue. But these meanes following are to be vsed for the same: Take vnpared Quinces, the kernels being taken out, beate them small, and temper meale of Lentils amongst them, and a little hony, that there may be a plaister made of them: lay the patient vpon his backe, and

apply some thereof vpon his eye. Or take a whole Pomegranate, betwene sowre and sweet, seeth it in a little Vineger, stampe it, and vie it as besore. Item, take the yolke of a rosted egge, lay it with tow vpon the eye. Item, vse also waters for the eyes that are drying and astringent, as hereafter followeth: take polvned Bloudstone that is nine times washt in the vrine of a man-child or boy, one quarter of an ounce, Gummi Arabicum, Dragagant, burnt Copper, of each one drag, burnt and washt Pumis stone, Opium, of each a scrup. Fennell water as much as is needfull for to forme some trocisces thereof: when you will vse them, then steepe them in white wine. The eyes are also to be often washed with water wherein Roses are decocted, or Well water tempered with Vineger and soure Wine: for this is also fit, Olive leaues, and if they cannot be had, then in the stead of them is the iuice of Shepheards purse vsed, wherein burnt lead bruised small is to be tempered, also the iuice of Quince leaues, and Medlar leaues, and then sallad oile must be put amongst it, and so lay it ouer the soze eye.

A drying and
astringent
Collyrium.

Where the eyes do bake together in the sleepe.

Take the iuice of Houslake, and annoint the eyes therewith: it doth soke them softly, and coole them.

Item, take the iuice of Agrimony alone, or tempered with womans milke: also Rosewater, and other waters for to soke therewith the dried matter of them.

Of *Egylops*, a certaine swelling betweene the nose and the corner of the eye. §. 9.

Here commeth otherwhiles a small impostume betwene the nose and the corner of the eye, the which the Whisitions call *Egylops*. If the same be not holpen betimes, then doth it infect the bone. The Chirurgions do heale the same in this manner: they cut vp the vppermost skinne, and wring out the impostume which lyeth lockt in a little bladder, and cut it off as neare as may be; the rest do they take away with an actuall or potentiall Cautery. The same swelling doth settle it selfe otherwhiles in the length of the eyelids, yet both are to be holpen with Datmeale, Wine, and Tutia tempered together in manner of a Salve.

Of

Of Blemishes or spots in the Eyes. §. 10.



These are two speciall kindes; red, and white: The red are caused thorough bloud, when there appeareth in the eye a red drop, or a darke (like as a congealed bloud) which at times is also blacke: that is wont to be caused of blowes, falles, great labour, much weeping, and such like. In like manner also of inward causes, as hath bene said of *Ophthalmia*, and of red or overheated eyes.

For this is also much commended, the bloud of Turtle doves, wilde Pigeons, or (if one cannot haue them) of common house Pigeons being let bloud vnder the wings, (like as is already rehearsed) and chiefly in the beginning, if one temper some fine *Bolus* among it, and the eyes to be fomented with warme water wherein wild Time, Pariotam, Fennel and Barley is decocted.

A water for the eyes. Take the seede of Ameos, Comin, Fennell rootes and the seedes sodden together, and a little *Sal gemma* tempered amongst it: you shall oftentimes let some thereof drop into the eyes.

If it be needfull to vse any stronger thing for it, then take one quarter of an ounce of Dypiment, put eight ounces of water vnto it, stir it well about, and then let it settle: poure the water cleare from it, that no substance of the Dypiment run with it, and drop thereof in the eye. But good heed must be taken in the vse of this sharpe venime, that there follow no bad accident after it: therefore it is more sure to vse this following:

Take prepared Bloodstone three drag. burnt Copper one quarter of an ounce, red Corall, Pearles, of each a dragm. Gummi, Tragacant of each two dragmes and a halfe, Pepper the weight of thirty graines, washed Ceruise one drag. Dypiment, Dragon bloud, Saffron, Amber, of each halfe a drag. make a dough thereof with the bloud of Turtle doves, of Pennes, or common Pigeons bloud, and forme *Trocisces* thereof about the weight of one dragm. When you will vse these, bruiſe them in womans milke, and put a drop thereof in the eye.

It is also very good for the skinnies of the eyes, whereof we purpose to intreate hereafter.

A plaister. Take Doves dung, make it with wine and vineger into a plaister, and apply it luke-warme vpon the eyes.

Or take that which followeth which is most certaine. Take Raisins, put out the stones, poure them, and put vineger to it, vse it as before.

Item take fresh cheese meately salted, Radishes roasted in ashes, Melilot, Cammomill, of each one ounce, roasted Lillie rootes, meale of Lentils, Dragon bloud, of each halfe an ounce, Saffron one quarter of an ounce: temper them all together with the brayed white of an egge, vnto a plaister.

In like manner it is also good to foment the eyes with the decoction of Coleworts, and the leaues thereof (sodden together in wine in manner of a plaister with Cammomill) laid vpon the eyes.

Now concerning the white spots which do come commonly after the Impostume of the eyes. Of these some are thinne, and some are thicke. But they that stand vpon the white and be thin, do the sight no hurt: but those that are thicke, and lye vpon the apple of the eye, they remaine and are almost vnpossible to be healed, but to be somewhat eased, and rather in children then in aged folkes.

Now albeit that this is hardly effected without the manuell operation of an Oculist: yet neuerthelesse are these things very good for it, and especially if the same be white and thin.

First of all, he is to bath oftentimes in water, or at the leastwise to foment his face and eyes so long with warme water, vntill the face be thoroughly red and sweating: and if that thereby be caused a rednesse or paine of the eyes, it is to be omitted certaine dayes, and afterwards begin againe. Also you may vse water wherein Mallowes, Hollihocke rootes, Daten straw, Barley, Dates, and chiefly Fenegreake are decocted; for this is a certaine and approued receipt. After this fomenting, strew this powder therein: take *Sarcocolla*, white Sugar, *Spuma maris*, of each a like much, and bruiſe it very small.

Item take Cuttle bone powdered small, and temper it with womans milke.

Take Swallowes dung, hony as much as is needfull, and if you will make it soft, mixe it with

with Fennell water. But the story of Tobias doth shew that this medicine is especially perillous.

Make the eyes oftentimes moyst with fresh womans milke, but if you cannot get it, then vse the waters wherein Mallowes and Hollihock rootes be decocted: afterwards you may put thereto the *Sieff de Thure*, the which you must prepare like as hereafter followeth.

Take Frankinsence five dragmes, *Ammoniacum*, *Sarcocolla*, of each two dragmes and a halfe, Saffron one dragme, beate them all vnto an impalpable powder, and with the muscilage of Fenegreke make it into trocisces: vse it with womans milke, it doth mandifie the eyes apparantly.

In like manner, the *Sieff de Plumbo* doth ingender flesh where there be small sores and spots, and it is thus made: Take burnt Lead, Antimony, prepared Tutia, burnt Copper, *Gummi Dragagant*, of each halfe an ounce, *Opium* fiftene graines: make it very subtile, and forme Trocisces thereof with rayne water: It is very good for all diseases of the eyes, it cleanseth and driueth the matter out of the eyes, when it is mixt with Rose water, it taketh away all manner of uncleannesse out of the eyes, and stayeth the defluxion also, but preserueth especially the sight of the eye.

Item, take Litharge of silver bruised very small, Comin, Bayberies, Gallingall, Ginger, Aristology, Cloues, Nutmegs, of each one dragme beaten small, put a pint of Malmesey vnto it, or any other strong Wine: stirre it well about thre or foure dayes, afterwards straine it through a cloth into an other glasse, and preserue it well stopped, for it is good for all spots of the eyes, and also for all fractures of the bones, & it draweth the wounds together without stitching. First take water that droppeth from distilled hony two ounces, Sugarcandy one quarter of an ounce, drop it twice aday in the eyes. Sugarcandy is good for all diseases of the eyes, and for the sight. Rosemary water made vnder the earth is also very good for these blemishes of the eyes, the which some do thus prepare: Fill a glasse with Rosemary flowers, stop it with ware on the top, and bury it in the Dogdayes about halfe a foote deepe in the earth forty daies long, and then yeldeth it a water.

Vertues of
Sugar candy.
Water of
Rosemarie
for the eyes.

When the pearles or Velmes be new.



When the pearles or spots be new, there are foure kinds of waters to be vsed for them. First of all (as is sometimes admonished) let womans milke be dropped into it, & afterwards fine bruised Cuttle bone blowne into the eyes. Secondly, take the iuice of Cornecoses and of Centory, of each one ounce, hony two ounces. Thirdly, take Swallowes dung bruised small and dry, halfe an ounce, hony as much as is needefull. For to make a dough, let it dry: take thereof one dragme and a halfe, Eyebright water two ounces, temper them together: this is wonderfull, but (as is already said) perillous. Fourthly, take Cuttle bone two dragmes, Sugar one dragme, make a subtile powder thereof, and let some of it be blowne into the eyes: But if the fleckes be out, then are they to be fomented with womans milke, or with the decoction of Hollihock rootes, Mallowes, Barley or Date straw: afterwards this following is good. Take fresh egge shels, burne them a little, the dung of a greene Lizard, *Spuma maris*, *Sarcocolla*, that hath lyen certaine dayes in the iuice of Celendine, washt Ceruise, of each one dragme, prepared Tutia, *Sagapenum*, *Galbanum*, of each halfe a dragme, Cuttle bone, Ginger, of each one scruple, Kites gall two scruples, powne all that is to be pownded, and temper it with the water of Celendine.

For this serueth also the foresayd Rosemary water, which is made vnder the earth. Fourthly take Merdigreace one dragme, Frankinsence two dragmes, Vitrioll halfe a dragme, *Spuma maris*, Celendine, Rue, Roses, Rosemary, of each one ounce and a halfe: seeth well the last foure, vntill there remaine about foure ounces: mixe the other powders with this decoction, and let it drie. Afterwards beate it againe, and temper it as befoze, do this foure times together. Lastly, make a subtile powder of it, and vse it vpon the pearles. It doth strengthen the sight, and taketh away the white pearles without paine: but if it be thicke or old, so that none of these will helpe it, then is the last meane to take it away with the needle, which belongeth onely to the manuell operators or Oculists.

Of the Fistula in the corner of the eye. §. 11.

Here bee many Chirurgions that describe these Fistulaes amongst other vicers of the eyes: in which place, namely, in the fist part of this booke we shall describe their natures, and what ulcerations they be: but we will heere onely write of this Fistula, which is wont to appeare in the corner of the eye. The causes of this are bad humors, and for the most part cold, which do a long time in this place settle themselves, putrefie, and lastly impostumate. The signes thereof are humors of the place: and if any one wzing it, then it doth paine one: it is somewhat reddie, giueth afterwards Greene matter; and it happeneth, that it oftentimes hurteth the eyelids and the nose. But before that the Fistula be touched with any application or cauterie, the patient must be prescribed an order of dyet, and must purge well. For dyet: first, he must beware of all fat and strong saouring meates, of milke, moist fruits, Onions, Garlike, Mustard, and all that is much salted. In like sort, all that may replenish the head with hot vapors, as Spices, sleepe immediatly after meales, and doing violent exercise.

For to purge, one drag. of the pills of *Hiera Composita* is to be taken: Make five or sixe pills thereof with the sirupe of *Calamintha*: If you will first vse preparatiues, then take of the foresaid sirupe one ounce, *Oxymel Compositum* halfe an ounce, decoction of *Mace* three ounces: Are you afraid of the heate of the liuer? Take some cooling things therewith, as *Cicozie* water, or any such like. One may vse foure of these potions in the space of eight daies; in the morning, and at the same time that the body is stopped. He is to take euery other day, or euery day, one pill of *Aloephangine* before meate, or washed Aloe. After the taking of these foure potions, these pills following are to be vsed, *Pil. de Sarcocolla* two scrup. *Cochiarum* one scrup. make with the sirupe of *Roses* seuen pills of them: afterwards you are to vse euery morning, this *Collyrium* following: and after that, apply this plaister on the corner of the eye. Take prepared Antimonie, Frankincense, of each one scrup. prepared *Sarcocolla*, one drag. *Licium*, Dragon blood, burnt Iuoy, parched Dragagant, prepared Iron drosse, of each three drag. Rue, Nightshade, and Celendine waters, of each one ounce; let this dry, vntill one may forme dow thereof: when you will vse thereof, then dissolve it in the foresaid waters, and put two or three drops thereof in the eyes.

For a plaister: Take Gommy, fine Bolus, the iuyce of Sloes, Frankincense, *Hippocystis*, *Mastricke*, of each three drag. Acorne cups, Cipers nuts, Bals that are worne eaten, *Asenglas*, Dragagant, Gum, of each one ounce. The *Asenglas* must be dissolved in red vinegar, and temper the other ingredients amongst it, and make thereof a plaister.

If it be then perceiued that the corner of the eye watereth, and if one wzing or presse vpon it, there come matter out of it: then it is a Fistula, and the actual cauterie is the best meane to heale it: for otherwise it is very vncertaine as *Rasis* writeth: he found this medicine first, that the Fistula doth thereby cease certaine moneths, that one would thinke the same to be thorow whole, and is thus prepared.

Take Aloe, Frankincense, *Sarcocolla*, Dragon blood, blossomes of *Pomegranates*, Antimonie, Allume, of each a like much, Merdigrease the fourth part of one of them, make a powder thereof: when it is then needfull, wzing the Fistula so long, vntill it yelde matter. Lay the patient on the contrary side where the Fistula is not, and temper this powder with a little *Mans milke*, and drop a drop in it, now, and a certaine season afterwards one more, and so foure times one after another: let him lye the space of three houres. Doe this the space of a weeke, and looke well to it that the Fistula be wzing out, and yeld no more corruption or matter.

Now although (as it is said) the accident is vncertaine to be healed, yet is there amongst all the rest, Rue most highly commended for it. When that the Fistula is made wet with the iuyce of Rue, and wine of *Pomegranates*, and covered with a double cloth, also if the cause require to open the Fistula so wide vntill one may see the bottome of the same, which may be effected with the drie roote of *Gentian*, *Elderne pith*, or with an Iron. Secondly, the spongiuous flesh which lyeth at the bottome, and is the right roote of the Fistula, must be killed. The which must be effected with an actuall or potentiall Cautery. The corosine is made thus: Take *Dypiment*, *Nitrioll*, *Cantarides* the heads and wings taken off, quicke Lime, *Sal-armoniack*, Allume,

of each one scruple: beate them to powder, and make a dough thereof with the brine of a man child; let the same dry, and lay somewhat thereof every morning in the fistula: this will cleanse it. Also you may use this following, which is also very good.

Take Ginger three dragmes, Verdigrease one dragme, beate them small together, and seeth them in halfe an ounce of Vineger untill they be thicke: annoint the taint with it, or that which you lay in the fistula.

Item take fresh Rue, Agrimonie, Celendine, of each a dragme, beate them and seeth them in five ounces of *Aqua vite*, or water of Rue, unto the halfe; put some thereof every day in the fistula, two or three times. Thirdly, it must be cleansed, which is to be effected with *Hydromel*, and Rue water, and hony of Roses, or with solwe wine wherein Roses are sodden. Fourthly, for to cause the flesh to grow or incarnate; you shall take Aloe, Frankincense, *Sarcocolla*, steeped in Fennell water, Oyle of Roses, of each one quarter of an ounce, Wax as much as is needfull for a salve: one may put thereto one quarter of an ounce of *Ireos*. In like maner Agrimonie is highly commended, and Rue leaues, of each one dragme decocted unto the halfe in a pinte of wine, the same being wyng out, and used every day, like as is aforesaid.

If Gnats, Flies, or any such like thing seeme to swarme before the Eyes. §. 12.



This disease proceedeth of flegmaticke and melancholy humors which fall out of the braines into the eyes, oppilating the sinewes of the sight more or lesse, according as the defluxion is tough, hard, thin, much, or little.

The Physicians do call this accident *Cataractam*, as a cadent water. It doth sometimes procede of a fowle stomacke, or through some disease of the eyes: but if it be caused of the stomacke, then is the danger not so great; for as soon as the occasion is taken away, then avoideth that which is caused thereof. But the other is much to be feared, and very needfull to be looked unto, whilest it is yet time: but when it waxeth old it is incurable by Physicke: and can by no meanes be holpen, but through the needle, and that is also uncertaine.

That which is caused from the stomacke, maketh before both the eyes buzzing and flying, as if there were Gnats or somewhat else, that swarmed so before the eyes; and that much more, if the stomacke be full, then when it is empty. Also whensoever such fantasies doe continue, enduring before the eyes the space of a moneth or twaine without any alteration of the apple of the eye, or disclosing of any other signes; then may one assuredly iudge, that these diseases are caused of the stomack: for this patient is a certaine order of dyet to be ordained, and he must purge with *Pillulis Cochis*.

But if this swarming of the Gnats or Flyes be onely before one eye, and not to be wiped off, then may it well be deemed that this disease cometh by reason of some moisture which lyeth closed in the eyes, especially if one see no dark thing in the eye: but if one perceiue any darke thing therein, then without all doubt the sinew of the eye is stopt and obstructed. Now for to help this infirmitee, there is nothing more to be advised then to begin with a good dyet: first is heed to be taken, that the whole body, and especially the head be couered well, and kept warme: he must refraine all moist ayre and dwelling, and not looke much into the water (especially where it is much stirred with the wind) he must oftentimes fasting rub and combe his head. He must bathe his face before supper with this decoction following: Take Bay leaues, Sage, Betonie, Stechas, Pennyroyall, and such like, except Smallage and Dill. Item let him be oftentimes rubbed with warme clothes from the necke to the shoulders downewards: after meate he must refraine from forcible exercise, and (if it be possible) he must abstaine three houres from wyting, and beware of all hard meate; but vse all that warmeth.

And to recite somewhat thereof in particular, well salted and raised bread is not amisse to be used, wherein Fennell seede or Fennell powder is baked. Concerning flesh, there is nothing more commodious, then sucking Aeale, young Button, Roe deer, Kids, and Hares. Of fowles, young Hens, Pullets, Capons, young Pigeons, (and chiefly wilde ones, which haue a secret vertue to strengthen the braines) Partridges, Snipes, Fesants, and Quailles: the Blackbird is also permitted for this. Riuer fish are more wholesome then other: neuertheless other fish are

tole.

tolerated measurably used and broyled, dressed with Pepper, Ginger, Fennell, Annis seed, Parsley, Merueine, Eyebright, and Rue. One may eate egges after what manner he list: onely so that they be not hard baked, sodden or roasted. Further, Sugar, Hony, Meruice, the iuyce of Limons, and Citrons, herbs of a warme nature, as Sage, all manner of Mints, Pennyroyall, Hyssope, & wild Thyme, are all good. All kind of Kapes, all their seed confited doth strengthen the sight. Of all fruits are allowed fresh Figs, Almonds, roasted hazel Nuts, Pistacles, roasted Chestnuts, Cozans, Raisons, Sallet oile, Dile of Walnuts, Dile of sweet Almonds. These Spices following may be also vse, as Pepper, Galingale, Cloues, Nutmegs, Mace, Ginger, Cinna-
mom, Gaiaines, *Lignum Aloes*, Commin, fresh Fennell, Eyebright strewed vpon his meate, or take halfe an ounce of Eyebright, one quarter of an ounce of Mace, and alwaies take one scrup: thereof before meate, for this hath bene found to haue oftentimes holpen them that had their sight blemished: Rue seed is also very good, and for them that haue this passion in the eyes, are the herbs, rootes, and seedes of Hyonie good, howsoeuer they be prepared for the taking. Also Treacle and Nithridate, haue a speciall propertie to put away the clouds, and all that swarme before the eyes. *Auenzoar* doth write, that all they which be burthened with the forementioned Cataracts or dimnesse, that if they looke earnestly into the eye of an Asse, thereby the defuxion should be stayed, but if so be that this be true, it is a wonderfull worke of nature. This powder following may also be used for an approued thing, for many haue bene holpen thereby.

Take Eyebright with the flowers beaten small, Mace, of each an ounce and a halfe, silver mountaine three quarters of an ounce, Sugar foure ounces and a halfe: make a powder thereof.

It is also very good, that one hold his face oftentimes ouer the vapo: of the decoction of Celendine, Fennell, and Eyebright: but such like moe shall follow hereafter.

What these patients must refraine.

Every such patient must beware of those things that make great disturbance in the head, as anger, calling, crying aloud, raging, sorrow, stench, and from much watching, because they much weaken the naturall heate. But he must oftentimes let blood, and vse boying cups. But as concerning his meate: there are hurtfull for him all still standing waters, sea fish, and all fish which are taken in moorish waters, to be eaten rather sodden then broyled if one should often eate of them; Crabs, Celes, Tenches is he vtterly to forbear: also milke, and all that is drest with milke, and he must not vse much vineger but only outwardly. All herbes of cold and moist natures, as Endiue, Beetes, Spinage, Purslain, Lettice, Cucumbers, Gourds, and chiefly Coleworts which darken the sight, are to be eschewed and left. Of all rootes are chiefly forbidden Garlicke, Onions, Radishes. In like manner also all pottages (except red pease, which be called *Cichelings*) Rite, Wheate, and Barley: all fruites which be sweete and cold, as Apples, Cherries, Pingles (whether they be confited or not) are to be refrained. And he must chiefly beware of all that which prouoketh neesing, and the cough. There is nothing better for his drinke, then cleare wine of a good taste, and that is meetely strong, but a little at once. But they that drinke no wine, or haue no wine, may vse from October vnto March this following: Take Merueine, Celendine, Rue, Eyebright, of each one quarter of an ounce, seeth them in twelue quarts of water, vntill the third part be consumed, put 14. pound of hony vnto it: seeth it againe vntill about the third part be sodden away, alway skimming it, then straine it thorow a cloth, and keepe it stoppt close in a pot. Now if the sicke person desire it, then may wine (that is meete for the eyes) the 5. or 6. part be tempered amongst it. By this drinke hath bene perceiued much amendment, and that in ancient folks who had a darke sight haue bene holpen therewith. Also *Hydromel*, which is hony water or mead, is much commended for this, without any addition. Every one may diminish or increase the quantitie of the hony euen as it pleaseeth him best.

For as much as concerneth purging, which is exceeding needfull, he must know to direct him according to the time of the yeare, otherwise in winter then in sommer, otherwise in the spring of the yeare then in harvest, or fall of the lease, which were too long to rehearse at this present, & therefore we will recommend that to the Physicians. But there are to be commonly used *Pillula Cochiae*, *de Sarcocolla*, *Sine quibus*, *De hiera Composita*, *Lucis*, of the confectiōs *Hiera Piera*, *Benedicta*

dicta laxativa, & Hiera longodion. The Clifters are to be decocted with the common hearbes, and tempered with one ounce of *Hiera*. Further, it is then commanded to take in winter a peece of confected Ginger: in like manner also after dinner and supper to vse one of the tabulates following: Take *Spec. de Xylo*, Aloes thre drag. *Diacinnamomi* one drag. white Sugar foure ounces, seeth them with Fennell water, and cast Tabulates thereof of a meetly bignesse.

And if he begin to perceiue any clearenesse, he must in the beginning of March drinke of this decoction following foure ounces alwaies foure houres before meate in the morning: first, take Ginger, white Pepper, *Calmus*, of each one drag. floures of Eyebright, Balsame wood, of each a quarter of an ounce, thre cleansed *Hermoadils*, stampe them al together, and seeth them in thre pintes of water, untill two parts be consumed. Secondly, take the iuyce of Fennell, common ley which is not sharpe, of each two ounces, *Tutia* prepared with the vyne of a manchilde one drag. and a halie: set this the space of 20. daies in the Sun, and vse it as shall be declared hereafter. Thirdly, take iuyce of Roses one drag. common ley, Eyebright water, of each one ounce, set it (as is said) in the Sun, and make the eyes therewith moist euery morning and euening two houres before meate: vse also the iuyce of Roses alone, annoint therewith the forehead and temples of the head.

Before supper he is to take all the spring time a quarter of an ounce of *Diacorum*. Fourthly, take Gall, Masticke, sealed earth, the iuyce of Aloes, of each one dragm. *Sandaraca* one ounce, the iuyce of Roses as much as is needfull to steepe the same in: Bray it all together in a mortar untill it be meetly thicke: annoint therewith alwaies euery third day when you goe to bed, the forehead, and the temples of the head.

Fiftly, take Haze, Eyebright, of each one drag. and a halfe, *Lignum Aloe* one quarter of an ounce, Fennell, Cumin, Ameos, of each halfe a drag. Amber two scrup. Seeth this all together in a pinte of Fennell water vnto the halfe: take alwaies foure ounces at once tempered with Sugar: drinke thereof foure times a weeke, thre houres before meate.

In the sommer you are to vse this following euery morning, at the least euery second day, then must you chew (but not swallow) a peece of Masticke and *Cucubes*. Item, take Fennell, Celendine, Rue, the iuyce of Roses of each thre ounces, Sugarcandie, white Sugar of each six ounces, Sugar pennets foure ounces, of Fennell seade, Licorice, Violets, Roses, Eyebright, of each one ounce, Pistaces thre drag. that haue been steeped fve daies in Eyebright water, and be dried againe: powne them all to powder. The Sugar is to be sodden vnto a Sirupe for to make a confectiō thereof, and take thereof euery morning about halfe an ounce. Secondly, take the iuyce of *Merueine* two ounces, the iuyce of Roses, of Fennell, water wherein Licorice hath bene sodden, of each two ounces, the gall of a Pickerell one drag. temper it and set it 15. daies in the Sunne. This *Collyrium* is to be put once or twice into the eyes before meate, or at least moisten them therewith, for it is very good and sure.

In the beginning of haruest, and after purging, one must vse to chew sometimes *Calmus*, or therwhiles Putmegs, Galingall, or as much *Agaricus* as the bignesse of a Beane: spew out the Rime (as is said) and then vse the confectiō with the salue of the forehead.

A plaister for the head: Take cleane *Laudanum* halfe an ounce, Rosen one quarter of an ounce, Celendine, *Lignum Aloes*, of each one drag. Cloues halfe a drag. melt the two first in sharp Wine: ger, temper them afterwards with strong wine, and let them all seeth thicke with the hearbes: put the spice vnto it, and make a plaister thereof, and spread it on lether, couer it with red Syndall, make it that it be as large till it come ouer the eyes: this warmeth, dryeth moderately, and strengtheneth the braines. This powder following may also be strewed vpon the head, take *Lignum Aloes*, Eyebright, wilde Time, Hysope, Stechas, of each one drag. Haze thre quarters of an ounce, Violets one drag. and a halfe, powne each of them by themselves, and temper them well: thereof strew vpon the head alwaies two houres after supper, on the top of the crowne about the weight of a scruple, and that once in thre or foure dayes: the same helpeth much. Or take this powder following: *Lignum Aloes*, Cloues, Cardamome, of each halfe a drag. Amber, Eyebright, Fennell, floures of Celendine, Roses, of each one scrup. Haze one drag. make thereof a fine powder, and vse it as before: but take not more then sixe graines thereof at one time, and when you will strew more vpon it, then first brush off the former.

Item, wind small stamped *Barioram* in a peece of filke, and smell oftentimes thereto, fume also your head or hat oftentimes with *Lignum Aloes* ouer the fire.

There

There may also sometime be vsed drying head ley, whereof euery where may be discovered. Famous Phisitians do also require to take euery moneth an ounce and thre quarters of *Hiera Picra*, tempered with fennell water, and that without any feare, for that it is a gentle medicine. There may be taken euery moneth in the steade of the other, two scruples of the powder of Centorie, with fennell water, and fast fire houres after it.

With the things that are to be dropt in, one must goe to worke very prouidently, & that not carelessly, but onely in great neede, and when the body is well clenfed. Amongst the same be these commended, which are also the least: Take the iuyce of fennell well clenfed two ounces, let one dragme of *Salgemma* be dissolued therein, put thre or foure times a day one drop thereof into the eye. Or take the iuyce of fennell as it is, or that which is thicke one dragme, bzuise it in an ounce of the water of Eyebright, vse it as before. For this are also good the gals of rauening birds, and also of fefants, Partridges, and such like, which eate no flesh. This simple *Collyrium* following is very much commended: Take the gall of a Pickerell one quarter of an ounce, *Salgemma*, halfe a scruple; let them melt together. In like manner this following: Take the fresh liuer of a solond Bucke being washed, prycke it well throug, and fill it with long Pepper, fennell and Eyebright powder, of each a like much: put it on a spit, and let it rost by a gentle fire, receiue the iuyce that droppeth from it in a cleane pot, and vse it as a *Collyrium*.

Or take in the end of Aprill the iuyce of fennell, stop it tight in a glasse, and set the same fiftene dayes in the sunne: afterwards straine it throug a cloth, and temper Aloes vnto it five ounces, one ounce of *Lignum Aloes* beaten small: let it afterwards stand fiftene dayes in the sun, and straine it againe throug a cloth, and vse it as is rehearsed already.

This following is also many times well approued. Take Swallowes heads, burne them to ashes in a couered pot; take one quarter of an ounce thereof, clarified honie thre ounces, the iuyce of fennell one ounce; temper them altogither in a glasse, stop them tight, and seeth them in water vnto the halfe: vse thereof morning and euening, and before and after meate, one drop.

Item burne fennell stalks to ashes, powze ley vpon it, wash therewith the eyes and eyelids, for it is very good. It is likewise also good that each one vse his owne bzine, or that of a man child.

Forasmuch then as for these diseases there be many kindes of remedies described, therefore may one chuse that which liketh him best, and to follow all that one findeth to do good, for there are not so many described that they should altogither be vsed; but because that one might chuse thereof, and vse onely all that one may get most easily.

Of the Skin of the eye. §. 13.



It is declared in the beginning, that out of old Cataracts there doth easily engender a skin, and the starre, which will take away the sight; whereof we now meane to write: there be therefore commonly two kinds of them discovered by the Phisitians; as the red and white. The red do the Arabians name *Sebet*, which cometh of abondance of bloud in the smal veines of the eyes, which doth spread it selfe abroad ouer the whole eye, so that it seemeth to be a red cloth; whereof insueth a great itch. The patient can abide by no meanes any light, nor sunne nor fire. This disease will be sometimes also (as is reported) inherited from the parents, but it infecteth not any body else. It is grieuous and tedious to be cured, if so be that the manuall operation be not vsed thereto. For this, one of the chiefest things is to leade an ordered life, to vse that which is good, and to eschew that which is ill, like as is sufficiently shewed in the 12. §. and is meete for this purpose. For purging are the *Pillule Cochiae* or such like requisite. Also for this is aduised to open the head veine: And for the itch, to wash the eyes with water wherein Roses, Sorrell and Malloves are decocted. Or you may prepare this powder: take fresh egge shels, that haue bene infused nine dayes in vineger, afterwards seeth them a good space in the same vineger, dry them in the shadow, stampe and bzuise the same: this powder is to be vsed oftentimes in the eyes.

Some do temper amongst it *Sarcocolla*, Aloe, Ginger, Gumme, of each the third part of the eg shels, and make it with Eyebright water vnto a *Collyrium*. It may be vsed in maner of a powder.

der, being beaten small.

Item, take Ceruise which is washt nine times in Rosewater, one drag. burnt Copper, Gummi Dragagant, prepared Sarcocolla, Beuer rod, Aloe, Frankinsence, Opium, prepared Pearles, Camfere, of each a drag. temper this with the iuyce of Celendine, make your hands fat with the oyle of bitter Almonds, and make trocisces thereof, the weight of halfe a dragme. Afterwards dissolve one of them in Fennell water, and when you will vse it, put some thereof into the eyes: it cleanseth them, and taketh away the skin from the eyes.

Item make this powder following, which is good to take off the white skinne when it is but new: the same is also good for running and soze eyes. Take Ginger, Pepper, Myrobalani Indi, and of the yellow Myrobalans, of each five drag. Aloes one drag. and a halfe, Cuttle bone three quarters of an ounce, Antimonie three drag. Cassia wood and Cloves, of each halfe an ounce: make all this vnto a subtile powder, and let it be blown into the eyes. And if so be that these foresaid things do not helpe, then must the skin be pluckt off; whereof it is not our meaning here to shew the manner.

Ungula.

Now as concerning the white skin of the eyes, which the Physicians do call *Ungula*, which is a naile; for that it is likened to a naile of the finger, which is of nature betwene skinne and flesh, and groweth from the corner of the eye towards the middle of the same: Of these some be hard, and some be soft, yellowish, darkish and reddish, and haue some societie with the foresaid Sebells, whereof some be light, and others very hardly cured by manuell operation. They doe grow out of all corners and sides of the eyes, vntill that in part or in whole they couer the apple of the eye. The cause of this are many tough and thick humors, like as one may see in the horses, and foure footed beasts no, which are fed with grosse food. Now what one is to beware of in this sicknesse, hath bene before declared at large in the 12. s.

For this (like as also in all other) is very good the letting of blood and purging, with al other things which repell this defluxion, for the beginning of the cure, like as is sufficiently shewed in the former instructions. Now henceforth we will goe and discourse of the smallest and newest skinnies.

Take Malloies, Cammomill, Hollihocke rootes, Linsæede, of each halfe a lb. let it seethe well, and receiue the vapor into the eyes: afterwards vse the *Collyrium* which is described before in the eight s. and beginneth thus: Take beaten Bloodstone, &c.

Item, take *Vinum Punycinum*, put a good deale of Rue therein, and let it stand in a glasse the whole Sommer in the Sun, drop therof into the eyes. The same doth drie away the new skin, and all darknesse of the eyes. The iuyce of Celendine, of Bætes, of Fennell, Merueine, each a part or mixed, being put into the eyes, do take away the heate of the eyes, and all darknesse of the same.

Or take the flowers of Cicozie, as many as you will, put them into a glasse stoppt, couer the glasse with thicke dole, put it then into an oven. The water which runneth from these flowers, vse to the skin of the eyes. This also may be approued: Take Juniper leaues, and the berries that grow thereon: distill water thereof, and put it into the eyes. Item, take fine homie, bruite some Camfere amongst it, and vse it as all the rest.

Break a fresh peece of Beuer rod in peeces, wherein you shall finde some moisture: temper this with wine, and put it into the eyes.

For this is also good, great Ants brused in peeces, and made to pap with the fat of Quails, Myrhe, and Fennell water.

Take sixe graines of Pepper, and as much Allume, vineger one ounce, seeth it vnto the third part, and keepe it for daily vse.

Take Grasshoppers, but not the greene, nor them that be big, nor too little: binde them on a threed, and dry them in the Sunne, then beate them to powder, binde them in a cloth, and lay it all night in wine, drop thereof into the eye; it is very sharpe. Others doe but make a cloth wet therein, and lay it vpon the eye, and that is surer. Some do vse Elderne Pith.

Item take the innermost skinnies of the maw of a Sparrow, halfe an ounce, *Verbascum* seeds three drag. beate them very smal, and make it into a salve with the oyle of sweet Almonds: afterwards take Verdigrease, white Vitrioll, Sal armoniacke, burnt Copper, of each halfe a scrup. long, white, and blacke Pepper, greene earthen potsheards, *Sagapenum*, *Galbanum*, of each one dragme, Bucks gals one quarter of an ounce: Powne very small what is to be pownded, temper

temper them with some hony, and put of the iuyce of *Mariozam* or water vnto it, that thou maist vse it for a *Collyrium*. There may many be found wherein the venime *Orpimentum* is put, the which I do not willingly rehearse; because that where any thicke and old skinne doth couer the eye, it is to be taken off with the needle, so that it is vnnecessary to bere the eyes with any such perillous thing.

Of the mists and clouds of the Eyes. S. 14.



The *Nebula* (which is also called by reason of her whitenesse *Albugo*) is diuers: it hath also other causes than the foresaid white eye skinner.

Nebula.
Albugo.

There be two sorts of these: the first is maxtely thicke, like the white of a sodden egge to looke vnto: the other is much subtiler, and is like a cloud, and it is also easier to cure than the other: both proceed through the defluxion of moistures out of the head, and will be according to the nature of that moisture, thicke or subtil. There cometh also otherwhiles a third sort into the eyes, as of some kind of bryse, or old impostume, or of any blisters of the eyes, which are a long time in curing.

Neuerthelesse it hath bene found, if young chilozen through the pockes doe retaine any such cloudes, and the eyes with the body be waxen greater; that the same cloudes doe lessen in time. The thicke whitenesse is thus to be cured: Euery morning fasting are the eyes to be fomented with cleare warme water, or with water of these hearbs following, whereof we meane to vse the iuyce: Take the iuyce of corne Roses, the iuyce of Centorie, temper them together, or vse each by it selfe. Item take the dyed iuyce of Celendine three dragm. Ameos one quarter of an ounce, make a powder thereof.

Item take white Sugarcandie: each put apart in the eye, is very good. Take Pumicestone, prepared *Sarcocolla*, *Aristologie*, white Sugar, of each a like much: make a powder therof. Cuttle bones alone, or tempered with one of the foresaid, are also very profitable: womans milk after the foresaid bones, milkt in the eyes, and used often, mollifieth the white skins. This following is also highly commended: Take Pumicestones, Cuttle bones, prepared *Sarcocolla*, *Aristologie*, red Corall, Bozeas, of each one drag. Sugarcandie three quarters of an ounce, make thereof a subtil powder. Take the burnt shels of Sea-crabs, prepared *Tutia*, and Sugar: beate them as small as may be. Now to the end the eyes may be cleansed, and the clouds taken away, this hony following is to be put therein: Take clarified hony two ounces, the iuyce of Centorie, the iuyce of Fennel, of each an ounce and a halfe, let it seeth somewhat, and scum it til it be cleare: drop thereof on the white cloude of the eye: Will you haue the honye more sharpe? Then put thereto three dragmes of Bozeas.

Take one part of Swallowes dung, Hony three parts, temper them together: this will apparantly helpe, but it is sharpe like as is said already.

Dispersion, or contraction of the Eye beames
or sight. S. 15.



Because that these parts or skinner of the apples of the eye (called *Ragadis* and *Vnea*) are sometimes disgregated through inward and outward occasions, so that they be stretched out euen to the white of the eye, wherby the sight is not a litle hurt: it is therefore first to be marked, whether this disease be from the natiuity, or proceede of the great paine in the head, *Cephalaa*. If it be borne with one, there is then small hope to haue it cured: but if it be caused through any other occasions, as fells, blowes, thrusts, many humors that disperse the

selues abroad, or of some former impostume that hath not long bin past, then it is still to be holpen: first, by letting of blood in the head beine on the contrary side where the disease is; afterwards through purging with the pills of *Cochie*, and through a well gouerned diet. This is one of the best medicines, for it consumeth all humidities, not onely of the head but also of the whole bodie. Afterwards one may make a plaister for it with fine Bolus, Mirtle seede, of each halfe an ounce, Linseede beaten small two ounces, Rose water, and the iuyce of Barberies: or take Nightshade, Plantaine, the iuyce of Housleke, of each a like much, and lay it ouer the eyes with a cloth.

Item, wet a cloth in Rosewater wherein Turia hath bene infused, and lay it ouer the eyes: for this is cauterization in the necke very much commended: but if this disgregation of the sight be small, then it will be easily cured with the Sieff of Gals, which hereafter shall follow, which foresaid Sieff of Gals, or de Fellibus is thus prepared.

Sieff de Fellibus.

Take the Gals of these afozenamed beasts, to wit, of Cranes, Pickrels, Buckes, Hobbies, Sparhawkes, or of any other rauening Birds whatsoever, of each two drag. and a halfe, Euphorbium, Coloquint, Sagapenum, of each one drag. melt the gum, powne all that is to be powdered, and temper it with the gals, and with two ounces of the iuyce of Fennell, and vse it like any other Collyrium: It is also specially good for those that are purblinde, whereof shall be hereafter spoken.

But if the starre or beame of the eye be dispersed because it is hurt, there is then no great care to be taken, for the same is easily to be holpen: make this plaister following. Take beanes and Barly meale, of each one quarter of an ounce, Oyle of Roses halfe an ounce, the yolke of an egge, temper it well with the iuyce of Endiue, as much as is needfull.

Take Nightshade, Housleke, and Rose water, of each one ounce, and the white of an egge, make a cloth wet therein, and lay it vpon the eyes. For this is also good, the gall of a Bucke, ashes of the burnt head of a Hagpie, of each a like quantitie, tempered with Hony and the iuyce of Celendine, and so layed vpon the eye: this is commended for a very approued receipt.

And if so be that the apple of the eye be contracted and ware smaller, it is then caused through drought; and although naturally the small apple of the eye be good, yet is the diminishing of the same very bad. For this are good moist meates to be vsed, to bath in sweet waters, to vse oftentimes womans milke, and drop of the foresaid mildest Collyrium into the eyes.

Of the extuberation of the Eyes, as if they would fall out. S. 16.



This is caused through many occasions, as for that the head is full of humors, or that the eyes of themselves do swell through a full bodie, and otherwhiles through winde, and otherwhiles through some kind of impostume, if there be much blood or flegme with it, whereof mention is before made in the 8. s. It may happen also that the sinewes of the muscles about the eyes are feeble and lamed through some superfluous humor of the head, like as it may well happen by reason of the great paine of the head through extreame vomiting, and strong straining of going to stoole, of hard coughing, and of such like strong motions: and this happeneth especially in the dropisie, if it come through fulnesse of the bodie, then doth the patient feele a strong pricking & paine about the eyes: if through winde, then is the pricking not so strong, but rather contracting: if it come through much blood, that doe the red veines declare; with heate, Cholera, maketh pricking and smarting. If this infirmity be new, then it is easily to be holpen (in case that it is not caused through the dropisie) and that onely through good government of diet. But if this infirmity be but small, then lay cotton on the eye, and tye it to a linnen band: eate and drinke but little, sleepe much, and refraine from all labour. But if the grieve be much, and with great paine, open the head veine, and purge with Hiera, and with Wils ordained in Ophthalmia. Set boring cups with picking on high vpon the shoulders, foment the eyes with woll which is dipped in warme vineger and water, or with water and vineger, wherein Pomegranate blossomes and peels, Gals, and Sumach is decocted, and make the whole face wet therewith. And if therewith be great heate, then make a plaister of the hearbe Shepheards purse, Plantaine, and Housleke, and so apply it vpon the eye. But if it procede through weakenesse of the sinewes, then purge the head, vse Gargarismes, and the Salues that hereafter are taught in Paralysis and contraction of the mouth, make a fomentation of warme hearbs, or this plaister: take Frankinsence, Masticke, Cipers nuts, and the leaues of each a like much beaten, tempered with oyle of Cammomill; but if you will put some of the iuyce of Sloes vnto it you may.

Of eyes that be burnt. §. 17.

If any bodie's face be burnt, so that one haue feare of his eyes, and that they doe swell, then take water of *Aerueine*, steepe Quince kernels therein, wring the lime through a cloth, and annoint the face therewith, and the eyeliddes: but looke for that which is written before of white and red eyes, what cōleth all kinds of inflammations, or that is declared in the first part.

Whensoever any be stricken in or vpon the eye. §. 18.

Take powdered *Wormewood*, temper it with the beaten white of an egge, and lay it ouer the eye.

Item, take the iuyce of *Aerueine*, the white of egges well beaten, lay it on the eyes with a wet cloth: looke also thereof in the first Chapter and the first §. of the humors of the eyelids.

If any thing be fallen into the eyes. §. 19.



If so be that the eye (through any thing that might fall therein) be bruised or perished, that must forthwith be holpen, to the end that it do not inueterate: or this it is aduised to take fresh cleere water in the mouth, and spout the same into the sore eye so long, vntill all that whatsoever be in it may bee washed out.

Yet womans milke is more commodious, sprouted into it out of the breast. This may also be done with white wine, for it causeth the eyes to runne better; and if one wring thereon, then cometh that which is fallen into it with more ease out of it againe.

Or take a peece of white Rosin, let it be made warme in the sunne, or after another manner, then draw it very softly on the apple of the eye, then doth it remaine hanging thereon.

This operation or power is attributed also vnto *Rubies* and *Saphires* being stroked in the eyes.

Roll the vpper eyelid about, and wipe it with a soft linnen cloth, then doth it remaine hanging on the cloth.

Item, take *Betony*, *Celandine*, *Eyebright*, *Hyssope*, *Pennirovall*, of each a like, seeth them in meetly water, and wash the eyes with this whilest that it is warme.

How to cure the diminishing, feeblenesse, and darkenesse of the eyes. §. 20.



The sight is many times of some disease of the eyes (like as in *Ophthalmia* is declared) lessened, and also enfeebled, as the shining of the Sunne, looking-glasses, shining copper, lightning, fire, long darknesse, watching, the beholding of white things, like as when one walketh farre in y^e snow, cold ayre, or that chalke, dust, or any things else come into the eyes, thorough much looking vpon smial thing, to let much blood, or that one doth it not if he be accustomed, also through an vnchast life. Further, the eyes are much weakened with great laskes, great labour, odoriferous things and specially the *Basilicon*, of which we are not to omit this admirable worke of nature, that is, if one eate too much of this, then will the sight be weakned, where notwithstanding the iuyce thereof dropt into the eyes doth strengthen the sight and drieth vp the moisture.

These patients must beware of all grosse meates, as cheese, old flesh, coleworts: also from ouermuch eating and drinking, and from fasting. Also all such diminishing of the sight is caused through great paine of the head, swimming and great heate, which dryeth too much. Also through colde moistures, which obstructeth the sinewes of the sight. There are three kindes of the weaknesse of the sight, the first of all diminisheth, when a thing is seene vnperfect, and when it is thought to be lesse; the second kinde is a spoiled or corrupted sight, whereas one seeth any thing otherwise then it is, like as happeneth in the disease *Scotoma*. Thirdly, it is a contracted

sight, when one can discern nothing by the sight, like as in the blindness. For all these aforesaid infirmities, shall the patient first use preparative potions, and purge with the pills *Cochia* or *Stomachica*, and also use Clusters which draw all humors downewards. Fennell seed used in all meates is especiall good both before and after meate: then as it commonly hapneth, that the feebleness of the eyes do proceed of a bad full stomacke, which doth cause many bad vapors in the head; then do the ancient Physicians advise, that these sicke persons shall be caused to vomit, for that will drie and cleanse the stomacke from all bad corruptions and intolerable moistures. Also there be drying powders to be put into the eyes, whereof there be many before described. But if with this imperfection of the sight, there be an abatement or consumption of the body, like as one seeth in all those that recover after a languishing sickness, they must be fed with good meate, for that if one be fasting or hungry, the paine will be the greater and more forcible. Also he is to be let sleepe well, and given wine to drinke, to make the head oftentimes moist with warme water, or to bath: but beware that he sweate not too much.

In the nose and eares is he to drop the oile of sweet Almonds, and besprinkle the eyes oftentimes with yong womans milke.

Hereafter do follow certaine medicines: first a government of life, for that a good order of diet is no lesse of importance for this, then it is in any other sickness. First of all one is above all the other aforesaid things to abstaine from very clere ayre, unmeasurable Venery, reading smal prints or writings, &c. from going to sleepe with a full stomacke, from all salt and strong meates, from drunkenness, and all that replenisheth the head. If the cause be moisture, then is likewise to be feared bathing, much sleepe, letting blood, cupping, and vaporous meates, new Wine, Beanes, Pease, and other pottages, Lettice, Vineger, and Radishes, much fish, Peares, Apples, and all moist fruites, especially after meate. In like manner all moist, darke and mistie weather, smoke, wind, dust, moist dwellings, going idle, unleavened bread, old and grosse flesh, and all that maketh grosse blood. On the contrary side, there be many commodious things that strengthen the weake sight, as the sight of greene fields, trees, the precious stone *Smaragdus*, greene glasse, greene linnen, and such like more, which are to be set before our eyes, to the end it may thereby be quickned. In like manner also all blew colours, and all other orient colours, as to looke into a Steele looking-glasse, in the clere water, gold, the starres of heaven, the precious Saphir stone, flowers of Bozage, of Eyebright, and specially of Larks spurres, which are chiefly commended.

Wine, and
conserue of
Eyebright.

The like operations are ascribed vnto the Wine and the conserue of Eyebright, and that not without reason, for that they be both forcible for to strengthen the sight, & to make it clere and fresh, so that many old folkes through the vse of these haue continued and strengthened their sight with them. They do also depilate the obstruction of the Spilt and Liuer being dayly used, they cleanse the stomacke, and withstand all agues that proceed out of the stomacke: for what they serue else, and how they are to be prepared, the Register shall make mention. Therefore hath the wine of Eyebright also, and the conserue of the same, not their names in vaine: for they haue like power in strengthening of the sight, to dry the moistures of the braines, and to clere al dark sights.

The water of
the Emperour
Fredericke for
the sight.

Further, it is very commodious that one doe keme wel once a day, especially ancient folkes: youths are to wash their eies often with fresh water, also to suffer hunger and thirst sometimes, and to drinke sweet water. In like manner all that is meet for the strengthening of the memory, is also very fit for the sight, as hereafter shall be shewed: and all that is accounted good for the five senses, as the sight, the hearing, smelling, tasting and feeling. Clere faire ayre is alwayes good, bread well raised, good wine soberly drunk, also light meates which fume not into the head. This is now sufficiently written of the order of diet. Now we will come to the medicines, and waters for the eyes. Hereunder is one which was made and ordained for the Emperour *Fredericke* the third, the which vnto this present day is very highly commended, and is thus prepared: Take Betony, Rue, Merueine, Celendine, Eyebright, Roses, all of them greene, of each five good handfuls, Aloe one ounce, long Pepper, Cloues, of each halfe a drag. Some also put thereto three handfuls of Woodbine and the flowers. This being all chopped, is to be distilled through a glasse helme: drop thereof into the eies, and annoint al the face therewith. Do take the iuyce of Fennell and of Merueine, each by it selfe, or mixt amongst other, drop it into the eies, lay it ouer them with a cloth, it taketh away the dunnesse. There is also described before in this Chapter and

and first s, a water for the eyes, of Celendine decocted with hony, which is especially good for all darknesse of the eyes.

Another, Take fennell, Eyebright, and Rose water, of each one ounce, *Sarcocolla*, *Taria*, both prepared, Sugarcandy, of each one scrup. the gall of a Pickerell, five leaues of beateit gold: put these together in a glasse, and let it seeth a while in hot water in a glasse, and vse it as a *Collyrium*.

This preserveth the sight maruellously.

Item take Fenegreake, Hollihock roots, of each two ounces, cleanse them well, and let them seeth well in cleere water with a mild fire vnto the halfe: wyng them out hard and straine them through a cloth, tempered with Aloe, a quarter of an ounce, Sugarcandy or Sugar of Roses one ounce, straine it with the Rose water through a cloth, and let it seeth together vnto a sirupe: preserve it stopt close in a glasse, and vse it as other eye waters. Take prepared *Tutia* one drag. white Amber halfe a dragme, Camfere halfe so much, fennell water and Rose water, of each two ounces, temper them together. The water that is gathered of the vapor of hote bread maruellously cleareth dim eyes: Take Rose water as much as you please, Sugarcandy as much also, let it stand befoze that you vse it a certaine time in the Sunne. All gals of rauening birds, as also of Partridges, of Buls, Hares, *Volues*, *Fores*, and aboue all the Buckes gall doth drie the eyes and sharpen the sight, But one of these or more must be decocted with much iuyce of fennell and clarified hony (once as much more as the other) and dropt into the eyes. Take the gals of Partridges, Balsam oyle, of each one quarter of an ounce, the iuyce of Celendine one dragme, temper and vse them as the other. The ancient Phisitians haue highly praised this following: Take the iuyce of Pomegranates which be neither soure nor sweet, two ounces: seeth them in a silver vessel vnto the halfe: then adde clarified hony one ounce, let it boile well, straine it through a cloth, let it stand certaine dayes in the sunne, & drop it into the eyes. Item, the iuyce of soure and sweet Pomegranates, of each two ounces, set it in the Sun two moneths then straine it, and temper thereto one drag. of Aloes, long pepper halfe a drag. And if you desire it to be more drying and biting, put thereto one scrup. of Sal Armoniack: the older this is, the better.

Hereafter follow certaine simples which strengthen the sight, as the iuyce of roasted Onions tempered with hony dropt into the eyes, y braines of flitter mice or Bats tempered with hony and dropt therein, the ashes of the same blowne into the eyes especially in the beginning. Rue hath an especiall propertie in the eyes, is good eaten, and the iuyce of it tempered with the iuyce of fennell and hony dropt into them. Hyssope used in meate is also very meet for the sight, Rapes and sodden yong Doves are very good, also their broth drunken: so are also Swallowes & Magpies eaten, good for the strengthening of the sight, and the ashes of them tempered with hony and put into the eyes, Calinus raw and confected is very meet; burnt Corall drieth and consumeth all moisture of the eyes: *Acatia* strengtheneth and sharpeneth the sight, and expelleth the rednesse; Almonds are also very good. All odoriferous herbes, as Lauander, Rosemary, Gilloflowers, Roses, and all pleasant smelling fruites, are good for the eyes.

Pomanders. Take Rosemary, *Pep*, *Mariozam*, *Pennitoyall*, of each one drag. *Lignum Aloes*, *Mariozam* gentle, and *Pace*, of each one quarter of an ounce, *Muscus*, *Ambra*, of each two graines, make thereof a powder, bind it in a peece of red silk, and smell oftentimes to it. They may also vse the same which haue the dis ease of the Cataract, whereof is much admonished befoze,

Pomanders
fit for a bad
sight,

The ancient Phisitians were of opinion, if one annointed oftentimes the eyelids with Coral, precious stones and gold, or did behold them, that it were to strengthen and cleere the sight.

This powder following of *Ras* is much commended for to strengthen the sight therewith: Take prepared *Tutia* ten drag. make this to paste with the fresh iuyce of *Mariozam* gentle when it hath stood a night and be well settled: afterwards let it drie wel, beate it againe and put Ginger vnto it, long and black pepper, and Celendine of each a drag. Sal Armoniack half a drag. al beate ten small, and made moist with the cleere iuyce of fennell: Let it drie againe, and so preserve it. When you will occupy it, then beate it vnto an impalpable powder, and put it into the eye.

This powder following is to be strewed vpon the head: Take Cloues: *Lignum Aloes*, *Betonica*, *Sandaraca*, burnt *Iuory*, *Syrax Calamita*, of each halfe a drag. make thereof a powder, strew all the head therewith. As oftentimes as you will vse it, then keimbe the head befoze, to the end the first may come off, afterwards vse twice a moneth when you go to sleepe one quarter of an

ounce of the trociscs of *Diambra*, hold them long in the mouth untill they do melt.

Item take Cumin which is steeped one night in Vineger, and afterwards dyed, Annis seeds, prepared Coziander, of each three ounces, Fennell seede five ounces: temper them all together. You may also let them be confited with Sugar, and vse it after meate: this strengtheneth the stomacke, stayeth the vapors from gathering vpwards toward the head, and consumeth all cold matter in the stomacke and the head.

A powder to be vsed with meate.

Take Siluer mountaine, Ginger, Cucubes, Clones, long Pepper, Nutmegs, the rootes of Celendine, Diptamer rootes, of each halfe an ounce, prepared Cumine, Fennell seede, Annise seeds, flowers of Eyebright with the leaues, of each three quarters of an ounce, prepared Coziander one quarter of an ounce, Sugar as much as you please: this is to be beaten small together, and vsed daily in meate; it strengtheneth the sight, and defendeth against blindness.

This following is also to be obserued for a speciall meane, that one must gargarise euery ten daies: two daies together in the morning and euening eight or ten times together. Take Marioram gentle, one handfull, Licorice halfe an ounce, seeth them in a pinte of water vnto the halfe: take a good cruse full thereof, temper against it one dragme and a halfe of *Hiera Picra*: gargarise with it (as is said) it is very requisite, but bitter.

After supper take one of these Tabulates: Take *Spec Diambra* one dragme and a halfe, Eyebright, Celendine, Fennell, Herueine, of each one scrup. the seede of Rue, of Siluer mountaine, of each halfe a drag. Sugar five ounces: seeth all these with Eyebright water, and cast Tabulates of it. Lastly, take Rue, Celendine, Eyebright water, of each two ounces, Fennell and the iuyce of Herueine, of each one ounce, the gall of a Pickerel three drag. *Lignum Aloes* beaten small halfe a drag. the seede of Rue, of Celendine, Marioram gentle, of each one dragme, temper them with the foresaid water, stop it tight in a glasse, and sement it with dow: afterwards set it in an oven when the bread is taken out, and let it stand a whole day therein. The next day take of the dow againe, and set it the space of twelue dayes in the Sunne, afterwards straine it through a tight cloth, but wring it not out, and keepe it in a stoppt glasse, whereof put euery morning and euening one drop in the eye, and lye vpon your backe, then shall you perceiue an apparant amendment.

Pillula, Pilles.

Take white beaten Eyebright halfe an ounce, Caroway sodden in Vineger and dyed, Marioram gentle three quarters of an ounce: *Lignum Aloes*, *Indie Spica*, of each one ounce, the seedes of Sorrell five scrup. temper them with the Iulep of Roses, whereof you are to take at one time a halfe or a whole drag. once in three or foure daies in the euening when you goe to bed.

Will you then make a powder thereof? Put thereto prepared Coziander, Cinnamom and Fennell, of each one quarter of an ounce, Sugar as much as you please. This may you take after supper.

The confecti-
on of *Montagnana* for a
bad sight.

This following is a costly confecti-
on, and strengtheneth the sight, therefore it is called of *Montagnana*, *Electuarium Oculista*, because it is very profitable for the abating of the sight which proceedeth through flegmaticall humors; for besides that it strengtheneth the braines, it restor-
eth the lost sight againe, and maketh also the spirits of the sight subtiler and stronger.

Take Siluer mountaine seed, Eyebright, Fennell, and Cucubes, of each a drag. Cardamome, Mace, of each one drag. and a halfe, the seed of Celendine, of Rue, of each one quarter of an ounce, Rosemary one ounce, Annis seed, *Lignum Aloes*, Caroway, *Consolida Saracenic*, of each halfe an ounce, sugar or hony as much as is needfull for to make thereof a confecti-
on.

Another.

Take dried Betony, Celendine, Eyebright, Hyssope, Penniroyall, of each one drag. Fennell, Siluer mountaine, Annis, prepared Coziander and Marioram gentle seeds, Basil seeds, Carda-

Cardamome, Cinnamom, Ginger, Galingale, Nutmegs, Cloues, long Pepper, *Lignum Aloe*, Balficke, Spikenard, of each halfe a drag. preserved Citron pils three drag. conserues of Borage, of Rosemary, of each one quarter of an ounce, Sugar decocted in Fennell and Rosewater as much as is needfull for to make a confection. This patient shall take also after purging the second or third day one drag. of Treacle, *Aurea Alexandrina*, or Bithridate. Or make a potion: Take halfe a dragm. of Treacle, breake it in wine, water of Rue or Fennell, and take it once euery weeke: yet this is best of all that one may vse for a weake sight, preserved *Chebuli* eaten fasting doth much strengthen the sight; some chew euery morning Juniper berries, spetting it afterwards into the hands, and letting the fume go into the eyes: the which can also strengthen the sight much. The same vertue hath also chewed Annis, Cummine, and especially Fennell seede, whether they be confectioned or no.

All later and ancient writers do commend this remedy following, as well for the strengthening of the sight, as for those that be purblind: take the liuer of a Bucke, take off the Gall, cut broad peeces out of it, lay therein whole long Pepper, couer it with another pece of liuer and Pepper as before, thus continuing till all the peeces be laid one vpon another, so that aboue and beneath be nothing but liuer. Put this then into an ouen, and drie it well away: then take of the Pepper, beate it small, and mire some Puscus amongst it, and with the moisture which droppeth from the liuer, moisten therewith the powder, and make lollies thereof, preserve it vntill you haue neede of it, then temper it with Eyebright water, or such like, and vse it as the other. To these spices of medicines are three kindes of commodities ascribed: the first to drop fatnesse into the eyes: the second to receiue the warme vapour into the eyes: thirdly, that the patient eate thereof many times a yeare, euery time three daies together.

One more (which is almost like vnto it) doth hereafter follow: Rost a hogs Liuer, wet the eyes with the dampe of this rostmeate, and rub the fatnesse on the eyelids.

Take a slip of Rue, drinke the infusion of it at your meale, it is also very good for this.

Take Cinnamom, Cloues, Mace, of each a like much, powde Malmesey vpon it, and vse it as you please.

When one hath then vsed a good deale of these foresaid things, and there be yet perceiued much more moisture in the eyes: there is sometimes to be vsed for to drie the braines of this iuice following, drawing it vp through the nose, to wit, of Maridam gentle and Dane weede.

There are also twice a weeke two of these pils following to be taken after supper: Take *Pilula Lucis*, Rubarbe, of each one scrup. and a halfe, and make thereof five or seven pils.

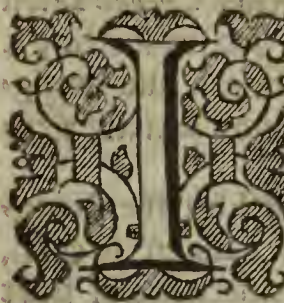
Of all those that after the rising of the Sunne, do see nothing at all, or very badly. S. 21.

This infirmite of the sight is of two kindes. The first is when one can see well in the day time, but against the euening and night can see nothing or very badly. The other to the contrary, when one in the day time doth see little or badly, moving the eyes vp and downe, when he doth come into the clearenesse, without holding them open, therefore be they commonly called in Dutch blind Cats: but when it groweth towards euening, then begin they to amend, and can see much better. Both these infirmities do proceed of like causes, and according as the spirits of the sight be formed, whereof the Philosophers doe dispute much. The Grecians do call them *Nyctilopas*, the Latinists *Lusciosos*, in English purblind, whereof *Galenus* speaketh generally, that it is a disease which proceedeth of no manifest cause. Others write, that it is incident rather to blacke eyes then to other: what concerneth the signes, they are to be inquired of them that haue this infirmity.

First, for this is reputed good, if the partie be full of blood, that first of all the head beine, afterwards the beines in the corners of the eyes be opened: others do aduise to open the median and the beine in the forehead. Afterwards whether it be of a *Phlegma* or *Melancholia*, purge with the pils *Cochia* or *Lucis*, and then to make Bithridate or Treacle. In the eye is to be vsed the fat of the Bucks liuer (described before) or to temper it with a little of the Bucks gall, or the Bucks gall alone decocted with a little vinegar, applied likewise as aforesaid: for in this disease is most of all commended that which cometh from the Bucke or Goate. *Plinius* admonisheth that some haue aduised, that one should wrap the Goates dung with ware, and so swallow it downe.

He writeth also that this blindnesse is to be holpen with Goats blood, and it may come thereby, for that it is said that those beasts doe see as well by night as by day: therefore it was commanded to *Nycropolis* to eate the Buckes and Goats liuer roasted. And how the same shall be drest is shortly before declared, where we haue discoursed of the diminished and weake sight.

When one is waxed almost blinde. §. 22.



If there fall any moisture in the eyes which maketh one almost stark blinde, then it is found out by experience, that the decoction of a Vipser, the head and taile chopt off, hath holpen (yet the intrailles pluckt out and stuffed with Fennell seedes) like as it also helpeth if one eate the flesh of this Serpent boyled. This is reported of the Vipser snake.

The like vertue hath the decoction of *Guaiacum* used after his manner of kind, the which is not only meete for this, but also in certaine confections for the sight, which Pope *Innocentius* the third did send to an Abbot, who was almost blinde, and is made thus: Take Fennell seede halfe a pound, Siluermountaine seede, and blew Chamedris, of each foure ounces, Smalage, Annis, Parsly seedes, Penniroyall, Hyssope, Sarisfrage, Juniper berries, of each one dragma, the seede of Stauesacre two ounces: this being beaten small with Hony or Sugar, and a confection made thereof, and vse thereof morning and euening, and you shall see maruels.

Cometh the cause of the hindrance in sight through obstructions of the sinewes whereby the sight cometh into the eyes: then vse the Pills *Cochie* and *Lucis* of each halfe a dragma, make 7. or 8. pills thereof, swallow them in the morning betimes and fast five houres vpon it, vse them once euery moneth. Afterwards vse this confection, take Peniroyall, Rue, Betony, Celendine, of each one handfull, Sarisfrage, Louage, Annis, Cammomill, Ginger, Fennell, Parsly, Hyssop, Marioram, Siluermountaine, of each two dragmes and a halfe, Gallingale halfe an ounce, powne all very small that is to be powned, and temper it with Sugar which is clarified in Fennell water, it requireth halfe a pound of Sugar at the least, cast Tabulates of it, and then lay them vpon the tongue, and let them melt of themselves: this do and continue it the space of two or thre moneths, all after that the blindnesse is great and hath long continued.

Of Squintnesse. §. 23.



This is a distraction of the eyes out of their naturall places towards the right or left side, vponwards or downewards: the occasion of this is sometimes through resolution of the sinewes, where the whole place doth draw that infirmed vnto it. Also it may be a crampe in the same sinewes, where to the contrary the shrinking sinewes do draw the whole vnto them; it cometh also very well through a custome, when yong children in the cradle doe lye alwaies vpon one side, and open but one eye: but if the squintnesse do come through slacknesse of the sinewes or the cramps, that is sene and shewed by the signes which are described in *Paralys*, or in the crampe. This disease could the ancient Phisitians heale very badly, and it is very vncertaine in yong children, neuer thelesse we will not pretermitt to shew our aduice for it: on the side where the disease is, put some clearenesse, to the end the eye may be drawne to his naturall place: also when it is caried about on the arme, the ancient Phisitians haue used all those things which were wont in *Paralys* and in the distraction of the mouth to be adhibited.

Hydromell, hony water: how to make and vse the same. §. 24.

It is before oftentimes mentioned, and therefore it is very woorthy for to describe heere how to make it: The ancient Phisitians tooke raine water and hony decocted therewith, scumming it well, and vsing it for a common drinke, in the stead of water or wine, like as also it standeth discovered in many places of this booke; now it is for the most part made with well water and hony. In fine, *Hydromell* is no other thing but our common meade without any addition: of other sorts of meade is spoken hereafter in the eight part.

Of the Nose.



This is also one of the principallest outward members of the face, artificially conioyned of sinewes and gristles, and by nature ordained for many kinde of uses: for who knoweth not how exceeding needfull it is for the life, and for preservation of the good breath, and for discerning of all smells and sauors: in behalf of both these two causes is the Nose set in the height of the bodie, and endued with such a propertie that it might refresh and coole the hart, the lights and all inward parts with continuall breathing, without the which no man liueth.

Besides this it hath power to discern and iudge the sauor of the meate: it is set besides and aboue the month, to the end it might adiudge and giue euidence to all before it goeth into the mouth, what is pleasant and what is to be eschewed, or is necessary or hurtfull: it standeth also in the middest of the face not onely for a garnishing, but also for a stay or defence betwene both the eyes for to defend them (as hath bene said before.) It is also a right pipe or gutter to purge and cleanse thereby al the moysture of the braines and the head; to the end there should nothing fall downe vpon the breast or other principal parts that might there cause great sicknesse. This member is subiect also to many kind of diseases, as Impostumes, Obstructions, Rheumes, excessive bleeding, losse of smelling, of all which and others moe, shall be hereafter spoken.

Of Obstruction or stopping in the Nose. §. 1.

This infirmity is caused through inward or outward occasions: If the Nose be stoppt thorough falling, striking, or thrusting; then must it swell: if it be then swollen, then bee the waies, thorough which the breath and smell cometh, stopped: yea also the smell otherwhiles wholly lost. It may also be well stopped through some grosse moysture, that falleth out of the head and braines, which cannot passe thorough the nose, for that the nose vents are thereby stopped. As much as then concerneth any outward bruising, there must be salues and plaisters laid vpon it, like as vpon other tumors. The same being healed, the vents and pores will be open againe, and the smelling restored, yet it is alwaies good aduice to set boring cups vpon the necke and shoulders, and to lay vpon the breast brayed whites of Egges, tempered with some Camfere. But of this stopping shall be spoken more at large hereafter, especially in the losse of the smelling.

Of the Vlcers in the Nose. §. 2.



These impostumations do the Writers diuide into *Vlcera* & *Apostemata*, which we do English, *Vlcers* and *Impostumes*; the *Vlcers* are alwaies dry or moyst: dry when they make hard scurfe, & contrarily when they yeld out much moysture, like as if the nose were rubbed on the inside and thereby bled, and yelded yellow, Greene or black matter; both proceedeth of sharpe, salt, and burnt matter that descendeth out of the head into the nose. The signes thereof may one easily discern: if there be paine in the nose, then is to be sene against the bright Sunne where the disease is. For this accident the paine is to be purged with the Pills *Cochia*, or *Hiera*, and such like. This is also a common rule in the curing of all *Vlcers*, to wit: that it be begunne with no strong medicine, or that the partie bee purged before. Like as for example, if the patient be plethorick in bodie, and the vlcer be great, open the Median, and let out foure or fve ounces of blood according to the strength of the patient: but if the disease be not so great, then open the head veine vpon the arme or vpon the hand, at all times vpon that side where the disease is not, and sometimes very well in the veines of the nose. In like manner, also are cups to be set in the necke, thereby to seduce the matter. This being done, the patient is to vse the space of eight daies or fve dayes this preparatiue potion: take *Oxyfacchara* (which shall be immediatly hereafter described) the sirope

of water Lillies of each thre quarters of an ounce, Sorrell water, and Fennell water, of each thre quarters of an ounce, drinke it luke warme in the morning. The purgation vpon it is this

Take halfe an ounce of the confection *De succo Rosarum*, Cassia prepared with the water of Violets one ounce, temper all together with thre ounces of Barly water metly warme, for otherwise it is too thicke. Immediately after purging lay this plaister following vpon the nose, that it may be couered euery where with it : Take small Houllake, and the iuice of Plantaine, the iuice of shepheards purse, of each one ounce, the whites of two egges, Camfere bruised small foure scrup. prepared Tutia, and Butchers brome seeds of each one drag. burnt Corall and Amber of each two scrup. Starch one ounce and a half, bruse these together in a leaden mortar some houres together, this is to be vled thre or foure times a day.

Another.

Put the iuice of Tassell leaues thre or foure times a day into the nose, it may be drawne vp into the nose : but if you feare that it will cole too much, then temper the third part of the iuice of Betony amongst it.

Oxyfacchara.

This kind of Sirupe may easily be made by all house-keepers, it hath also great vertue and operation, for it doth consume the mixed and flegmaticke humidities which doe pinch or annoy the vppermost parts, and cause the vnruly double Tertian and quartaine Agues : Take sixe ounces of white Sugar, the iuice of Pomegranates foure ounces, sharpe Vineger two ounces : seeth them in a little pot by a milde fire, vntill they be of the thicknesse of a common Sirupe.

Item, if there be scurfe in the nose : Then take Sallad oile, the grease of a Capon as much as you please, and powze a little molten ware amongst it, and annoint therewith the scurfes : likewise take warme water, draw it vp into the nose certaine dayes together, in the morning it is also good. Item, take the gum of a Cherrie tree, the gum of a Palme tree or Dragagant, dissolue them in Rosewater which thou wilt, annoint the Pusilage or slime in the nose with a feather. Or take the Marrow of an Ore bone, new ware, of each halfe an ounce, oile of water Lillies one quarter of an ounce, melt and vse it as before. Or you must in stead of the oile of water Lillies, take also the oile of Roses.

Another : Take Dragagant and the seede of Fleawort, steepe them in Rosewater and oile of Violets, annoint the nose oftentimes with this musilage. You may also make this saluer : Take Duckes and Hens grease, the fatnesse of Shepes wooll, Harts selwet, hony, of each halfe an ounce, burnt Mirobalans, Gals, of each a drag. temper them together. This allwageth and drieth much.

In like manner this saluer following is very conuenient : Take oile of Sweet Almonds one ounce, oile of Roses one ounce, washt Butter, Hens grease, the Pusilage of Dragagant of each one quarter of an ounce, and a little ware.

Or take fresh marrow out of the Calues bones, and gum, of each one quarter of an ounce, oile of white *Camelina* one ounce and a halfe, ware as much as is needfull. The same doth also butter washt well with faire water, likewise also decocted Hollihocks, Nightshade or Malloes.

Another, almost as the former. Take the marrow of Calues bones, the yolks of eggs, Dragagant and gum, of each one quarter of an ounce, oile of *Camelina* one drag. and a little ware.

But if the impostume onely beginneth to run : then dip Cotton in strong and well salted vineger, put it into his nostrils, herewith they will be dried. But this following is better : Take prepared Tutia which is flaked in the vrine of a man child of two yeares old, and Ceruse, of each two drag. and a halfe, the iuice of Houllake five ounces : rub this at the least the space of thre dayes together, the space of thre houres euery day in a leaden mortar, set it afterwarde well stopt in the Sun when it is to drie : then powze againe other iuice vnto it, and bruse it as before : do this so thre or foure times together : with this saluer are you to annoint the disease thre or foure times a day. This saluer is so forcible, that many people which haue had the canker and Polypum, thereby haue preserved their life a long time.

Canker polypus.

And

And if so be (through the great uncleannesse of this vlcer) there behoueth stronger things, and the disease be also old: then make first of all the scurfes moist with wine, wherein Agrimony, Merueine and hony is decocted, drie it and make it moist againe, afterwards vse this following: Take Vitrioll, red and yellow Dypiment, of each halfe a drag. beate and steepe it in the gall of a Bull or Dre, and refresh it daily vntill the matter be white; then put thereto Antimonie and Myrre, of each one quarter of an ounce, Ware as much as will make an ointment, annoint therewithall, and stop it in the nose: if you will haue this somewhat milder, then put thereto beaten Hozsemints and Mallowes, to the quantitie of one quarter of an ounce. This that followeth is not so strong.

Take Cyper roots, Allume, Gals, Myrre, Saffron, of each one quarter of an ounce, beate them to powder, and blow it into the nose. Or make thereof a salve with hony. Also you may vse the salve *Vnguentum Apostolicum*, the which is made thus: Take Turpentine, white ware, white Rosen, *Ammoniacum*, of each one drag. *Opopanax*, Verdigrease, of each halfe a drag. the Litharge of gold two scrup. sallad oyle sixe ounces in the Sommer, but in the winter nine ounces, vineger as much as is needfull for to dissolue the Gum with it, make a salve thereof. This salve is common at the Apothecaries, and is not onely good for this, but also for all sore eyes, fistulas, for cleansing the wounds, wherein it hath a marvellous operation: for it consumeth the bad flesh, incarnateth afterwards, and healeth all hard swellings: so that there is not almost the like vnto this.

Item take burnt lead well washt, Ceruse, Litharge of gold, of each alike quantity, oyle of Roses, and Ware as much as is needfull for a salve. This also following is much commended and is certaine: take one solwe Pomegranat, others take solwe, meane, and sweet Pomegranates, of each one stamped with their pils, boyled out and decocted a while in a little pot and clarified, dip a taint in it and put vp into the nose; but if there be any vlcers with it, then vse this following. Take Ceruse, Myrre, Litharge of gold, burnt Copper, Gals that are parched a little, Allume, of each one drag. oyle of Roses three ounces, Ware as much as is needfull for a salve: this healeth and drieth. Item take Ceruse one ounce and a halfe, calcined and washed Ceruse, Litharge, of each halfe a drag. Vineger, Ware, of each one sponesfull: make it with oyle of Myrtles vnto a salve, wash the nostrils with warme wine and pisse, wherein Myrre and Frankinsence is decocted. And if this vlcer will not be healed with the aforesaid things, it is then to be taken for a secret Canker, which one may not touch with sharpe things; as presently hereafter shall appeare.

Obstruction or stopping in Childrens noses without any other infirmitie. §.3.

It happeneth oftentimes, that young, yea new borne children do suffer great stopping in the nose: their breasts must be annointed well with the oiles of sweete Almonds, and of Violets, and to them that giue sucke wine is forbidden.

And if the childrens breast be full, then is the oyle of Violets with Sugar to be put into the mouth. Ancient folkes (if they cannot abide the oyle of Violets by reason of the smell) then take sallad oyle, or oyle of sweet Almonds in stead thereof.

Impostumations in the Nose §.4.



The second kind of exulcerations in the nose are much more perillous and worse, and are called *Apostemata*, *Hemorrhoides*, *Polypus* Canker.

The first is a soft excrescence of the flesh, which giueth moisture when one wipeth the nose; soft in feeling, and bleeding quickly: this proceedeth of moist water which falleth out of the brains, rotteth there, and degenerateth into the flesh, the which otherwhiles groweth out so long that it hangeth without the nose: it taketh away the speech, the breath, and also the smelling, sometimes shewing red and sometimes white and blackish. But the *Polypus* is hardish, hath many rootes and beines: he is so called after the name of a fish which hath many fete: and for many more similitudes and properties that are betwene them. This is caused of melancholicke humors tempered with lime or *Phlegma*, & *Coppeth*.

stoppe the nose through his increase.

This Canker is wholly hard and fast : it manifesteth himselfe also on the outside vpon the nose, with many blacke veines of melancholick blood, whence this soze taketh his arising, and doth bring with it an intollerable stench (which the Physicians do call *Ozenam*.) The cause of these tumours is the affluence of bad humours : but that which causeth *Hemorrhoides* is a sweete *Phlegma*, which is without blood but rotten, very moist without paine, therefore is better to be healed then this following.

But in *Polypo* is corrupted blood, whereto doth come a stinking *Phlegma*.

The Canker is a burnt, rotten, and hardened *Melancholia*. Both these last are vncertaine, yea wholly impossible to be holpen: neuerthelesse there be many kinds of remedies ordained and v-
sed as followeth.

When as then the first soze doth appeare with softened or white flesh which filleth the whole nose, then is the head veine first to be opened ; afterwards a taint annointed with this salve following, to be put into the nostrile where the disease is. Take yellow Oypiment, Coperas, Verdigreace, of each halfe an ounce, Quicksiluer, Sal-armoniacke of each one ounce; bruse these small and cast it into lime ley : this may you vse so : or make it with hony vnto a salve. Others do vse this sharpe water following : Take yellow Oypiment, quicke lime, Verdigreace, Quicksiluer, of each one ounce and a halfe, Sal-armoniacke halfe a dragme : beate them cleane, and let it seeth well in water : when it hath stood a while, then will it be very sharpe. In like manner, getteth also a corrodng qualitie, the water wherein quicke lime is quenched, and wherein quicksiluer is put.

This is moze gentle, take Allume, Verdigreace, of each halfe an ounce, yellow Oypiment one scruple, temper them, and stick a taint in Vineger, sprinkle it with this powder, and so sticke it in the nose where the disease is. Of the meane Cozsiues is also taken for an approued thing, powdered Vitrioll blowne into the nose in the morning and evening. There is also described in this Chapter in the 2. S. a medicine with the iuyce of Pomegranates, which are especially good for this, amongst which you are to temper a little Antimonie and Verdigreace. But if this will not helpe, then are stronger things to be vled, as an actuall cauterie or incision, & although this do seldome prosper, neuerthelesse we will discourse somewhat thereof. For this soft excrecence of flesh whereof we haue spoken at the first is not wholly incurable ; but may through these meanes be cured, which neuerthelesse is very vnpossible in the Canker: but if it were found that there ought to be vled either the actuall cauterie or incision, then must the cauterized place be annointed with fresh butter, and the brayed white of an egge, and couer the nose and the whole face with vineger and water, or Rose water, or take the yolks of an egge, temper it with oyle of Roses, and the iuyce of Roses, this swageth almost all the paine of the Cauterie.

Here do now follow certaine sharpe, yet good meanes, which are most surest in greatest necessitie, the first is, that these superfluous excrecences be clipt off with a sharpe payze of Cissors euen to the bottome, afterwards take away the rest that remaineth behind with this salve following : Take one ounce of hony, vineger one quarter of an ounce, *Sarcocolla*, *Ammoniacum*, of each halfe an ounce, seeth these vpon a milde fire, and therewith annoint your taints which you thrust into the nose; it hath a speciall vertue of healing and drying. The other meanes, if this were not sufficient, then burne the disease with an iron that is flat before, thrust it through a copper pipe which is wrapt in clothes wet in Rose water, to the end that the sound part of the nose be not burnt, do this so long vntill one can perceiue no remanence of it moze. Afterwards annoint the cauterized place with butter, vntill that the escarre falleth off, and heale it with Bassill and the ointment of Ceruse, or with the salve that is described in the 2. S. in the vlcers of the nose with *Tutia*.

The third meane to expel this accident : Take a long and strong horse haire, thrust it into the nose vntill you bring it out of the mouth againe : fasten it on both ends and plucke it hithe-wards ouer the accident, and that so often times till it be cut out at the bottome. This being accomplished, stanch the blood with this powder ; take Mirthe, *Sarcocolla*, fine Bolus, Dragon blood, of each one dragme, prepared *Tutia* halfe a dragme: this powder must be blowne in the place where it bleedeth, or strew a taint with it and stop it into the nose ; now the blood being stanchd, heale it with the foresaid salve.

Of the Canker in the Nose. §. 5.

The causes of this Canker in the Nose, and the signes thereof are discovered before. First, it sheweth it selfe small like a coyne of wheat, but afterwards will be as big as a hazle nut or Almond: it yeldeth seldome matter, and remaineth alwaies (as is said) hard and dry: it will abide no strong things, as actuall or potentiall cauteries, but it must be softly medaled with, and easie remedies vsed thereto, as to let blood, laxatiue things, and Master Tristrams water, which is described in the fift chapter and first s. Also oyle of blew Flowerdeluce annointed thereon, and chiefly Treacle and Bithridate thrust into the nostrils, and to hold the same in the mouth and eate it. Also it is very good to purge the head with this potion: Take Myrobalani Indi one ounce and a halfe, Sene, Epithymum, of each one quarter of an ounce, Sugarcandie foure ounces, seeth them together in nine ounces of water euen to the half, strain it then through a cloth, and temper it with Hanna and foure Dates amongst it, of each one ounce. In like sort may one purge also with the Pillulis faridis or Stomachicis. The place of the accident is also to bee twice a day at the least strengthened with the oyle of Roses wherein Camfere is tempered, and lay a cloth therein dipped in them, or made as it were into a salve, and annointed therewithall. Yet in stead of this he may vse the iuyce of Nightshade. The patient must much beware of all pottages, chiese, hard flesh, and all which ingendzeth melancholike blood: but must vse drying meates. His drinke must be wine tempered with water. For the defluxion *Ozena*, which the Canker bringeth with it, is this following very meet: Take one ounce and a halfe of oyle of Roses, halfe an ounce of white Ware, a little vineger, and the brayed white of an Egge, milke one ounce, washed Ceruse one quarter of an ounce, the iuyce of Lettice, of Plantaine, of Nightshade, of each halfe an ounce, stirre them together the space of two or thre houres in a Leaden mortar.

Of the Murre. §. 6.



We haue taught in the description of the Nose, that it is by nature ordained for a channell, thereby to cleanse the moisture of the head and the braines, like as is brought to passe through this course of the Murre, the which the Grecians do call *Catarrhum*, especially this Murre which falleth downe into the Nose, do they call *Coryzam*: of the other two kinds, whence commeth so much badnesse, which be salt catarrhes or rheumes, which descend into the throte and vpon the breast, shall be taught at large in their places. We will onely heere now discourse of all those maladies that concerne the nose: that this course or running proceedeth out of heate and cold, which is *Cholera* and *Phlegma*, that shall be shewed at large in the discourse of the paine in the throte in the second part, where is spoken of the catarrhe or rheume. Here is no other thing discovered but onely of the Murre, how that that is most caused when one cometh suddenly out of great warmth into cold; and to the contrary, out of great cold speedily into warmth: like as when one runneth bare headed out of the bath into the winde; or as one runneth out of the great cold into the warme stee: and this is also the cause wherefore the people for the most part in the latter end of winter or sommer are plagued therewith. Now when this murre or sniuell is salt and byting, then doth it soone cause these accidents, *Ozena*, *Cancer* or *Polyppis*: therefore the sniuell is not to be esteemed so small, but rather endeuor by and by to prouoke and moue this defluxion, to the end the matter may be carried out, whereto this fume following is conuenient: Take Cloues, Myrre, Frankinsence, odoriferous fruits and hearbs, as Quinces and their parings, Rue, Marigold gentle, and such like. Lotions for the face are also very fit for this purpose, like as followeth: Take Sage, Lauander, Betony, field Mints, or any other, three or foure handfuls, seeth them in water, and put the feet therein, vse it oftentimes, and metly dep.

The cleansing of the head.

In all the former cases, the most principall remedy was alwaies to cleanse the head and the braines, whereto this water following is very good: Take foure ounces of the iuyce of wilde

Cucumbers, Sal armoniacke powred small, halfe an ounce tempered in a glasse, and fill it halfe full with water, stir it oftentimes about, and snuffe it vp into the nose in the morning fasting five or sixe times together warme, and do this alwaies about the second day. This openeth all obstructions that hinder smelling, whether it be in Impostumes or Ulcers of the Nose: it draweth also the matter out and consumeth it, and it strengtheneth all the instruments that are created for smelling.

Item, take the iuyce of Marioram and Benniroyall, of each one ounce, Muscus two graines, vse it as before. Make also this powder following: Take Benniroyall, Marioram and Pep, of each one drag. Graines three drag. powne all and binde them in a fine cloth, and smel oftentimes to it.

Take oyle of Violets, oyle of Saffron, of each three drag. Arcos, long Pepper, Euphorbium, of each two graines, make a salve thereof with a little ware, whereof you shall take the quantitie of a pease, and annoint it in the nose when ydu go to bed, it purgeth and cleanseth the bzaines.

Some do vse Helleboze or Pepper for the nose, but it is not without danger, for it troubleth too much the bzaines: but how and through what meanes the head is to be cleansed with naxing, looke in the first and second Chapters of the paine in the head.

Of the excessiue bleeding at the Nose. §. 7.



The excessiue blæding at the Nose hath diuers causes, which were too long to discover them all at this present time, it onely sufficeth vs to shew the inward and outward causes: as concerning the outward causes of blæding, are blowes, falls, thrusts, soze labour, and the heate of the Sunne: all these things doe open the veines, and make subtile blood, which is easily moued to runne out. The causes thereof can easily be perceiued and inquired of the patient. The inward causes be superfluity, sharpnesse and heate of the blood, the which is ouer all the whole body, head, liuer, milt, wombe and other places.

In like manner also through agues and other great sicknesse, through paine of the head, a forcible expulsive power, and feblenesse of the retentive vertue, in full bodies and abounding of blood, is the blæding at the nose requisite, it emptieth the head and other parts. In Phthisi and other sicknesse moe, it is commaunded to prouoke it, whereof shall be moze at large spoken in other places. Therefore if there be perceiued an vnburthening through this blæding at the nose, then it is a good signe of health: like as to the contrary a sudden and excessiue blæding is very dangerous, and a signe of death. But if this blæding happen through any bruising of the skin of the bzaines, then it is very hard, yea in danger neuer to be holpen.

And whensoever the blæding is aboue 48. ounces, then it is a bad token, and yet badder if it do surpasse it: if it come then vnto twenty or 24 pound, euery pound reckoned at twelue ounces, then must death follow after it immediatly.

In like sort the signes of death are, if the blæding person be not onely of a bleake colour, but also darke, græne, or leady coloured.

An order of dyer.

This blæding at the nose commeth through some causes that require alwaies a good order of life to be obserued. For this purpose is this most common, that those things be alwaies vsed that coole the blood, and make it thicke: if there be any agues with it, then must light things be vsed (which be cooling) as Lettice, Purslain, Endiue, small Endiue, vineger, beruoyce. As then the blæding strong and vehement: to the end it might once be stayd, vse Beanes, Pease, Lentils, Rie, Colewoorts, Chæse, Whee, Hares and Harts; also thicke red wine, all hot spices, white wine (if so be that they be not well watred) are to be eschewed.

Now we will shew how the blood is to be stanchèd.

For to performe the same, there be sixe kinde of meanes: first, by the foresaid cooling things (which be to be eaten) these things following are to be dropt into the nose, and laid thereon: in like maner also vpon the forehead, the iuyce of Lettice, of Houslecke, of Nightshade, corne Roes or Pettles: in like manner the water of water Lillies, of Cichory, of Roes and Cumin water;

water: Also the herbe of Poppy, Willow leaues, or their iuice. Item also Horstaile, Shepheards purse, Vineger and Camfere, and if it be very great need, *Opium*. for these things altogether make thick blood, that it cannot run so hastily out of the veines. It is also good to irrigate his head with cold water, so long continuing untill his head be so cold, that he get thereby a shivering and shaking, or trembling. In fine, to keepe the head cold, & not to stir it much, is very commodious: also wet a cloth or napkin in cold water, in vineger, or in Rose water, wring it not out too hard, and wrap it so about the necke.

Item take the whites of twelue eggs, powdered Allumie foure ounces, beate it well together, wet a cloth in it, and wrap it about the necke, about the forehead and temples, afterwards take Hares haire, or the haire of a Roe buck, stop the nostrill full thereof, and that at the first.

Also it is commended that both the thombes and their armes be bound hard about the elbowes; but let them not be bound too hard, but being sometimes made loose, to bind them againe.

Or make one of these plaisters, take the iuice of Nightshade six ounces, Rose water one ounce and a halfe, Barley meale as much as is needfull for to make a plaister, lay this vpon the liuer, if the blood run forth of the right nostrill.

The second meane to stanch the blood effected with stopping things, as the iuice of Sloes, red Coral, Pome, Aloe, Horstaile, Amber, Bloodstones, *Hippocystis*, Bolus, flowers of Pomegranates, Lentils, gals, Sumach, Shepheards purse, Medlers, Seruices, Quinces, peares, and other soure peares amongst the compounded things, *Troscises de Carabe*, *Terra sigillata*, which foresaid things all that be of this nature do draw and shut the veines together.

For this are also meet these plaisters following, take the iuice of Plantaine and Rose water, of each two ounces, vineger halfe an ounce, and the white of an egge, sealed earth, or in the stead thereof lime as much as is needfull for to make it metly thicker: lay it vpon the forehead and the temples of the head.

Another. Take Dragon blood, parched gum, parched starch roses, the iuice of Sloes, *Hippocystis*, burnt Iuoy, the blossoms of Pomegranates, Bolus, sealed earth, bloodstone, red Coral, and Amber, of each one drag. and a halfe, Poppy seed, Purslane seed, of each one drag. *Opium* halfe a drag. powne all that is to be powdered thereof, and with the iuice of Plantaine make it to a plaister, and vse it as before.

This following is not much unlike to the former: Take Dragon blood, parched gum, the yellow seeds of Roses, the iuice of Sloes, *Hippocystis*, burnt Iuoy, blossoms of Pomegranats, Bolus, sealed earth, bloodstone, red Coral, of each one dragme and a halfe, Poppy seeds, Purslane seeds, burnt Harts horne, ashes of gals, Cipers nuts, of each one drag. beate them all small, and mixe them amongst the other with the iuice of Plantaine, afterwards make small cakes of it; when you will now vse it, then beate it to powder and blow it into the nostrils: but you may vse it as a plaister for to lay vpon the forehead and the temples of the head.

Item take well beaten Pome as much as you please, mixe it with copwebs and the white of an egge, dip cotton or lint in it, and then stop it into the nose. First take Harts bones, burnt Iuoy, Dragon blood, *Verbasum* powdered with vineger, temper the foresaid powder amongst it, according to that you will haue of it little or much put it into the nose, all these things stanch blood, tempered together or each alone, or mixe Aloe with the white of an eg, vse it as aforesaid. Item take the whites of foure eggs well brayed and tempered amongst Aloe one drag. Frankinsence one quarter of an ounce, Dragon blood and fine Bolus, of each halfe a drag. vse this, yet putting therein Hares haire made wet.

Secondly, take wel brayed whites of eggs, and temper Gips or plaister amongst them, so that it ware a pap, then lay it vpon the forehead, take Hares haire, temper it well with the white of egg, and a little Allumie, afterwards mixe it with Rose water, or Rose vineger: take powdered Horstaile, temper it with Plantaine water or the iuice of Plantaine.

Thirdly, the blood is to be stoppt with astringent things, as Dragagant, Gum, Frankinsence, Sil dust, whites of eggs, and such like, take Tormentill or Pyrola, one of both, this is to be held in the mouth. These astringent things are not oftentimes used alone, but commonly tempered with the aforesaid binding and cooling things.

Fourthly, the bleeding is to be inhibited by potentiall cauteries, as Coperas, *Oypiment*, quicke lime, Sal-Armoniack, when the same be powdered and blowne into the nose, for they

make an escarre. But this is to be feared, if so be that the blood be not quenched therewith, that it might afterwards bleed the soer, therefore it is not without great danger to vse this meane.

5. Fifthly, it will be stanchd with those things which haue a proper and hidden vertue for it, as the iuice of Basil, but especially Ass dung and Hogs dung are said to be good for it (be it of what soeuer cause that the bleeding be prouoked) if the same be but of it self alone held before the nose, and so let smell thereto: and also the same tempered with the iuice of broad Plantaine, and annointed in the nose, or burnt to ashes and blowne therein, or a plaister made thereof and laid on the top of the nose: this plaister is also made against the excessive termes or flowers of women, put into the necke of the wombe, and also applied to their priuities.

Termes in women.

This is also very good: Amber, Purslaine, garden Mint, and their iuice with copwebs, thrust vp into the nose.

6. Sixthly, the blood will be stanchd if one let it out on the contrary side, the which is effected if one open the Median or liuer veine, as also many learned Physicians do affirme, that they haue for the bleeding of the nose not approued any thing more better nor certainer than to open the veine vpon the hand or on the foote, and then to drinke two scruples of *Phalonium Persicum* with Purslaine water: they haue also, as hath bene said, powdered *Troc. de Carabe* and blowne into the nose.

It is also very good to set boring cups on the shoulders and on the legs, vnderstanding well, that if the blood run out of the right nostrill, then set the bores vnpickt vpon the liuer: if it run out of the left nostrill, vpon the Spleen in the left side: also the legs, the armes and the breast are to be bounden, to rub the outward members, and also vnder the armpits and other places of the body with burnt nettles for to draw therewith the blood downewards.

Besides all these aforesaid, I am to manifest one remedy more that exceedingly stoppeth also bleeding: Take cleekt lime, make a plaister thereof with vineger, lay it ouer the nose, it will stop presently. Others suppose also that this lime is to be blowne into the nostrils, or made vp with the white of an egge, to be so put with a faine into the nose. This also (as some suppose) will the wooll or flaxe do, that stieeth from the herbe *Carduus Benedictus*, cut small and thrust into the nose.

Item it hath bene oftentimes found, that an extreme frighting hath caused blood by and by to stanch and cease, for that the blood runneth then towards the hart. In this also hath superstition and vnbeleefe taken place, whensoever one holdeth in his hand a dead mans bone, and the mosse that groweth vpon a dead bodys scalp be stopt into the nose, then is the blood stanchd out of hand. In like manner also, albeit that it be somewhat more naturall, if one lay the mosse of the blacke (or doe) thorne in the shoes and go thereon, it doth stanch blood.

Item take broad Plantaine and the iuice of Shepheards purse, of each three ounces, prepared Bloodstone, fine Bolus, sealed Earth, Dragon blood, of each one dragma and a halfe, spread it on a cloth, and lay it on the place of the nose where the blood cometh, and refresh it oftentimes. Or take beaten Beane meale, temper it with the white of an egge, and vse it as before. It cometh also otherwhiles to passe (and is also no wonder) that such superfluous blood of the nose doth bring swooning with it; for the which are sicke persons hands and feete to be rubbed with salt and vineger, to bind fast the armes and legs, and to bind and vnbind them againe, also to vse other outward meanes, which here afterwards in the second part shall be described for the swooning.

Item if the blood run out at the right nostrill, set a boring cup vnpickt vpon the Liuer: and so whensoever the swooning is past, the Liuer veine is to be opened, or the *Saluatella* in the left side, & to smell to cold things, as that which is made of Quince peares, and to vse Lettice, Purslaine, Beanes, and other pottages, vntill that the blood waxeth thicke.

For a conclusion, you haue hereafter many remedies in the fifth part for to stanch blood, which are also good for this purpose.

Enfeebled or lost smelling. §.8.

This is no small disease to man, for if one be bozne with it, or haue had it long, he is esteemed by the Grecians incurable, vnlesse it be through continuance of time and with great trouble: neuertheless the auncient and latter Physicians haue imployed all diligence

deligence to deuise all necessary meanes; and first described three seuerall kinds thereof. The first kind, where thoroughly and wholly the smell is lost.

The second is a diminishing of the smell, where a thing is smelt like as it is, yet vnperfectly: and this disease is much more with men then with beasts, for that they be of a moyster braine, and all beasts haue their braines much dryer, therefore they doe also smell sharper and further.

The third kind is a corrupted smell, where one receiveth the smell otherwise then it is of it self, like as when one adiudgeth stinking things for odoriferous. The cause that the smell is utterly lost, is when the conduits that go towards the braines be thoroughly obstructed, that the ayre received cannot come to the skin of the braines, which obstruction may happen through some violent motion or blowes on the head. Also if about the place and instruments of smelling there ingender any Wart or fleshy excrescence, or any ulceration: or also through any other grosse humors that will settle there, and stop vp the conduits of smelling. Lastly, through repletion of the head and of the whole body.

The cause of the diminishing of the smelling is as before, but is not so great: it may also be caused by cold or by hot medicines, which be vsed at the nose. The cause of a corrupted smell is a bad moisture, which lyeth hidden in the same place, and there maketh stinking vapors: and so may also the canker of the nose be caused and procured.

The signes of the obstructions are, that no moisture cometh out of the nose without paine, vnlesse the braines had some impediment: but if any moisture doth appeare without paine, then doth the same moisture obstruct the conduits of smelling.

If it procede of heate and drought, then may you perceiue the heate in the forehead and nose: if of cold, it is also discerned by the same places: or if it be some stinking moisture, then doth all stinke that he smelleth vnto, and all what is neare him, also his breath is vnsauory and stinking.

Other infirmities or lets are knowne by sight, they may also be discerned by the paine and by the matter. The cure of them all consisteth especially in comforting and cleansing the infirmities of smelling and the braines, whence most commonly all these infirmities doe procede.

It may also be perceiued by the former reasons, that all these obstructions and sozenesses, the diminishing and losse of smelling doth procede of humors: now to remedy the same, are you to begin the cure by a good diet, wherefore all meates easie of digestion are best, as broths, yolkes of eggs, Hares braines, which haue a proper and secret vertue for this infirmity, Pullets, young Pigeons, Partridges, Fesants, Meale, Caldwles, and al of them distilled with Sage, Marioram, Rosemary, and Betony: parched hassell nuts are also very good for this purpose: final white wine shall be his drinke, neither may you omit to purge the body: if the sicknesse be caused of cold, then is he to be purged as hath bin said in the second chapter and first s. of the cold paine of the head, but if blood and heate doe cause it, then are you to procede as hath bene shewed in the first chapter and first s.

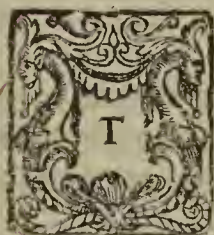
Afterwards you are to cleanse the head with nœsing in them that haue lost their smelling without any excrescence of flesh or sozenesse of the nose: for which purpose you may looke the second chapter & second s. also in the first s. of this present chapter: but these simples are especially to be vsed for it, to wit, Amber, Rosemary, Cinnamon, Cloues, *Lignum Aloes*, *Nigella*, to which he must smell often and long, for they open the obstructions of the head: which is also effected with these dried hearbs following; namely, Rue, Germander, field Cipers, Pep, and Marioram: but for to prouoke sternutation or nœsing, take *Lignum Aloes*, Pepper, and Stauesacre. Also the vapor of boyling vineger received into the nostrils very often is of good effect, for because the same hath a biting nature, it doth moue nœsing. Also you may seeth one of these things following in wine, and receiue the vapor as is said into the nostrils.

Take *Calamus*, Gentian, Bay leaues, Penitroyall, field Mints, Annise and Fennel seeds, Parsly, and roots of Smalage: or receiue often in one day the vapor of warme water wherein Pellilot or Fumitory be decocted, the water of *Asarabacca* or of Elder is also good for this vse. Also the seeds of *Nigella* bounden in a cloth, caried with him and smelt oftentimes vnto it; the same strewed vpon hot coles, and to receiue the fume of it.

Item take the powder of *Nigella*, Treos, of each 3. quarters of an ounce, Marioram gentle,

Cammonill, Bay leaues, Pep, Stechas, of each halfe a handfull; seeth all in sufficient water untill about the thirde part be wasted: mixe the powders amongst it, and draw thereof into the head, it doth cleanse the head very wel. Also this powder following may be prepared: Take Pardus seed which hath lye a day and a night in sharp vinegar and is dried againe, one ounce, Beuercod and Putmegs, of each one drag, and a halfe, red and white Behen, Galingal, white pepper, Marioram and Pep, of each a scrup. Costus roots, *Sagapenum*, the seed of Rue and Basil, of each one ounce; stampe each apart, and bind it being tempered in a peece of Syndall, and smell oftentimes vnto it. This is good against all hinderance of the smelling which commeth through coldnesse, be it with or without obstructions.

Pomanders.



Take red Stozar, Putmegs, Cucubes, Cloues, Pardus seed, *Lignum Aloes*, Indry Spica, and Cinnamon; of each one drag, Muscus and Amber of each one scruple, *Laudanum* one ounce, make a Pomander thereof, like as there be many described in the first part, it is also taught how the same is to be made. Or else Cammonil, Melilot, Rue, Marioram, decocted in half wine half water. But if these things wil not helpe, then take the iuice of blew flower deluce, and a little beaten *Piretrum*, annoint that, or stop it into the nose: do the like with oile of Spike, wherein is tempered a little *Euphorbium* and *Muscus*, for both of them be strong and hot.

This following is commended for a worthy receit, whereas the smelling is lost: Take small powdered Pardus seed, temper it with oile of Olives, bend the head backward as much as is possible, and let three or foure drops fall into the nose, but take the mouth full of water, to the end the oile may run the lesse into the mouth. Item take Pardus seed which hath lye three dayes in vinegar, and is dried againe, one quarter of an ounce, keepe them in three ounces of the iuice of Marioram gentle, or at the least in faire water, and vse it as aforesaid three or foure times betwene day and night, and so shall you see marvels. Take oile of Tiles, like as shall be described hereafter, halfe an ounce, Muscus two graines, stroke them in the nose being made warme. The gargarismes are also commodious, like as here followeth: Take Radish, Marioram, Calmus, Betony, Penitroyall, of each halfe a lb. let them seeth in a pint and a halfe of wine, until about the thirde part be sodden away; put thereto as much hony as you please, Mustard seed, *Piretrum*, of each one drag, vse it in the morning. The like also gargarized with decocted Rue and Hyssop, also *Piretrum*, Gasticke and Zedoary, or one of these, are to be taken and chewed in the mouth and to spit out the moisture: likewise is also very good to strew this powder following vpon the head.

Take Bziony, *Lignum Aloes*, graines, of each one drag. Marioram gentle, Cloues of each one quarter of an ounce, Beuercod one scrup, Muscus, Amber, of each one graine and a halfe, powdered apart, and then mixed: of this powder take foure graines, and strew it vpon the head before where the haire beginneth to the crowne of the head.

For conclusion: because among the foresaid remedies there be some violent, which may prouoke much paine in so precious a member as the nose is; therefore droppe therein when the paine is too great, the oile of Gourds seed, and poure warme water vpon the head, that will assuage the heate and paine: so will also all whatsoener cooleth and moisteneth, whether it be vsed inwardly or outwardly, or stoppt inwardly into the nose: like as for example, a cloth made wet in Rose water and laid vpon the nose, or Rose water drawne vp into the nose.

Oyle of Tiles or Bricks, called *Oleum Philosophorum*.

This oile is worthy for her vertues sake, that it should be here described: for it is not onely good for the lost smelling, but also for all cold sicknesses; for it is warme and piercing, it consumeth all tough moisture of the members, and expelleth all swelling: it is also very good against the falling sicknesse, swimming of the head, the dead palse, losse of memory, crampe, and paine of the backe, and against all manner of goutes; it is also highly commended in all diseases of the milt, the bladder,

bladder, and of the kidneyes, in all vlcers, leproy, scals, and fresh wounds. This oyle is made as hereafter folloiweth.

Take a very old Tile or Brick, beate it in peeces as big as Walnuts, make it glowing hot; cast one pece after another in old Sallad oyle, leaue them therein so long, vntill they be well soaked through with the oyle; afterwards beate them to fine powder, & put them in a glasse helme, the which is cleane ouer well luted, lute also the helme and the recipient; afterward distill it in sand or ashes; but first with a milde fire augmenting the same a little; the oyle which commeth out of it, preserve it well stoppt.

The ninth Chapter.

Of the Eares.



Here be moze parts of the face, to wit, the Eares, in truth precious and necessary members, the which nature hath ordained as instruments for receiuers and iudges of the voices and their noise, whereof as well men as beasts haue alwaies twaine, on each side of the head one, that alwaies stand open, because that as wel sleeping as waking we haue need of hearing. They be also outwardly shapen with diuers crooked entrances, to the end they may receiue much ayre, and noise might retaine and discerne the same the longer: which crooked waies are also meete for this; that there may not easily fall any thing therein, which otherwise might befall if the entrance were right out, whereto is alwayes the moistnes in the entrance of the eares, which we call the ware of the eares, and is as it were birdlime, to the end that the smal flies, fleas, and other such like that would otherwhiles creepe into the eares, might be first stayd therein. It is also very seldome scene that men can stirre their eares, the which neuerthelesse is scene in all fourefooted beasts.

The eares are also subiect to many kind of diseases, the which are diuided by the learned into three principall kinds.

The first is when any one is wholly and thoroughly bereft of his hearing, the which we call with one word deafnesse.

The second is when the hearing is diminished or weakened, like as when one heareth not but when one calleth aloud to him.

The third kind is when the hearing only is lost or altered, like as one thinketh that he heareth one pipe, sing, sing, rush, or any thing else, the which in truth is not so.

But of this and of other moe that concerne the eares, we will write thereof moze at large.

The causes which may hurt both these, are almost incurable, some be naturall, some also through some outward and inward accidents, to wit, as to come out of too hot or too cold ayre, sudden alteration of colde or heate, from warme water to cold water, or any thing else that might come into the eares, as thrusting, falling, striking, wounds, beasts that may creepe therein, vnsleckt lime, &c. In like manner also disturbance of the braines, of the head, and of the whole body, rheumes of the head, and chiefly cold, toothach, paine of the sinewes, and of other members which do touch the hearing: or impostumations, swellings, and wormes that doe grow in the eares. All these and other moe haue their speciall signes. If the deafnesse or diminishing of the hearing proceede of outward causes, the same may be well demanded of the patient. Doth it come from the braines? Then will also the sight, smelling, and especially the taste be annoyed. If it be caused through hot Impostumes, or swelling of the sinewes, then is there intolerable paine, panting, trembling, and some frensie with it, yea hot Agues, and lastly death it selfe, if so be that there be not some good aduice taken for it in time. If it be caused through cold humors, there is then impostumation and cold alwaies about the same places. We winde the causes? then is there alwaies some hissing with it. Impostumations do yeld matter: Wormes may be perceiued by their stirring or rumbling, and if otherwhiles one fall out: what now concerneth the description of their remedies, our beginning shall be first of all of the paine of the eares, and afterwards of all other infirmities of the eares.

Paine of the Eares in generall. §. 1.

First it is herein to be noted, that the paine of the eares is not rightly nor properly spoken; for that which toucheth the outward part of the eare, the same can suffer no great paine: and although the paine were great, yet is there no danger of life with it, for that they be no principall members of the life: neuerthelesse this is wont to be called, the paine in the eares which is within the head, and in the instruments of the hearing, as in the sinewes of the hearing, which are nere vnto the braines, and are knit therewith; of which intolerable paine deadly Agues and frensies do procede. Therfore we will here expresse sundry remedies for the strengthing and cleansing of the braines, from whence these terrible accidents do come, like as already hath been done in the description of the head, in the first and second Chapter, and more yet where we haue discoursed of the poyse or murre, that for this are especially these following gentle cleansings of the head commanded to be vsed.

Take two ounces of Rariozam gentle, white wine one ounce, the seeds of Licebane, *Piretrum*, of each one scrup. temper it and drop it into the eares: such cleansing of the head is not to be spared, as long as the paine of the eares or head endureth. And when he perceiueth that it will come againe, it is forthwith to be prevented and cut off: but if the paine get the vpper hand, which is caused through blood, the which the red and swolne face with beating of the braines doth shew; then is the head beine on the same side where the paine is to be opened, that the matter may bee draine downewards.

If there run any choler amongst it, then may the same be purged with yellow Diobalans, soure Dates, sirupe of Roses, *Cassia*, de *Succo Rosarum*. After both these remedies following, or one of both are to be vsed outwardly.

Take oyle of Roses, of Willow leaues, of each a like much, temper a litle vineger amongst it, and drop it lukewarme in the eares. And take warme womans milke like as it cometh from the breast, and drop it oftentimes therein. Both of them do slacke the heate, and allwage the paine. For this is also good the brayed white of an egge, tempered with a litle oyle of Violets and some Camfers: others do vse oile of water Lillies alone, or tempered with others.

A generall rule of the outward applications into the Eares.

As much as now it is of much importance, how that is to be vsed which is to be put into the eares, therefore we will (before we run any further) declare this rule following. First there ought nothing to be dropt into the eares before that the body and especially the head be purged: but before we come to this, he may vse the fomentations, bags, vapors, and plaisters that are to be vsed most safely: for this application hath alwaies some more danger in causing some obstruction or stopping. And if so be that with them nothing can be effected, then is the imposition to be attempted; yet the eares are first of all to be cleansed with clothes: also there is nothing to be put therein, which by nature is either too hot or too cold, but all whatsoever is middle, meane and lukewarme: also not too much, but from one to foure drops, and to hold the same not above three houres in the eares; howbeit neuertheles others do suppose this time to be too short, for that the medicine in so short time cannot performe his operation, therefore do they prescribe sixe or eight houres. In the imposition shall the patient lye vpon his whole eare, yet not to drop it in, if so be that it be not first run out: the which through nésing, crying, strong blowing of the nose is done. And this is also to be noted, that there is neuer any repelling medicines therein to be vsed, to the end that the paine be not driuen to the braines. Now for to come to the hot pains of the eares, then take the water of Purslaine, grated Gourds (the iuyce prest out) temper them, or vse each alone, like as is already taught.

And take the seeds of Gourds, Melons, Pumpions and Cucumbers, of each one drag. and a halfe, beate them and seeth them in sixe ounces of vineger vntill that two ounces be consumed; straine them through a cloth, and vse them like as all the other.

Take the iuyce of Houseleke, oyle of Roses, of each halfe an ounce, and temper them: or take the

the iuice of Roses, of Houſlecke, of each halfe an ounce, oile of *Sesamum* two drag. temper them together. Or take the oile of Roses two ounces, sharpe vinegar halfe an ounce, let them ſetth vntill the vinegar be sodden away, then temper therein *Philonium Romanum* one quarter of an ounce, and rub it in and about the eares.

Take the iuice of Houſlecke, temper it with womans milke and vse it. Also you may take the iuice of Peach leaues, tempered with a little vinegar.

Item take a small glasse with a narrow neck, put therein the fresh leaues of Violets halfe full, put moze vnto it afterwards twenty Ants egges, and then fill full the glasse with the foresaid Violet leaues, stop it tight: bury it the space of sixtene daies in the ground wherein Ants are; afterwards wyng them out, and drop thereof into the eare: and if one perceiue thereby no amendment, and that the paine be yet augmented, then are stronger things to be vsed for it as followeth.

Take *Opium* one scrup. oile of Roses one ounce temper them together, and drop a litle thereof in the eare, it asswageth the paine and procureth sleepe: but do this but seldome, for we haue oftentimes warned you from the *Opium*. The same may you also do with the iuice of Southernwood, with the foresaid oile. In like maner also garden Snailles decocted in the oile of Almonds. Eyewaters may also be vsed for this, which are ordained for the hot and sharp paine of the eyes, like as here befoze in the senenth Chapter, in the fourth and fifth s. is declared, if so be that the paine be intolerable.

This plaister following is very highly commended for all paine of the eares: Take dry Violets and Cammomill, of each one ounce: temper amongst it well decocted and beaten Henbane roots, with Barly meale, of each one ounce and a halfe, the fat of Hens one ounce, oile of Cammomill as much as is needfull, let them setth thicke together, and lay it vpon the eares, and vpon the temples of the head: when it is cold, then lay another vpon it that is warme. It must also not be neglected to rub the patient softly behind his eares with the foresaid oile, being made luke-warme, once or twice a day. But if the occasion of this paine be through cold, then parch first Millet and salt vpon the fire, and lay it warme ouer it in a cloth, and purge the patient, like as hereafter shall be taught of the diminishing of hearing.

For to put into the eares, are to be taken these things following which are extant or in readines, as oile of Baies, oile of Costus, oile of Radish seeds, the iuice of *Mariozam* gentle, the which also is good each apart, or mixed and dropt therein. Also oile of Rue, oile of Spike, of *Beuercod*, and of Behen: the eares are to be rubbed round about with the salve of *Martiaton*, and couered with vnwasht sheepes woll, and to do this twice in 24. houres.

Take oile of Roses or of Eggs, and the iuice of Sage, of each two ounces, stampe therein one or two Scarabees (which are of the small beasts that fly abroad in the euening with or without hoznes) also as many Earthwormes washt in wine, setth this by a soft fire vntill all the moisture be wasted: afterwards straine it through a cloth, and drop therof in the eare euery morning and euening luke-warme two or thre drops.

Item temper *Beuercod* with womans milke, vse it as aforesaid: if this help not so sone, then take Ants, bruisse them and temper them with womans milke: the iuice of Radish dropt therein the space of thre dayes, shall also take away the paine.

Take the iuice of Pauls betony, of Strawberry leaues, of Sage, of Houſlecke, of each one ounce, Bassick and Frankinsence of each one drag. and a halfe, temper them together; the decoction of Colewortes two ounces: to drop thereof into the eare, should also take away all paines.

Of the order of life or diet.

Whereas we haue shewed many causes of the disease in the eares, yet can there no certaine order or rule be yeldded for it. But one must direct him according to the quality or importance of the cause.

But generally whereas paine or impostume of the eares be approaching, then must one keepe him alwayes sober in eating and drinking, and to eschew all that which ascendeth to the head, whereof is already sufficiently exprested: also all that maketh wind, as pottages, moist fruite, cheese, smoked and salted flesh, vnleauened bread, and great fishes, small or watered wine is he to drinke, and to eate roast meate: Comin, Annise, Caraway, and fennell are very requi-

Site for all diseases of the eares which proceed through cold : so also is prepared Coziander after meate.

Of the noise and hissing in the eares. §.2.



This disease hath many causes, as blowes without wounds, ouermuch beuiming, great stirring of the head and the whole body, great cold or heat, wind, moisture of the head, or the impostumation of any other member : but the principallest cause of this hissing is, that the vapor and winds of the braines do fall into the eares ; and according to the importance thereof, do forcibly rush like water, which either continueth alwaies without intermission, or at some times also ceaseth. Now pretermittting many subtil differences, this hissing proceedeth most through the faulenes or imbecility of hearing, by reason it is not thoroughly clere & cleane, so that it may be thereby knowne, to wit, that it is lesse perceiued fasting and when one is hungry, than when one hath eaten ; for that the ascending vapors of a full stomacke do much take away all such purenesse in hearing.

This hissing must be prevented betimes, for that when it endureth continually, it is not to be cured through good gouernment and necessary medicines ; then commonly followeth after it a perfect deafnesse : and for this are commonly used these following : *Pillule de Hiera*, *Mastichine*, *Cochie*, *Sine quibus*, *de Agarico*, and *Trocisci de Agarico*. These diseases of the head be cleansed with the things which are described in the first §. of the paine of the eares through swelling and otherwise.

Certaine ancient Philosophers haue more violently dealt with it, and aduised to temper two graines of *Opium* in oile and to put it into the eares, but the same is so periculous that some thereby haue remained vtterly deafe : but if *Opium* must needs be used, then is this more safe.

Take *Opium*, *Beuercod*, of each one graine, breake them with one quarter of an ounce of vinegar, and drop a drop or twaine into the eares : yet is this following much safer.

Take Sallad oile wherein Poppy seed and Firtle seed are decocted, and vie it as is expressed. But if the hissing come with anguish of the head, and specially through cold causes, faulenes of the hearing, and windy vapors, whether it be from the stomacke, the wombe, or any other parts of the body, then vie for it the iuice of *Marioram* with womans milke.

Use also which of these oyles you will, as the oile of Radish seed, of Bayes, of Roses (wherein some *Beuercod* is mixed) of Mustard seeds, *Costus*, and of *Sesamum*, and aboue all is the oile of bitter Almonds commended. In like sort these things following which haue the same efficacy are to be used, temper Radish water with oile of Bayes, the iuice of great Harts tong with hony, the iuice of an Onion alone steep well in in Rue water, afterwards take bitter Almonds and the iuice of Rue, of each halfe an ounce, and prepared *Euphorbium* brused small and tempered amongst it: but if so be that these foresaid things do not helpe, then it is a token that this hissing of the eares proceedeth of a great moisture which lieth inclosed in the pannicles, which couer the braines.

And then must the braines be oftentimes purged with the pills of *Hiera cum Agarico*, and *Pillule Cochie* and to take them in the euening after meate. Will you then according as it is aduised vse preparatiue potions before: then take Drimel, and Drimel of Squills, hony of Roses, sirupe of Betony and of Stechas (which you thinke good) each time one ounce and a halfe, or two ounces, tempered with the water of Baulme or such like, continuing this three or foure mornings one after another. After the purging take *Marioram* gentle, Stechas, Sea-mints, Wormewood, *Marioram*, of each halfe a lb. seeth them, and let the warme vapor go into the eares.

Item, take Rosemary, Sage, Betony, Cammomill, *Marioram* gentle, of each a little sodden together, and vse it as aforesaid. Item, for this is also good, the vapor of vinegar wherein Wormewood is decocted: also the iuyce of Onions and of Rue decocted in oile, and two or three drops put into the eare, boile the Betony alone in wine, and let the vapor go into the eare: the iuice of *Marioram* put into the eare oftentimes in the day, driueth away all hissing of the eares, which cometh through any wind or cold matter, and hindreth sleepe.

We haue before shewed how to mixe *Euphorbium* in the oile of bitter Almonds, for which one may take the oile of Elderne, of Rue, of Cammomill, and Will, also of Licebane, Peach kernels,

kernels, oile of Walnuts, of Bayes, or which you will: or you may vse one of these foresaid which you will alone or with oile of Beuercod, and of *Euphorbium*, which is not so hot. Item take the gall of an Ox, or of a Sheepe, the oile of bitter Almonds, of each half an ounce, the iuice of onions or of garlick and hony, of each one quarter of an ounce, temper them and vse them as is aforesaid. Take oile of Spike (at the Apothecaries) and the iuice of Onions, of each a like much, vse it warme as before, it is very forcible.

Item take one dragme and a halfe of Aristology, temper it together with the iuice of Bayes and vse it as before.

Hissing in the Eares with bad hearing.

Take white Hellebore, Beuercod, of each one dragme, Rue, Salt peter, long Pepper, of each two scruples, *Euphorbium* one scruple, the iuice of Radish and Garlick, the oile of sweet and bitter Almonds, oile of Dill, of Cammomill and *Pardus*, of each one ounce; let them seeth alone in a pot of water until the iuice be consumed: afterwards straine them through a cloth, and drop two or three drops in the eare with a chip or slice of Cipers wood, whereon is laid a good deale of the stamped leaues of *Mariozam*. These little Cipers bozdes are very highly commended of famous Physicians, made warme and laid alwaies before meate vpon the diseased eare and temples untill it be cold, and this continued so long untill the hissing be gone away: also when one goeth to sleepe he may lie downe vpon his eare, putting alwaies the stamp *Mariozam* vpon it.

And if any body through the great hissing cannot sleepe, then is he to prepare this bagge following, and after that it hath layen certaine howres in ley, to wash and rubbe himselfe therewith.

Take the innermost of the Coloquint, field Cipers, *Asarabaca*, Centoory, of each one handfull, *Mariozam*, field mints, *Penniroiall*, of each two handfulls, water mints one handfull and a halfe, chop it small, and make two bags thereof: lay them in ley and wash your head therewith, afterwards wring them out well, and lay them warme vpon the head, or on the hissing eare. It is an approued remedy.

Item in like manner may you take a drie bag for to hold before the eare, to wit of Betony, Stechas, *Mariozam* gentle, and Cammomil, lay these warme vpon the eare. Take Mastick half an ounce, *Pistretum* one drag, beate it smal, and temper it with as much hony of Roses that you may forme *Trociscos* thereof, chew it in the mouth and spet it out againe: they do draw much slime out of the head.

Treacle and Nithridate are not only good against this hissing, but also against al the diseases of the eares and hearing: therefore it is commanded in this disease for to take after purging one dragme of fine Treacle with conserue of Buglosse.

After meate you shal vie Hermelade or any such like that detaineth the ascending vapors out of the stomacke towards the head: it is also commended not to eate much in the euening, nor to drinke late: but rather to take a spoonfull of Caraway seed (which is steeped in vineger) and so go to bed, or you may vse also Annise, fennell, and prepared Coriander.

What meates are to be refrained.

Beware of all whatsoever doth ascend vppward towards the head, as Garlick, Mustard, Onions, Horseradish, nuts, strong wine, and all that is made of dow and milke; of Coleworts, sodden fish, and especially from Geles and Tenches, also from all broths, but especially in the euening, also it were not amisse euery fourth day before the supper, or two or three houres after, to take these pills following.

Take Beuercod five graines, pills of *Sarcocolla* halfe a drag, washed Aloe one quarter of an ounce, make pilles thereof with the iuice of *Pep*; after this vse the vapor described in this s. where it beginneth: Take *Mariozam* gentle, Stechas, &c. afterwards this bag or cap laid vpon the head, that both the eares euen to the necke be couered therewith: Take *Pep*, marsh Mint, *Pennirovall*, *Mariozam* and Rue, all drie, of each one handfull. Mace halfe an ounce, *Ameos*, Bozage seeds, and Caraway, of each halfe a handfull, two white Poppie heads,ampe

all

all these to powder, and make thereof a cap or bag.

Another. Take *Asarabacca*, *Rap*, *Pennirovall*, *Stechas*, of each one handfull and a halfe, *Spiknard*, *Spica Romana*, *Rosemary* flowers, *Basill*, *Lignum Aloes*, of each halfe a drag. Make half an ounce, powne this together, and make a cap thereof; make it warme betwene two Cipers boards, and lay it on the head as before. Capitall powders are also commended for this purpose: Take *Lignum Aloes*, *Cucubes* and *Cloues*, powne each apart, and strew this in the haire on the top of the whole head, as is taught before.

Will you then haue a mixt or compounded powder? then take one quarter of an ounce of *Lignum Aloes*, *Spica Indica*, *Cucubes* and *Cloues*, of each one dragme, *Sandaraca* and *Roses*, of each two dragmes, Make three dragmes, make thereof a powder; strew this vpon the head two howres after supper, and early in the morning, like as is said. Whereto all such patients are oftentimes to smell, is sufficiently alleadged here before in the eight Chapter and eight §. in the diminishing or lost smelling.

Of the binding or rubbing in the hissing of the Eares.

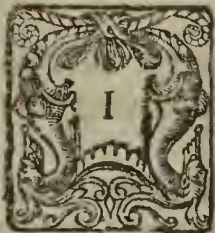
For this rushing or hissing of the eares is very good that the shoulders euen vnto the rump, and the knees vnto the sexe, be forcibly rubbed and chafed downewards so long vntill they be thorough red.

It is also very commodious to bind them hard & againe quickly to make loose and vndo them: also to bind hard the brawne beneath the knees, and then afterwards ascending by little & little, euen to the very puiities.

In like maner are also good for this, boring cups without picking, applied from the buttockes vpiwards euen to the shoulders.

Lastly, if there appeare in the face or on the temples any extuberating, then can it not be ill to let two or three ounces of blood out of the Median. To these we will adde a very old superstition, whereof *Plinius* hath written 1500 yeares ago, which is, When ones right eare itcheth, then is there somewhere some good thing spoken of him: but if any ones left eare itch, then is there some ill speaking of him: which misbelæfe continueth with many euen to this present day.

Impostumes and sores in the Eares. §. 3.



It hapneth very seldom that nature accustometh to purge her superfluous moisture through the impostume of the eares, neuertheles it chanceth in yong new borne children which are full of moisture; this appeareth oftentimes in the first described hissing of the eares, but when this hath ceased and abideth away, yet cometh againe and endureth the space of three daies; then it is a signe that there is an impostume of the eares at hand, for which maturatiues must serue, and when it is broken vp, mundification. The running & mattering of the eares is moued through three kinds of causes, to wit, of an impostume, or of some vlcers of the eares, or through any defluxion into the eyes that afterwards falleth towards the eares, and there putrifying, is altered into corruption and matter.

For all these foresaid, a sober life is fit and requisite, whereby this course of matter may be diminished. Also the patient must refraine from all grosse and vapoious meates: moderate exercise is meete and commodious for him: he is alwayes to hold the body loose: if he be hot and full of blood by nature, then is his head veine to be opened, in the hand or in the arme. And if so be this (by reason of occasion) might not be compassed, then are boring cuppes to be set vpon the shoulders, also to purge with the pills *Cochie*, and otherwhiles moue nosing, for that it draweth the matter into the nose, whereby it may be easily purged and drawne, for the gargarismes are also very meete which are prescribed in *Paralysi*: for this are also outward things to be vsed, wherewith the impostumation may quickly be matured, the matter euacuated, and the vlcer mundified, the which can be by no surer meanes effected then by this: Take oyle of *Sesamum*, half an ounce, Ducks and Hens grease of each one quarter of an ounce, melt them together, and drop them oftentimes in the eare, or vse *Hydromell*, which is described in the end of the seuenth Chapter.

Item

Item take salt water wherein fish hath bin sodden, or the pickle of salt Oliues, and vse them as before: the same may you do also with the leaues of Betony sodden in wine, which are very good for all paine of the eares: or take the iuyce of Harts tong tempered with hony; afterwards are to be vsed one of these things following.

First. This is a commodious plaister for to draw out the matter therewith, take two ounces of *Galbanum*, *Ammoriacum*, Turpentine and Mace, of each half an ounce, Serapine one quarter of an ounce, the iuyce of Onions one drag. and a halfe, Myrhe, Beuet rod, of each one drag: dissolve the Gums in a little Wine, and powne all that is to be powned, afterwards mingle them and worke thzoughly this salve with oyle hands, so that there be made a hard plaister of it.

Another. Take one ounce and a halfe of fine wheate floure, the muscilage of Linsced, of Fenegrake seed, Celes grease (which droppeth off when they are roasted), gold Litharge, Ceruse, and Frankinsence, of each one drag. make a plaister of it, and lay it all ouer the eare, and rub it also in the eare. Item take fresh Hollihocke roots beaten small, two ounces, Linsced and Fenegrake seed both beaten, of each one ounce, Dill seed and Cammomill of each halfe an ounce: let them seeth somwhat together in butter, afterwards make a soft plaister thereof, and lay it vpon the eare as is aforesaid.

Another, which is not vnlike vnto this former: Take the muscilage of Hollihocke rootes, of Linsceds and Fenegrak seed, of each thre dragmes, Lilly roots sodden and stampd as much as is needfull for a plaister: temper amongst it one ounce of seeds of Dill, two ounces of Cammomil, butter six ounces; if it be too thin, let it seeth til it be thicker, annoint al ouer the eare therewith, and lay it vpon it.

But when the paine beginneth to cease, it is then a signe that the impostume is ripe and wil break. But for to draw out the matter the better to mundifie and heale, you are then to vse this that hereafter followeth.

Take *Sarcocolla*, Aloe, Dragon blood, Iron drosse, Verdigrease, Myrhe and Frankinsence, of each halfe a dragme, temper altogether with vineger, dip a taint therein and put it into the eare. The same doth also the well knowne salve called *Apostolorum*, whether it be new or old. Iron drosse alone brused small and tempered with vineger vntill that it be as thicke as hony, rub the same in the eare, it drieth much. The like also doth burnt Allume tempered with hony.

This ensuing is also maruellous good for all kinds of impostumes of the eares: Take hony five drag. vineger half an ounce; let them seeth; put thereto one drag. of Verdigrease brused small: lay it with wooll in the impostumated eare, Item, whether you see the impostume in the eare or not, you are to wash the eare with water wherein Willow leaues and Agrimony are decocted and mixt with Drinell. If there be great paine with it, then looke in the first s. chuse there what you please to allwage the same: but if this matter and impostume be caused of a hot corruption, the which may be knowne by the former signes, then is the head veine to be opened, and let him blood. Lastly also purge, as is alleadged in the paine of the eares through heate, and drop oftentimes new womans milke. For this is also good oile of Roses decocted with vineger vntil al the vineger be consumed.

Some do take oile of Roses, of Violets and Vineger, of each halfe an ounce, Henbane seeds halfe a drag. and let them seeth till the vineger be wasted away, then straine it through a cloth: this may be done the first thre or foure dayes, and then vse this drying and healing salve.

Take Iron drosse as much as you please, make it glowing hot, and then slacke it in vineger and do this so five times together; afterwards take thereof one quarter of an ounce beaten small, and bruse it very small vpon a bruising stone; temper amongst it one ounce and a halfe of the oile of Roses, vineger seven dragmes, ware as much as is needfull for to make a soft salve; spread thereof vpon the taint, and stoppe it into the eare, or seeth it in vineger and oile. Take Sheepes wooll with the fat called *Hysopus Humida*, temper therewith as much oile of sweete Almonds, and vse it in the eare, it is very wholesome: likewise is also Nerueine and Nightshade sodden.

Item take the leaues of Nightshade, beate them very small, temper some salt amongst them, make a plaister thereof, and lay vpon the eares. Take oile of Roses and clarified Hony, of each a like much, temper it well, and drop it in the eare: this is good for all impostumated and sore eares.

Will not the paine cease, but rather increase? then take *Opium* one scrup. oyle of *Violets* three drag. vse it like as in the paine of the eares is expessed in the first s.

Or take two graines of *Philonium Romanum*, and a little womans milke, drop it in the eare, it alluageth the paine. This is to be laid on the outside, take the muscilage of *Linseed* and *Fenegræke* seed.

Item take Ducks grease, Hens grease, the suet of Foxes, or which you will, tempered together with oyle of *Sesamum*, it delaieth the paine.

If the Impostume be very hot, temper Goates suet with hony, this maturateth and alluageth the paine. For this is also meete Butter alone, or else tempered with Calues fete oyle and hony.

Item, melt Hony and Oyle of Cammomil together, temper some Goose dung amongst it, let it seeth a little, and then wring it through a cloth; this helpeth for the opening of the Impostumes. But this ensuing is moze better, and moze profitable for to mature and open all impostumes.

Take Litharge of Gold and Ceruse, of each halfe an ounce, white Rosin, Frankinsence and Gildust, of each one ounce and a halfe, Sallad oyle sixe ounces, For grease, Goats suet, and hogs grease (altogether fresh) of each one ounce and a halfe, muscilage of *Linseed* and of *Fenegræke* as much as is needfull, let them seeth vnto a plaister, and lay it ouer the eares vpon the forehead and temples of the head. You must also keepe a part soft with the water of the greater Withwinde, and when you will occupie it to mollifie it with Hony and moisten Cotton therein, and so vse it in the eare. But if the Impostume do come through cold, the which may be perceiued through the small paine, lesse beating, by cold weather, continuance, and such like, then is he to be purged again with the pills *Cochia*. For this is also meet the foze mentioned suets and greases, tempered with oyle of Spike.

Item take a good handfull of Millet, parch it in a pan that thereby it may lose the moysture, and may warme the better, put it in a bagge and lay it so warme vpon the eare: this doth also parched Bran mixed with Salt: in like manner also dried Betony laid warme in a bag vpon the eare.

Item, hold the eare oftentimes ouer hot water, wherein Mints, Stechas, and Mariorain are decocted.

Take Rue, onions, both or each apart, vse them as befoze. This warmeth also the matter, and prepareth it to breake out. The oyle of Hemp seeds dropt into the eare, helpeth also to mundifie. The iuyce of Onions and Rue, of each a like much meetly salted, doth much drye the running of the eares: likewise also the iuyce of Radishes.

In like sort are requisite for this these iuyces ensuing, to wit, that of Daffodils, of Shepheards Purse, of Merueine, Knotgrasse, each alone or mixed: the iuyce of Betony tempered with oyle of Roses, and so vled is very good for all impostumes and paine of the eares.

Item, take Beane straw, seeth it in water, and receiue the vapoꝝ in the eare, for it is especiall good for all hissing impostumes and paine of the eare which proceede through cold.

But if these foresaid things will not help, then take one ounce and a halfe of Sallad oyle, steep one quarter of an ounce of Turbith a whole day therein, then let it seeth somewhat, and temper one ounce of the oyle of Lillies amongst it, *Euphorbium*, Beuer cod, of each one drag. vse it as the former: this disperseth the matter mightily.

In like sort it is oftentimes found, that the water which runneth out of the greene Ash wood laid on the fire, doth help maruellously if one let a drop or twaine thereof fall into the eare.

Here befoze is an oyle also described which is made with Beetles, which are called in Latine *Scarabaos*, the which in time of need is also to be vled: these beasts do fly in the euenings alwaies in Sommer.

Item, take the salve *Basilicum*, melt it in the oyle of Lillies, or the salve *Martiaton* molten in the oyle of Spike, and rub it all ouer about the impostume.

Bathing is also very meete with warme hearbs wherein Stechas, Cammomill and Bay berries be decocted: but first to purge with the pills *Cochia*, otherwise it is not commodious.

And if so be this impostume would fistulate, then temper Dre gall with as much vrine of a yong boy, and drop it into the eare: or take the oyle of Rue, Hens grease, and Dre gall, of each halfe an ounce, Swines bread one quarter of an ounce, Cumin one drag, both beaten: let these
seeth

seth in two ounces of Vineger untill the Vineger be consumed, whereof being strained, you shal twice a day drop into the eare. Item, take wine wherein white frankinsence is sodden. Another: Take red wine and hony: of each halfe an ounce, white Helleboze one dragme and a halfe, steepe a linnen taint therein, and sticke it in the eare. For this is also good whatsoever is described for the fistula of the eye.

Outward sores of the eares. S. 4.



About the eares do also ingender moe kinds of outward swellings, which are called *Parotide* or *Gemelli*. For that commonly there cometh one vnder each eare, chiefly in the time of the plague, wherof is moze at large described in the first part. These are somewhat perillous, not onely in the time of plague, but also hurtfull for the braines at other times, for that they be causes not onely of franticknesse, but also of death. In like manner also if the matter descendeth towards the throte, it doth sometimes cause a squinancy, whereby the patient cometh otherwhiles in great perill, and might be strangled therewith.

These foresaid swellings may procede from the blood *Cholera*, *Phlegma*, and *Melancholia*: the signes of blood are fulnes and hardnes; if it be wrong with the finger, the place where the finger was sheweth white, and in the twinkling of an eye spreadeth with red: also with heauy breath and ill swallowing. If the grieve do come through *Cholera*, or of the subtillest blood, then there is a biting paine and great heate, without any impediment eyther of breathing or swallowing. But if it procede of *Phlegma*, then is there a little paine in the feeling, without heate or great rednesse. As the other be, the *Melancholia* giueth great hardnesse and little paine, and is leaden coloured: these are to be cured as followeth. First, if the patient be of a plethoricke constitution, then the matter of the same is to be auoided and drawn away with Clusters and letting of blood: also to be holpen with letting of cups, especially if there be no headach or Ague at hand, that thereby one do not aggrauate paine with paine: but if there be great paine with it, then vse outwardly warming and moistening things, as butter, the yolks of egges, sodden Hollihocke roots, Swines grease, Figs, muscilage of Linsæde, of Fenegræke seed, oyle of Oliues, warme water and such like. And if the same swelling incline to muturation, then make a plaister of these things following which are in a readinesse, as Oil dust, Linsæd meale, and Fenegræke meale, or Wheate meale; temper them with water wherein Hallowes, Hollihocke roots, Figs or Fenegræke are decocted; these things do mollifie, consume and maturate: when they be ripe they are to be opened, the matter is to be let out, and the issue so long continued untill all the Ulcer be fresh and well mundified. But if the swelling be caused through cold, then are hotter things to be vsed for to maturate it, as oyle of Cammomil, oyle of Lillies, and old Swines blood tempered amongst it, or Goats dung; Shæpes dung sodden in wine and a little hony put thereto. This is very forcible also, Dre tallow with hony, oyle of Lillies, the iuyce of Onions, Linsæd oyle, Bease meale, and such like tempered together.

But if the malady be old, then must strong things be vsed thereunto, as Ireos, Pigeon dung, of the foresaid grease or tallow of old beasts, for how much older the beast is, so much the better is the grease.

For this is also good Badgers grease, Beares suet, the Harrow of Harts bones: of these foresaid things may plaisters be made: take which you will: of the gum *Ammoniacum*, the fatnes of Shæpes wool, *Sal gemme*, and such like, are you to mixe amongst it.

Of the bleeding at the Eares. S. 5.

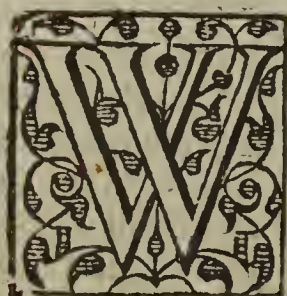


This vnaccustomed blæding of the eares doth come of falling, or of blowes on the head, but seldome of superfluous blood, but often through very subtile blood, the which openeth the veines in & about the eare: if it come in hot Agues, or in great paine of the head, then followeth great ease afterwards: if it be caused of falling or blowes, then is the head veine to be opened on the same side, for that thereby the blood wil be drawne downe and hindred that it congeale not in the eare, and so cause an impostume: if there be paine with it, vse oyle of Cammomil, Mozmeiwood, or the iuyce

iuyce of the same with so much wine wherein hot bread is steeped, & so laid ouer all the eare. Item seeth gals in vineger and water, and drop thereof in the eare. Take a whole Pomegranate, seeth it in vineger, and wzing it out well. Also for this is good Hares grease decocted in vineger. But if you be afraid of any goyed or congealed blood in the eares, for that vse the iuyce of Garlick tempered with vineger. If there be any heate with it, then take the iuyce of Shepheardes purse, the iuyce of Plantaine, the iuyce of Housleek, which you will, tempered with wine. These are cooling and astringent.

Item take both the kidneyes of a Stære or Dre, with some of the fallow about it, salt it meetyly well, let them rost: of the fat which droppeth off, put a little into the eares. All that is also described in the eight Chapter and seuenth s. of the bleeding of the nose, that is also very fit for this purpose.

Of little wormes that grow in the Eares, and that do creepe into them outwardly. and such like. §. 6.



Wormes do grow as well in the eares as in the intrailles, although that the same be not so commō: these do make an itch with great paine. Besides that, it happeneth oftentimes if one doe lie vpon the bad eare, that the wormes do creepe or fall out. Against this are you to vse any of these iuyces following; of mints, of Peach leaues, Peach kernels, and water wherein Aloes is dissolved, put of each a droppe in the eare; for that they kil al wormes whether it be that they be growne or crept into them, as fleas or earwigs. The same doth also the iuyce of Wormewood, of Lupins, of Caper roots, Coriander roots, which haue therein an especiall property; and also the iuyce of greene nut shells: some doe decoct in wine a little Hellebore, and so drop it therein. But if these maladies may otherwise be cured, then is the vse of these rootes to be omitted.

Item take burning nettles, stampe them and straine out the iuyce, put it into the eares, and giue him to eate of the root, it wil help immediatly. Take Aloe halfe an ounce, Coloquint, *Agaricus*, of each half a drag, beate them together, and temper them with hot water, bruse them and vse as aforesaid. Take a slice of well tosted bread, hold it to the eare, then will the wormes, fleas, earwigs and such like come out: or hold the eare wherein the wormes be, on the vapoꝝ of hot new milk, then do the wormes creepe after the vapoꝝ of the said milke.

Another. Take one quarter of an ounce of Wine, Hony, and oyle of Roses, of each three drag. temper them together with the brayed whites of two eggs; make cotton moist therein, and stop the eare therewith, lye about an houre on that side, afterwards plucke it suddenly out, then will the worme hang vpon it: the same doth also the wolle steeped in hony. Item set a great boring cup or glasse on the eare, then will it be drawne out whatsoeuer is within it.

Obstruction or stopping of the Eares through inward and outward causes. §. 7.



If the eares be stoppt, and thereby the hearing hindered, the same must proceed either through an inward or outward cause. The inward cause may be some tough slime or moisture, wormes growing in them, congealed blood, matter, impostumations, excrecence of flesh, warts and such like. Outward causes are if there come any thing into them whereof we will speake seuerally. Do now these obstructions proceed of excrecences, warts, & such like, which one cannot see nor come at with the hand: then it is taken to be incurable: as contrariwise if it may be seene, it may very well be cured, the which is committed to the Chirurgians, otherwise the oyle of Bay, Gre gall, Hemp oyle, are very good, each vsed apart. If then the stopping be through slime, matter: or any other vncleannes, mollifie it with the oyle of bitter Almonds, or drop hony water warme into it two dayes together, and oftentimes vse the one in steed of the other: afterwards take a warme tile, sprinkle it with wine, couer it with a cloth, lay the eare vpon it, to the end that the matter may runne out. For this is also good Goats gall tempered with oyle, or Scorpion oyle, For the stopping with wormes you haue heretofore in the sixth s. the remedies.

If any thing be gotten into the Eares from without. §. 8.

These things are of two sorts, as it also happeneth, that the one child doth put peason, small stones, or cherry stones into the eare of another: the other be soft things, as water, fleas, Carewigs, and such like. If this happen, then is not the same to be slept upon or delayed, for those things require helpe and aduice with all speede, for there is great danger imminent, especially if that which is copen therein be of any bad nature, for of that cometh great paine, and consequently great sicknesse.

For this accident, first one of these foresaid Oyles is to be dropped therein, afterwards to bath, and to sit there a good while, moue nœsing, and to hold in the breath for to driue out what soeuer is in the eares: but if this will not help, then is the same to be done with manuell operation with instruments. But if that which is gotten in be liquid and soft, as water; then vse oyle againe, and bend the necke alwaies towards the side of the disease, and exercise your selfe with leaping and iumping: and if so be that it come not out thereby, then indeuor your selfe againe to nœsing. Also you may often cleanse the eare with an Care-picker couered with woll, or with a peece of a sponge, or to tye the pith of Elberne wood at a thred, and so to thrust it into the eare, or through a little pipe let the moisture bee sucked out, the which in like manner may be done with the wormes. One may also hold the eare ouer the vapoꝝ of hote wine, wherein Cammomill, Linsæde, Annis seedes, and such like are decocted. But if fleas or wormes be gotten into them, they doe raise great paine through their iumbling, especially the fleas: for the which take a Taint and annoint it with a little cleauing salue made of Turpentine and Rosin, to the end that the fleas being fast thereat, may remaine hanging at it, and so be drawne out.

If this cannot be effected, then vse that which is heretofore described in the 6. §. of the wormes in the eare, and wherewith they be to be destroyed.

Of the diminishing of hearing. §. 9.

The diminishing of hearing may proceede of many sundry occasions: the outward causes are these, strong fumes, vnerpected, vehement, and sudden noise, as when the thunder striketh one, oftentimes hath bene seene that some thereby haue lost their hearing, and haue bene starke deafe. In like manner the South wind doth also cause it, by reason that it filleth the bzaines with moisture, whereby the sense of hearing is infebled. What now concerneth deafenesse, and the diminishing of the hearing, thereupon doe all learned men first conclude, That if we be bozne with it, or that it continue the space of two yeares, that there is no hope at all left for to cure the same: and if the same doe proceede of any moisture, water, matter, or other cause, whereby the hearing is weakened, that may be knowne by these meanes ensuing.

Take a sponge, make it very dry and warme, binde it in a double linnen cloth, and when you goe to bed lay it vnder the eare: if you then in the morning see the cloth spotted, then may you well adiudge, that there is some matter in the eare whereby the hearing is hindered: but if the cloth be cleane and faire, then dependeth it on another cause.

If that this disease doe then come through heate, yet without any impostumation, the which thereby may easily be discerned: if the patient complaine of no heauinesse, but much rather of lightnesse in the head, the heate perceiued in the feeling may well abide cold things, and hote things very ill: where this is found and perceiued, then to take away the greate heate is first to be endeouored, and to drop those things ensuing into it lukewarme.

The Oyle of Roses, oyle of Violets, oyle of water Lillies, temper them together, or vse each alone. Item, take a Pomegranate, wring out the iuyce, put vineger and oyle of Roses vnto it, of each a spoonefull, powdered Frankinsence one drag. and a halfe, let it seeth a little, and droppe it therein.

Take the water of Lettice, the water of a cut vine, mire them together, or vse each alone, the bzayed whites of eggs with womans milk (mingled together or each vsed alone) that giueth suck

to a maiden child, are also very good: the iuice of Housleek alone, or tempered with other things is also good.

Take Malloves, Hollihocke rootes, Lettice, Purslaine, Willow leaues, Nightshade, of each halfe a handfull, let them sooth together, and receiue the vapoꝝ.

But if this deafnesse be, as it chiefly hapneth, through cold matter, which cannot be without wind, then is the patients head alwaies heatie, the face puffed vp or swollen, casteth out much moisture through the mouth and nose: For this is the head veine to be opened, certaine potions to be vsed, as Drimell of Squils, or sirupe of Stechas, one ounce and a halfe, in a bꝛoth wherein Marioram gentle, Hyssope and Fitches be decocted: and afterwards to purge with the pilles Cochie enery 14. day once, in the weight of a French crowne. Some doe vse the Hieralogodion: two daies after purging he is to gargarise with this decoction following.

Take Hyssope, Marioram, field Mints, of each halfe a handfull, Calmus, Mustard seede, of each thꝛe drag. stampe and beate it with honie vnto a confection, take thereof one quarter of an ounce, temper it in eight ounces of water, wherein Dane wæde, Fullers grasse, or Licebane is decocted. Also to prouoke næsing is very mate: how that is to be effected, looke in the first Register.

In like maner, Masticke doth draw out much slime. Also Ginger and *Pieretrum*, oile of bitter Almonds alone is to be dropt into the eare, oile of Bay tempered with a little oile of Roses: & some Pepper amongst it, or the iuice of an Onion, of Radish, of Garlick, of Daffadils (which you wil) as much strong vineger with it, and soꝝ euery ounce foure graines of *Euphorbium*, tempered amongst it: The vapoꝝ of water wherein wormwood is decocted, and the warme vapoꝝ of Vineger receiued into the eare openeth all obstructions, and consumeth all moistures.

Take Hares gall, Fore fat, molten Pitch, of each a little quantitie, temper them together, it is very good soꝝ deafnesse. In like sort Shæpes gall, Sallad oile, the oile of bitter Almonds, and wine decocted together untill the wine be euapoꝛated.

Of this ensuing it is said, that it hath holpen deafnesse, which hath continued thirty years, and they that find it so may iustly say, *Probatum est*.

Fill a bottell with the blossomes of Walnuts, stop it fast with ware that it do not putrifie, & that there come no vapoꝝ out of it, burie it in horse dung, that it stand couered all about thꝛe quarters of a yard: let it stand so a whole yeare: when you then open it, then shall you finde therein a kind of oile or moistnesse, that must you straine out and set in the Sun certaine dayes together, then put a drop thereof into the eare, and you shall quickly find amendment: At the first opening it hath a lothsome stench: therefore must the eares and nostrils be stopped, and to eschew as much as is possible the receiuing of this vapoꝝ.

But if the infirmitie of the hearing do come out of any vncleannesse, then is the same to be remedied with the things described in this Chapter, in the S. 3. of the impostume of the eares, or else if it be needfull, to vse the manuall operations soꝝ it: and if so be that there be no matter appearing, and that the disease doth breed through repletion, or of some great former sickness, then are the eares to be fomented with the water wherein Marioram gentle, Wormwood, Stechas, Mints, and Marioram is decocted; soꝝ that this vapoꝝ doth consume and expell all winds and thicke vapoꝝs, which do stop the conduits of the hearing. Also one pound of flesh or new Sallad oyle sodden, and the vapoꝝ thereof receiued into the eares is also very conuenient.

Trocisces.

Further you are to prepare these Trocisces: Take Coloquint halfe an ounce, Bozas one scrup. Beuer cod, Aristologie, the iuice of Wormewood, of each halfe a dragm. the roote of Costus 15. gra. *Euphorbium* ten graines, Cowgalles as much as is needfull soꝝ to fashion Trocisces therof: when you will vse them, then bꝛeake it with the oile of bitter Almonds, and drop thereof into the eare.

This medicine is very fit soꝝ all infirmities or diminishing of the hearing, which procéedeth of wind and flegmaticke humoꝝs.

Item take Aloe, Coloquint, *Euphorbium*, of each one scrup. temper it all together with Cowgall, afterwards diuide it in small pæces and let them drie: when you will vse this, then bꝛuise it on a stone, and mixe it with the iuice of Radish, and so drop it lukewarme into the eare, and annoint

annoint it also therewith. Item take oyle of Bay, and seethe therein a cast skin of a Snake.

Take beaten Bay berries halfe an ounce, seeth them in the oyle of Lillies; afterwards wzing it through a cloth, and vse it as before.

Or take Balsam, oyle of Juniper, the oyle of bitter Almonds, temper them together, or vse each alone,

Item, take the iuyce of Sage, as much as you please; temper it with Dre gall, or Goose grease, or the fat of an Ele.

Item take oyle of Scorpions, of swete Almonds, and Wormewood, of each a like quantitie, mire them together, or vse each alone. The same doth also the hearbe Coziander decocted with Onions and water.

Or take Ants egges, polvne them, and put thereto a fresh Hares Gall, as much hony as both of them, temper them together, and vse them lukewarme.

Item take a reasonable big Radish, winde it about with wet towle, rolle it vnder the ashes, cleanse it, and afterward stampe it, wzing out the iuyce, then put as much Sallad oyle vnto it, and vse it as the other.

Take Dre gall, the iuyce of blew flower deluce, oyle of bitter Almonds, of each a like quantitie; drop it warme into the eare. Take also the iuyce of Peach leaues, the iuyce of Wormewood, of each a like much: This is very forcible for the impostumation of the eares, and paine of the same.

After Tristrams water described before in the discourse of the face, and 1. S. is very good for this infirmitie of the hearing being dropt into them, and vsed otherwise.

But if this disease be caused of too much fasting or too much watching, whereby the face is cleane fallen away, and waxen leane, and the eyes stand deepe in the head, then must one bathe oftentimes, eate well, and drinke more then before, sleepe longer: to powze oftentimes vpon the head warme water and oyle, and to keepe it moist.

The tenth Chapter

Of the Lips.



L the face is comprehended the mouth that outwardly doth not, appeare in sight, but onely the lips, which doe hide all that is contained therein, and accordingly are described among the inward members.

The vse of the foresaid lippes is diuerse: First and before all, they are most needfull for the speach, therefore they also by nature are wholly moueable and light, yea made more swift to moue then any other muscle of the body: so that iustly they may be called neither skin nor flesh onely, but a musklike skin. They do couer (I say) and shut the mouth, to the end there come nothing into it against ones will: also that they might couer the teeth from all colde ayre, and whatsoeuer else; they doe retaine the spetle, that otherwise would alwaies driuell apparantly out of the mouth. So do they also keepe in the meate, the which the tongue doth thrust amongst the teeth, and might fall out of the mouth. Lastly, both for man and beasts they are beehouefull to draw in the drinke.

The learned do ascribe foure kinds of maladies vnto the lips, as chops and clifts, impostumation and quauerings: others doe write onely of the chopping and the swelling, as hereafter shall appeare.

Of the chops or clifts of the Lips. S. 1.

This is otherwhiles caused through fals strokes, great heate or cold, whether it be inward or outward, & very often of nipping cold winds: the signes of the outward causes are to be perceived by the patient. Be they then prouoked through sharp hot rheumes, which do fall out of the head: then is there a manifest heate & drought in the lips: in like maner also in the forehead & in the nose:

nose, if there be no such, then is it a signe that it doth procede of vapoꝝ. If now these chops procede of a burnt matter, as salt *Phlegma*, *Cholera*, or *Melancholia*, then are the same to be prepared for expulsion, and to vse three or foure mornings together the sirupe of *Fumitorie*, of *Wozme*, wood, or *Oxyfaccchara* tempered with *Endine* water, or such like, and then to purge with these pills following, which are approued especiall good for all such burning matter: Take the rindes of yelow *Diobalans*, *Chebuli*, *Sene*, *Epithymum*, of each two scrup. Mastick halfe a scrup. *Agaricus*, and *Rubarb*, of each one scrup. *Diagridion* two scrup. *Fumitorie* halfe a drag. make therof pills with the iuyce of *Fumitorie*: one may giue of these pills one drag, vnto one drag. and a half. Afterwards lay a Put vpon hote coles, vntill the shell be somewhat blackish; then wzing the oyle out of the kernels, and annoint the clefts therewith.

Item, take *Dragagant* or gum of *Cherrie trees* (which you will) in the mouth, vntill it begin to dissolue, afterwards rub it with the tongue vpon the clefts, or dissolue it in *Rosewater*, and so vse it.

Item, take fresh *Butter*, the muscilage of *Fleawort*, *Calues* selwet, *Duckes* grease, hony, oyle of *Roses*, of each a like much, melt them and temper well amongst them the well brayed white of an egge and *Bease* meale.

Item, burne the herbe *Ferne* to ashes, it healeth maruellous well: or take *Ware*, *Hennes* grease, of each halfe an ounce, *Turpentine* one ounce, *Dragagant* halfe a drag. Gals one quarter of an ounce, melt them altogether with a little oyle, and mire the rest amongst it.

This following also is altogether wholesome: Take the Caule of the Hart or Stag, lay it the space of three daies in ley, wash it euery day with fresh water, and renew the ley euery day, let it dry: the third day cut it small, and melt it by the fire: then temper amongst it halfe so much *Harts* selwet, *Ceruse* bzuised small, sixe ounces, *Camfere* one dragm. or beaten *Ginger* & *Cloues*, temper them together: but if so be that the chops do eate in, then leaue out the *Ceruse*.

Pomade.

Pomade is especiall good and safe. Take the selwet of a Hart, fresh *Butter* or *Barroiwes* grease, of each three ounces, let them melt together on the fire, put thereto foure or fine small cut apples, also white wine sixe ounces: let all these sethe together, vntill that the apples be soft; then bzuise them well together, and put *Camfere* vnto it, *Cinamom*, *Cloues*, *Putmegs*, of each halfe a drag. beaten small together, also *Muscus* foure graines, *Rosewater* two ounces; sethe these againe in another pot in boyling water, vntill all the *Rosewater* be waied away: afterwards wzing it through a cloth, and wash it so long with *Rosewater*, vntill it be white. This *Pomade* is also good for all chops of the hands and otherwise. For this is the *Poplar* oyntment also good.

Item, take white *Ware*, *Hens* grease, the selwet of a *Weather* sheepe, the iuyce of *Rue*, of *Cammiomill*, *Dragagant*, of each a like quantitie, temper them together.

Take Gum, fresh oyle of *Almonds* and *Hens* grease, of each a like much, *Ware* as much as is needfull: these two last are also speciall good for the impostumation of the nipples and *Womens* breasts, although they giue sucke vnto children.

The blood of the lips (do the *Phisitions* call *Hemorrhoids*) it is to be healed like the vlceration and bleeding of the nose, which hath bene shewed in the eight Chapter.

The trembling or quivering of the lips is commonly a messenger of imminent vomiting, the which afterwards ceaseth againe: what is to be vsed for this quivering, looke in the Register.

If the lips be hote and swollen: for that doe some aduise that the nauell is to bee annointed with *Sallad* oyle, the which is easily to be approued. You haue in many places else what is to be done to all such hote swellings: of the inuersion of the lips, shall be spoken hereafter amongst the diseases of the mouth.

The eleuenth Chapter.

Of the Beard.

This is the last part of the face which one seeth outwardly, and also a goodly ornament of a man; therefore men do desire to haue it grow, and stayed from falling out.

For

For the growing of the Beard. §. 1.

For to make the beard grow thicke and speedily, take Southernwood, Squinanth, of each a handfull, powre oyle of Dill vpon it, stop it close, and let it stand a night; then afterwards seeth it in water two or three houres space, temper then more amongst it, about halfe an ounce of powdered Southernwood: after this straine it thzough a cloth, and annoint the place therewith, where you desire to haue a beard.

Another.

Take oyle of Dill two ounces, of Southernwood halfe a handfull, Squils two scrup. Wine three ounces, let these seeth together vntill all the wine be consumed, and then straine it thzough a cloth and vse it as befoze. Looke for this also in the third Chapter §. 1.

Against the falling out of the Beard. §. 2.

Take as many Bees as you please, kill them and lay them in the sunne or elsewhere, beate them to powder, make with Sallad oyle a salve thereof, annoint therewith the bald place. Take five drag. of Mace, the oyle of *Palma Christi* seedes two drag. and a halfe, liquid *Syrax* and Myrre, of each 3. drag. *Laudanum* one ounce, *Euphorbium*, wilde Rue, Gum, *Cantharides*, of each three drag. powdered Bees or Wasps two ounces: melt all that is to be molten, and temper the powdered things amongst it: therewith annoint the place of the beard when you goe to bed; but chafed well first: and in the morning wash it off againe; let also the beard bee often shauen alway.

This ensuing is also good for the haire of the head and of the eyebrowes.

Take the oyle of Behen, seeth *Cantharides* therein, whereof the head and wings be abated, make it smell well with Muscus and Amber, and vse it as befoze.

Euen as of all outward accidents of the head and the face, mention hath bene made befoze; so will we now also speake of all inward diseases and members of the same. And first of the Braines.

The twelfth Chapter.

The Braines and all that concerneth them.



BAs is already alledged, the braines are the vppermost and chieft of all the inward members of mans body, a place and abode of the vnderstanding, memory and iudgement, the which are shapen, and by nature fashioned with many kinds of wonderfull, seuerall, and proper shapes, for they be without blood, without flesh, soft and congealed together like as a scum, also as marrow, moist, cold, and of themselves insensible; where they neuertheless thzough the sinewes, doe impart and send to all other members the sensiblenesse and motion. With this part of the body are all beasts indued (which haue much or little blood) but most of all men aboue all beasts, and the men more than the women: the foresaid braines are also moister in man than in any beast.

Hence doe also spring all the sinewes, that thence (as is specified) do spread themselves thzough the backe ouer all the whole bodie, strengthening and conioyning it, making it moueable and sensible. Vnto the braines do also stretch and reach the beginning of all veines out of the heart, and there do they end: from thence cometh also sleepe, which imparteth rest vnto the whole body.

It is also the second part (next to the heart) that is formed in the mothers wombe.

This precious and tender part is also subiect vnto many accidents, which bring with them very great inconueniences, like as for example, if so be that the brains thzough fals or strokes be

annoyed or molested; then doth it oftentimes come to passe, yea commonly, that the patient becometh mute and dumb: like as also in the dead palsey the members are altogether nummed or utterly lamed, and so losse of vnderstanding ensueth. But before that we do come to these infirmities, we purpose here to admonish, that before the description of other diseases of the head, those things are not discovered, which might be convenient for the braines; as Rensing, Treacle, Withzidate, Eyebright wine, conserue of the same, and such like. With these may be also well annered, all that strengtheneth the braines, drieth the superfluous moisture, taketh away heate, and whatsoever might be else. But because our whole booke is full with such like things, therefore it is the lesse needfull for to write much thereof.

For to drie the braines.

For to dry and strengthen the braines, you haue amongst other, many and sundry remedies. When you go to bed, swallow downe two or three little peeces of Frankinsence, this strengtheneth and dryeth the braines marvellous much. The smell of Sugar is also very good receiued at the nose.

Certaine Aromaticall wines which in the last part are described with their operations, and other moe, as Calmus, compounded waters, Master Tristrams water, are also very good for this vse.

And especially this following: Take Treos three ounces, Lauander flowers, Rosemarie flowers and the hearbe, Rose leaues, of each one ounce and a halfe, red Syrax, Benzoin, of each one ounce, Nigella, prepared Coziander, Epithymum, Stechas, of each one dragm. make a powder thereof, furre a cap therewith and weare it on the head. You shall haue also many mee such like, whereas we shall discourse of the giddinesse of the head.

But if you desire any cooling things for the braines, whereto you haue not onely commodious things to lay thereon in the first Chapter and second s. but also in other places where we discourse of the Ague and Plague, as much as concerneth their vertues, & infections of the braines; we will begin with that costly treasure of memorie.

Of the Memorie. §. 1.

Memorie is a retaining of acts: eyther heard or scene: Or memorie is a comprehension of the things ouerpast; the which the mind, as present, doth keepe and retaine.

Item, memory is a retaining, establishing, and preserving of matters which haue bin conceined in the spirit. It so be that this memorie be hurt, then followeth forgetfulness of matters which be past and done. And there be two sorts described thereof by the Philosophers: The first they doe call the greater *Lethargie*, the sleeping disease, whereof we will speake apart hereafter. The other is lesse and without Ague, that may in time so take the upper hand, that not onely the memorie will bee enfeebled, but also that men lose their vnderstanding, and become childish and foolish. The cause of this is commonly a bad and cold complexion: otherwhiles also adioyning with cold and moisture which ouerruleth the hinder part of the head. If it be caused onely through cold, then it is *Stupor*, astonishment: These sicke persons doe speake neither of things past, nor yet things to come; they care for nothing, they sleepe and wake metly, they feele no drought of the tongue nor yet of the nose.

Lethargus

Cold braine.

Stupor.

Cold and dry.

Cold & moist

Mania.

But if this disease be caused through cold and dryth, then can the patient sleepe, thinketh well upon things which be ouerpast, but not of any thing that is present: the mouth and nose are alwaies dry. If it come through moisture and cold, then it is the sleeping disease, which forgetteth all former things wholly and thoroughly, and all present very quickly: they haue very moist braines; so that the moisture runneth out of the nose and mouth. If heate and dryth be causes, then cometh it to *Mania*, that is, the right madnesse.

To the end now, that this precious treasure of memorie may bee continued and kept: thereof you shall haue sufficient instructions which you finde of the sleeping sicknesse, astonishment and madnesse: so that we will onely speake here of that kind of forgetfulness which is caused of cold and moisture together, and is not an absolute *Lethargus*: neuerthelesse doth reigne most.

For this is to be applyed for a generall rule to defend the head from al superfluous moysture, how the same is to be effected you haue many and sundrie meanes, especially there whereas it is discoursed of the cold paine of the head, in the first Chapter S. 2. and also hercafter where we shall speake of giddinesse.

But to the end we haue an orderly rule for to preuent this forgetfulnesse, therefore we will here prescribe an orderly meanes for an example.

If this diseale procede of an excessive vncleannesse, surfetting of meate, of drinke, of cold, and such like outward causes, then are they to be shunned, and good gouernment obserued, wherof we will once againe speake moze at large.

For this, must also strong Clusters be vsed, take *Consolida Saracenicæ*, *Betonie*, *S. Johns wort*, both kinds of *Sage*, both sorts of *Centozie*, *Rosemarie*, *Stechas*, *Flouramour*, *Camomill*, of each half a handfull, *Baulme* a handfull, *Coloquint* one drag. and a half: al these things are to be bounden in a cloth and sodden in sufficient water, afterwards wrung out, and to take of this decoction 12. or 16. ounces, wherein shall be tempered *Hiera Picra*, *Benedicta Laxatiua*, of each five drag. Salt one quarter of an ounce, oyle of *Lillies* two ounces and a halfe. This Cluster (as is expessed) is strong; will you then haue a milder? then vse them that be described for the cold paine of the head: for a preparatiue potion is made *Oximel Squilliticum*, with the decoction of *Galingale*, or *Calmus*. Afterwards purge with these pills following, take *Pillule Cochie* one drag. *Coloquint*, *Mastic*, *Boellium*, of each halfe a dragm. make pills thereof with the iuice of *Baulme*, you may giue them all together to a strong man, although they be strong. Hereafter you may vse certaine dayes *Treacle*, *Anthidate*, or *Aurea Alexandrina* one drag. at one time, afterwards purge againe with *Hiera Logodion*, or *Simplici*, according to the importance of the matter. You must annoint the head with *Beuer* cod dissolved in vineger, and oyle of *Lillies*, or rub the necke with some of these waters of life hereafter described, like as most of all those waters are requisite for this vse which be described in the eight part. For this, is also conuenient, *Ginger*, *Masticke*, *Pieretrum* chewed or bounden in a cloth by reason of his heate, they draw out much moisture. In like manner are things of a good sauour or smell to be holden befor the nose, and those that be of a hot nature, as *Muscus*, *Ambra*, *Lignum Aloes*, *Cloues*, *Putmegs*, *Indie Spica*, *Flouramour*, and such like sauours: take *Frankinsence*, *Pepper*, *Cipers*, roots, and *Myrthe*, of each a like much; make with decocted honie a conserue thereof, giue thereof a dragme at one time.

The ancient Physicians commend much to take euery morning one drag. of *Frankinsence*, *Pepper* halfe a scrup. and that with a draught of wine.

Order of Diet.



For forgetfulnesse of cold and moist causes, are alwayes warming and drying things to be vsed; the dwelling place must be cleare and cleane, and carnall copulation as much as is possible to be refrained, and that not onely therein, for it is seldome found that they that be immoderate therein, haue a good memorie or vnderstanding: *Mustard*, *Garlick*, and all things which be of cold nature: in like manner, all excesse of meate and drinke is also very hurtfull: likewise also *Hutton*, *Barrow* of *Hutton* bones, *slay* immediatly after meate, and such like: to the contrarie all drie fruites which be parched, as *Hassell nuts*, and *Chestnuts* be very good.

Also all *Fowles* are very meete for this; and the bzaines of the same, wherof we haue made mention in the other description of dyet, where we haue spoken of the memorie, ordinarie going to schoole, and making water, &c. moderate mirth, fresh water wherein *Baulme*, *Fennell*, *Bay leaues*, and such like are decocted.

The head may also twice a weeke be washed with ley wherein *Camomill*, *Rosemarie*, *Sage*, *Baulme*, *Betonie*, or which one will, is steeped or decocted.

Like as for example to be followed, here we describe for these matters.

A good powder.

An especial
powder for
memorie.

Take three ounces of Sene leaves, Zedoarie, Cumin, Parsley, and Dill seede, of each one ounce, Ginger halfe an ounce, Cloues, Nutmegs, Calmus, Galingall, Pimpernell rootes, Sage, Rue, Valerian, Annis, of each one quarter of an ounce, Sugar three ounces, powne all small, and temper them together; take thereof in the morning and euening about one drag. at one time: this powder doth not onely strengthen the braines, but also the memozy: it is also good against giddinesse of the head, cleanseth bloud, and is good for the stomack, strengthneth the wombe, preserveth the lights from all superfluous humors, withstandeth all diseases of the hart, paine of the liuer, of the milt, of the gall, driueth away the cough, maketh a good coloz and a cleare face. It is also good to be used against all swellings, and against all pestilentiall aire: holden in the mouth, it taketh away all toothach, stinking breath, and keepeth men in good health.

The water of *Cardus Benedictus* is said to strengthen the memozy, to take away the paine of the head, to amend the giddinesse, and all other accidents of the head, if so be that one take the water or the decoction of the herbe every morning two or three ounces at one time.

Coziander seede and bitter Almonds confected with Sugar, do strengthen also the memozy and the braines.

You haue heretofore in the second Chapter and first s. of two ley bags which strengthen memozy, and in like manner in the eight Chapter 8. s. of the oile of Wyicks, which is also requisite for it. Secondly, there be also prepared for this many compounded wines, as the wine of *Parioram* gentle, which not onely strengtheneth the memozy, but also causeth it, if it were lost, to returne againe.

Another meane for to strengthen the memorie.

Johannes Cole-
tus.

Here was by our time at Canterburie here in England, a Canon, a Doctor of Diuinitie and also in the Law, named *Johannes Coletus*, to whom by that time he was sixteen yeares old, was an experiment imparted by a Christened Jew, whereby he obtained such a marvellous strong memozy, that he retained and kept all that euer he read in all his life time: the which when he was in his 39. yeare of age, he lying at the point of death, his friends prayed him to disclose and reueale this secret remedy and experiment vnto them: where he hath declared that before he had a very grosse and hard vnderstanding; but through the vse of this experiment he afterwards obtained such a sharpe wit and memozy, that he could not only remember and hold in mind that which he read, but also all that he heard and saw: Insomuch that he could recite by hart from word to word the *Decreta*, *Decretals*, the orders of all the Emperors lawes, with their expositions, *Aristotle* and other authors which he had seene and read. Also how many names that were rehearsed before him, he could afterwards without missing one repeate them againe.

Wherefore may this experiment be reputed of a great value, and as a gift of God, because that thereby men may with so little trouble attaine vnto so great a matter.

First, the head is to be cleansed with these things following: Take *Pieretrum*, *Parioram*, Galingale, Ginger, Caraway, seed of broad Plantaine, prepared white Mustard seede, of each a like much: this being beaten grosse together, and if this powder wey about two ounces, then seeth it in a quart of water kept close to, when it hath now sodden well, then put a quart of strong wine vnto it, and an ounce of cleare hony, let it seeth againe vntill about two fingers breadth of the liquor be wasted: herewith are you once every morning (in the increasing of the mone) to gargarise well and many times, holding it long and warme in the mouth; to the end it may vapor vp into the head.

Afterwards make this potion following: take Ginger, long Pepper, of each one draine, Galingall one scrup. Cloues, Cubebs, of each one drag. and a halfe; powne them all together to powder, and bind them in a linnen cloth, let them seeth well together in two quarts of Wine kept fast as aforesaid: afterwards let it stand couered vntill it be cleare, wherof you are to drinke every morning fasting, and at euening going to bed a good draught, and that before you shall haue annointed with the salve which shall hereafter be described. The vertue of this wine is for

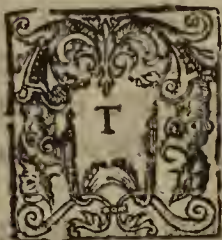
to draw a superfluous moisture out of the head.

This being done, then place your selfe in Sommer time in the Sunne, and in Winter season by the fire, and kember your head softly a long time; so that thereby the pores may be opened: afterwards wash your head with the water of Rue, and drinke a good draught of wine; and thereupon eate a bit or twaine of bread that hath bene steeped in the wine; then fast so unto the evening. Your supper must also be sober, your sleepe quiet and undisturbed: continue this many daies together, the longer the better.

When now the veines be warme with kembering, then annoint the head and the temples with this salve following. Take white Lilie, Colewort leaues, wilde Baulme, of each one drag. powne them together, put them in a pot, powze therein two ounces of Sallad oile, fresh butter as much as all the rest, three spoonfuls of the spirit of wine (which hath bene rectified at least foure times) water of Rue, of Sage, of Celendine, of each two spoonfuls, old white wine five spoonfuls; temper them well together, set it so fixe or eight houres in a warme place, then straine it through a cloth; afterwards seeth the liquoz untill it be as thicke as honie, (and that by a small mild fire) then set it in the Sunne so long till it be of the colour of Copper: This salve must be alwayes made betimes, and it can continue good the space of two yeares. Also it behooveth to gather all the hearbes for distillation when the daies be at the longest: and then may also most meetly this salve be prepared. This salve must you (as is rehearsed) vse after that the head is purged, you must annoint well the hinder parts of the head and the temples with it; afterwards couer it with a leatherne cap or hat, so that the head may be warme that the said salve may haue her operation the better in the blood and braines. In the evening is the head to be washed with good warme wine, and one must keepe a good diet, and vse meates that be light of digestion, also vse moderate drinking. This order is to be kept at the first by the space of foure daies, and so to continue it the space of a whole yeare, every eight weekes once two or three daies together.

The next yeare afterward you may chuse one day upon which it is good to take Phisick, and then vse this salve every three moneths once, when the Moone increaseth: The third yeare it is sufficient once in twelue moneths, and afterwards so long as you live, once in two yeares.

Of the giddinesse of the head, and infirmitie of the braine. S. 2.



This disease is called of the Grecians *Scotomia*, and of the Latinists *Vertigo*, which is a giddines or swimming of the head; we call it also the swimming of the head; for that it seemeth, that all which one seeth runneth round about: or the sight faileth when he will behold any thing, and he thinketh that he seeth swimming before his eyes many maners, and things which be of strange colours, yea it often hapneth, that his eyes be very darke, and must fall to the ground: like as also so it sometime hapneth to a sound body, if they run too much about, or to such as looke too much downeward from a great height, or upon a turning thing, or into running waters.

This disease do they chiefly get, that are wont to frequent much the Sunne, and their heads haue bene overheated: It is also caused of the stomacke, if that it be overcharged with any superfluitie, whereby the mouth of the stomacke is harmed, and sendeth some bad vapors towards the head, which do cause this swimming or giddinesse.

In winter time, and when the winde is southerly, then are all people more subiect to this giddinesse, than in drie sommer. Of this giddinesse the Phisitions doe make many kindes, like as also it is diuers according to the nature of the humors whereof it is caused: but to speake of the foresaid giddinesse, when any one thinketh that all that he seeth runneth round about, the sight banisheth as he would fall to the ground, the face and the eyes ware red, the veines swell, the eares shew themselves great and full of blood, thereby it may easily be adiudged, that it is caused through superfluous blood in the head, the which troubleth and molesteth the braines: therfore is this sick person to procure presently afterwards to open the veine behind the eare, and to let out three or foure ounces of blood; for that is a certaine remedie for this disease. And further, for all other spices of this swimming, of whatsoever cause that they may procede: for if so be that this giddinesse do continue long, it is much to be doubted, that the falling sickness or the dead palsey may come thereby. In like maner are boring cups unpickt to be set aboue upon the

the head, in the necke, vpon the shoulders, and on the legs. For this also are certaine lotions of the face to be vsed, made with hearbs which do strengthen the head, whereof before in the first Chapter 3. s. for the heate of the head, and in the second Chapter 12. s. sundry are described. But although these foresaid veines doe not appeare and make shew, and neuerthelesse the face were alwaies red, then must the median be opened, boring cups, as is said, to be vsed, to moysten the head with vineger of Roses, and with oyle of Roses, and to elchew all hot meates, much sleepe, long watching, to looke from great height downwards, and such like things: Lintels, milke, kids flesh prepared with veruoyce, iuyce of Pomegranates or with vineger, roasted peares or apples after supper are very good for him: of hearbes, Lettice and Purslaine with vineger may be also eate well: for his drinke he may also temper vineger or the iuyce of Pomegranates, Sugar water decocted with Fleawort, or any small thin wines.

For purging are mete yellow Piobalans, especially if the giddinesse be caused of Cholera, the which are thus to be vsed: Take one ounce and a halfe of yellow Piobalans beaten grosse, seth them in eight ounces of water at the least, put thereto one ounce of soure Dates, let them seth together vnto the halfe; then temper amongst it thre or foure ounces of sirupe of Violets, or of Roses, and so giue it to the patient in the morning fasting.

Take sixe ounces of whay, lay therein to sleepe one dragme and a halfe of Rubarbe a whole night, wyng it afterwards out, and giue it to the sicke person cold or lukewarme.

Take ten dry Pynes, soure Dates one ounce, seth them in sixe ounces of water, then take thereof thre ounces, and mixe amongst them two dragmes and a halfe of the Electuarie *De succo Rosarum*, and drinke it warme. Item take soure Dates, Hanna, of each one ounce, temper them with thre or foure ounces of Pynne broth.

Also these pills following may be vsed: Take *Pillule fetide, de Sarcacolla*, of each one scruple, temper them, and make thereof seuen pills.

After the purging he is to keepe him quiet, and to couer the belly with warme clothes. But if to this giddinesse there happeneth no rednesse in the face, nor any Ague, it may bee concluded therof, that the cause proceedeth of cold, whereof the matter lieth in the stomack, which there prouoketh the patient to wambling and vomiting, whereto the patient is then to vrgge himselfe, thereby to be rid of it; and that thzough this meanes: Take Radishes, or Horseradish, one ounce, the seede of Dage and of Asarabacca, of each halfe an ounce, seth all this in twelue ounces of water vnto foure ounces: vnto this strained decoction you are to adde halfe an ounce of Oyle, Saffron one drag. vineger foure ounces, giue thereof two spoonefuls in the evening after meate. Preparatiue potions are to be vsed according to the cause of the disease, for the space of certaine daies, and then to take these pills following, *Aurea* or *Cochia*, the weight of one dragme. Or in the stead of these pills, to vse halfe an ounce of *Hiera Picra*, and *Oxymel Compositum* one ounce, with foure ounces of water, wherein Hyssope and Zeduary is decocted.

It chanceth also oftentimes, that at the first this giddinesse doth come with some swarming or fantasies which appeare before the eyes, the which neuerthelesse in truth is nothing so. This the Physicians do call *Scotomiam* and *Imaginationes*, whereof before in the seventh Chapter and 12. s. is spoken at large. Of the which very many be holpen by these meanes following: Take Eyebright two ounces, Pace halfe an ounce, beate them small; giue thereof after the purging half a drag. or two scruples with wine or flesh broth. What further concerneth this kind of giddinesse, you may discerne hereafter, where we speake of *Paralysis*, with y^e which this swimming doth agree. This patient must refraine from all meates and drinckes which be of cold nature: but kids, Dutton, Bullets, Partridges, Pheasants, and all other fowles that haue their abode in hilly countries, he may well eate them, yet rather roasted than sodden: in like sorts eggs and al that is drest with wheate, or Rice: small red wine, or rather hony water is to be his ordinary drinke. But if this will not helpe, and the foresayd giddinesse do still continue, then is this commended for a principall remedie, to wit, to open the head by actuall or potential Cauteries aboue vpon the seame (which is called *Sutura Coronalis*) to the end that thereby all bad vapors, which cause these infirmities in the braines might exhale. Some vse in stead of y^e foresaid Cauterie this corrosiue salue following: Take *Cantharides* (the heads and wings broken off) two ounces, soure dowe halfe an ounce, temper them with spirit of wine or vineger, lay them behind in the necke, and behind vpon the braynes of the legs, in bignesse of halfe a deller; let them lye so long vntill they raise a blister, that is, about twelue howres or somewhat more. These blisters are to

to be holden and kept open, with the laying vpon them of a Colewortt leafe as long as is possible. But if so be that neither ague, nor vomiting, nor any other impostume do befall with it, and yet neuerthelesse the giddinesse persist and endure, then is the sicke person oftentimes to be purged with the pills *Cochia*, and to withdraw him (as is said) from cold meates, because that the cause of this disease proceedeth of cold. Further, hee is to be let smell to a little bag of *Annis* seedes, and in like sort must he weare a cap with *Annis* seedes vpon his head; and receiue the vapor of the decoction of *Annis* seedes into his nose; for that the smell is very requisite, because it dryeth and warmeth well. Also the head is to be cleansed, as oftentimes hath been shewed: but this ensuing is especially good for it: Take the iuyce of wilde Cucumbers one ounce, hony water wherein *Mariozam* is decocted, two ounces; temper and draw them into the nose: but take before, thy mouth full of cleare water, so that it may come the lesse into the mouth.

Gargarismes.

Gargarismes are also to be vsed for this purpose, thereby to expell all flegmaticall humors which cause this maladie: Take Betony, Hyssope, of each one handfull, Licorice, Rue, and Raisins (the stones being taken out) of each one ounce, *Pieretrum*, Treos, of each halfe an ounce, Mustard seede, Licetane, Ginger and Masticke, of each one quarter of an ounce, clarified hony three ounces; seethe them in sufficient store of water, and scum them well, take thereof before and after meate, at each time two spoonefuls in the mouth, holding it long therein, and hauing gargarized, spet it out againe.

With this may you also vse chewed Mastick, *Pieretrum* decocted in wine or water, or steeped. But alwaies (as is admonished before) the roots knit in a cloth: for it is otherwise too strong.

Item, take Mustard seede, *Mariozam*, *Pieretrum*, long Pepper and Sage, of each one quarter of an ounce, seethe it to the halfe, being strained, vse it as before.

The *Pieretrum* hath an especiall operation against the giddinesse, therefore it is also to be decocted and beaten to pap with the whites of egges, and so laid vpon the head.

A powder for meate.

Take nutmegs, prepared Coriander, of each halfe an ounce, Besselden of the Dike, Piony seede peeled, and Galingale, of each one drag. Calinus, Betonie, Cubebs, and Cumin, of each halfe a drag. Sugar, as much as you please. You haue heretofore in the first s. a good powder for the memorie, which is also meete for this purpose: and this following is very necessary for it.

Take the iuyce of Fennell one ounce, Sugar two ounces, seethe it together like to *Mannes Christi*.

An Electuarie.

Take a pound of Currans (well cleansed) Licorice cut small, Buglosse water and Endiue water, of each five ounces; let them seethe together, and afterwards wring it out hard: in this decoction are you to put of preserved Hiobalans, Chebuli and Emblici, of each five ounces, Honte of Roses and Sugar, five ounces; let it seethe vntill it be somewhat thicker than hony: afterwards clarifie it with the whites of eggs: when it is now cold, then temper amongst it one drag. and a halfe of Cinnamon powder, preserved Nutmegs one ounce, *Lignum Aloes*, Cloues, of each one drag. Fennell and Annis seedes, of each halfe a drag. conserue of Roses two ounces and a halfe. Of this confection you are to vse euery weeke the quantitie of a Walnut. Item take Cinnamon, Cloues, Fennell, Galingall, chew them long in the mouth, and afterwards spet it out againe. The confected Calmus is also much commended for this giddinesse, and in like manner confected Coriander, as is more said in other places, where we haue intreated of the memorie.

Preserued Hiobalans are also especiall good after meate, also being drie to chew them in the mouth; for that they doe hinder the vapors ascending vp to the head, and consume al watery moisture: also how good *Carduus Benedictus* water is for this vse, look in the place where we haue spoken of the memorie: the Treacle and Pithizidate are also much commended for this purpose.

The

The order of dyet.

They that be troubled with this giddinesse ought to liue very soberly and moderately, to leaue wine, or to water it wel: if the disease come through heate, then is heate to bee eschued; if through cold, then is cold to be shunned: after meales take a peece of toasted bread & eate it. His meats must be light of digestion, and vse little: like as is sufficiently shewed in the hot headache.

Of franticknesse, madnesse, or doting, and such like infirmities. §. 3.

The diseases of the braines are diuided into three kinds, to wit, first if their accustomed operation be hindered. Secondly, if they be perished and enfeebled. Thirdly, if they be altered from their good disposition and nature into another: like as when a man falleth into foolishnesse and forgetfulness, that he forgetteth his writing, reading, and his nearest kindred, yea his owne name: the which in truth, proceedeth out of a coldnesse of the braine, like to the palsey, and falling sicknesse, and such like accidents which suddenly assault men. But if this foresaid disease (whether it happen in the vnderstanding or in the memorie) be small, then it is a signe that the coldnesse is not great, for these diseases haue also their greatnesse and smallnesse.

Delirium. *Delirium*, doting childishnesse, be it howsoeuer it will, it cometh of some bad humour and distemperance of the braines, and is an erring, troubled and spoiled motion of the principall vertues of the mind; and if so be that an Ague befall with it, then it is a right *Phrenitis*, that is, frensie; which is not onely caused through hot humours, but is also admixed with some *Phlegma* in the braines: but in case there be no ague with it, then is this malady called *Mania*, madnesse; and springeth out of hot humours, and chiefly of *Cholera*, which inflameth the braine too much; *Melancholia*, of which issue onely despaire, sorrow and feare, and that which is called in Latin, *Dementia*, (to wit, when a man is wholly out of his right minde) proceedeth onely of cold humours, like as hereafter againe shall be more at large declared.

Of dotage and childishnesse, called in Latin *Delirium*. §. 4.

This disease is for the most part in all sicknesses or infirmities of the braines, for that in case the same be distempered, (be it by whatsoeuer manner that may be) then will the vnderstanding be thereby wholly or in part enfeebled, according to the greatnesse or smallnes of the humour whence this disease is caused.

Melancholia. When now these doting conceits and strange thoughts doe come without crying, calling, or noise, as if he were possessed, then it is the very true *Melancholia*.

But if the madnesse doe come with chiding, scolding, leaping, cursing, and such like misdemeanours, then it is the right *Mania*, or madnesse, with all her symptomes, which do assaile him no otherwise then as if he were possessed.

If there be with this madnesse laughing, merriment, friendly semblance, then is the same alwaies better then any of the rest: but if this come through burnt melancholike humours, then it is the worst, and the behauiour none otherwise then as if he were possessed. Others make of these *Delirium* or *Desipientia*, 12. kinds, whereof the most part are here described.

And to the end we might first of all haue an example how that these kinds of sicknesses are best to be holpen; therefore we will set before vs a youth that hath lost his vnderstanding, and is become distraught.

At the first is very meete for it a very good gouernment or order of diet, and to vse all things which be warme and moyst, to eate good raised bread, which is aboue three daies old, otherwise he is to eschue all things that are made of dowe: yong Meale, Button, Lambe, Pullets, Capons, yong wilde swine; in fine, he is to eate all that is young whether it be wilde or tame, and to refrain all that is old.

Of herbes are meete for him Endiue, Spinage, Purcelane. As concerning fruite, fresh Almonds,

monds, Hasell nuts, swete Cherries, Melons, Gourds, Pumpions, fresh Figs, Grapes, swete Peares, Apples, oyle of swete Almonds, or fresh Butter. He must refraine from Vineger; or if he will vse it, he must delay it with Sugar or water: yet is he rather to vse the iuice of Limons or Meriuce, but seldome, and that made swete with Sugar.

For his drinke he is to take swete wine, and cleare wine well watered, so that he will be very sone drunken, which is hurtfull for him. In this countrey in stead of the foresaid wine, small beere is commonly to be vsed: he is to forbear all old and salt flesh.

But if so be he cannot forbear wine, and were yet notwithstanding inclined to drinke much, then are you to steepe therein prepared Coziander seede, Sozell seede, Burcelane seede, with the flowers of water Lillies, this will resist and withstand all drunkenesse.

Can he be satisfied with drinking of water: then let him drinke none other then barley water or sugred water.

Buglosse leaues or the rootes of the same are alwaies good, whether they be vsed in meates or drinckes, and all that may be made with Buglosse.

Buglosse
good for
Melancholy.

He must also moderately mooue and stirre in going and standing. Copulation must he vtterly eschue, because that thereby the best bloud of a man is wasted, and woyn away, and the naturall forces infeebled.

He must keepe the head oftentimes, sing much, vse musicke which is very commodious for all melancholicke persons, his sleepe must be somewhat longer then it was wont to be when he was in health.

Because that this matter is very hard to be purged, and yet neuerthelesse it must be done for the most part, then is alwaies the aduice of a learned Phisition to be followed, the opening of the Viles or Hemorrhoides is especially commended for this disease. One may also drinke many daies together, three ounces of the iuice of Buglosse, for it is marvellous good for all kinds of melancholy. Also is very good two ounces of the iuice of Hops (being wung out) if it be presently taken without setting, preserved Citron pills one spoonfull taken in the morning early, and in the evening two houres before meate are very mete, or two ounces of the sirupe of Citron pills, with three ounces of Lettice water vsed before purging.

Comfortable Electuaries.



Take the flesh of a roasted Partridges best twelues ounces, the rootes of white Behen, the flowers of Borage, Buglosse, Zeduary, of each one dragme, Saffron one scruple, Pace, Sarsifrage, of each one scruple, Iacint, Smaragd, Saphires, and Harts bones, of each halfe a scruple, three leaues of beaten gold, fired gold halfe a drag. prepared peales one drag. three ounces of fresh Pine apple kernels: let this steepe 24. houres with the flesh in foure ounces of white wine, and two ounces of the iuice of Quinces, powne them all small, & seeth 12. ounces of white Sugar with the foresaid liquoz, temper it altogether: giue thereof euery morning halfe an ounce, and drinke thereupon two ounces of Buglosse water: afterwards take before dinner and supper one quarter of an ounce of it: for besides that it is good for the goodnesse, it doth also strengthen all the members of the bodie.

In like manner make, that all which strengtheneth the heart, whether it be hot or cold, the same also strengtheneth the braine.

Of Phrenitis, or franticknesse with an Ague. S. 5.

We will now discourse of that kind of franticknes, which the learned call *Phrenitis*, which we define thus: *Phrenitis* is a frensie or bereauing of the wits with an hot Ague, or *Phrenitis* is a doting and distraction or spoyle of the vnderstanding, which endureth not alwaies, and that assaileth one with quivering, small voice, and with an ague, which doth also most proceede of some inflammatio or swelling in the braines. And although there be many kinds of franticknes, yet may they be deuided into principall sorts: the one which is caused of bloud, the other of *Choler*: out of both which, the third kind which is *Melancholia*, as a mixture doth sprout and spring.

They that be burdened with the first kind, they may adiudge all things like as they be, know what

what it is; but how to thinke of it and vse it do they know nothing at all. They that haue the second kind of franticknesse, they do know in their thoughts or forecast nothing at all: but adiudge much otherwise of all that euer they see then it is. For both these sorts haue you a notable historie recited of *Galen*. They which be charged with the third sort, they be so distraught of their wits, that they can neither discern right, nor adiudge right. And now for to come to the right signes of the foresaid diseases, we will rehearse these following.

The signes of
franticknesse
with hot
Agues.

First, inward Agues, heauinesse of the head, drought, rednesse of the eyes and face, paine of the head, shunning of light, and strong motion of the pulse. Item, vnquietnesse, much and filthy talke, dryth and blackenesse of the tongue, tumbling vp and off from the bed: their bzine white, quicke and strong bzeathing, crying out in the sleepe, feare, impudencie, do not couer their priuities being vncouered, forgetfulnesse of all that is passed, terrible dreames, &c.

And if, besides the foresaid signes, the tongue be red and yelloe, and the vnderstanding enfeebled with much watching: then it is a perfect *Phrenitis*, that is, franticknes, with a strong Ague. For this the remedie is not to be delayed, but before they (which do proceede of blood) do take roote, he is strongly to be let blood in the head veine, euen till he swoone, if nature may abide and suffer it.

But if so be that the sicknesse haue indured alreadie past the fourth day, and settled it self, then is the veine of the forehead also to be opened on the top of the nose, and to be diligent for to open the Hemorrhoides, the which is very requisite and sure.

And if so be that for some causes the opening of a veine be hindered, then is blood to be forced out of the nose, or at the least to set boring cups on the shoulders.

But if the cause bee of *Cholera*, then is the bodie to be purged through Clusters, as heereafter followeth.

Take two handfuls of Lettice, Wareley halfe a lb. Mallowes, Mercurie, Violet leaues, of each halfe a handfull, the flowers of water Lillies one ounce, and a little bzian: seth these together in a sufficient quantitie of water: then take of this decoction twelue or sirteene ounces, put thereto Sallad oyle: and prepared Cassia, of each one ounce, extracted Pzunes five dragm. set this Cluster fasting.

Another: Take Mallowes, Blites, Mercurie, Violet leaues, and water Lillies, of each one lb. let them seth together in sufficient water: afterwards take twelue ounces thereof and temper amongst it *Triphera Saracemica* one ounce, strained Pzunes an ounce and a halfe, Oyle of Violets two ounces, Salt halfe a drag. Further to purge withall, solwe Dates are especially fit: for they doe not onely expell the bad humors, but also alter them. These are thus to be prepared.

Take twelue ounces of solwe Dates, seth them in 24. ounces of water vntill the fourth part be consumed: this decoction is to be strained through a cloth, and to giue him five ounces thereof at once. Item, take three ounces of Hanna, temper it in the decoction of Pzunes, and giue it him in the morning.

But if so be that the humors be burnt, then seth with the Pzunes a few Sene leaues, a little Fumitory, and *Epithymum*, of each one quarter of an ounce, the roots of *Polypodium* one ounce, and in foure ounces of this decoction, temper the Hanna and solwe Dates.

Another. Take yelloe Diobalans one ounce and a halfe, stampt Pzunes two ounces: seth them together in ten ounces of water vnto the halfe, or till that there remaine foure ounces ouer: then giue it so.

Or take one quarter of an ounce of Rubarbe, decoction of Pzunes foure ounces, beate the Rubarbe and so temper it amongst the decoction; adde vnto it two ounces of sirupe of Violets: let this stand together the space of twelue houres, and giue it him early in the morning. But if so be that the humor be burnt, then put some Sene leaues vnto it, *Epithymum*, and the rootes of *Polipodie*, of each one quarter of an ounce.

After the foresaid purging, may the head veine vpon the hand or in the elbow, be safely opened, and boring cups fixed vpon the shoulders. Also to open the Saphes, and to mooue the Hemorrhoides, if so it seeme requisite.

If this sicknesse be caused of blood.

Take twelue ounces of the iuyce of Plantaine, iuyce of Shepheards purse and Rosewater, of each foure ounces, Vineger two ounces; make clothes or tow wet therein, and then lay them on the forehead, and so ouer halfe the head.

Item, take Violet leaues, Lettice, and powdered Barley, of each \mathfrak{z} . Poppie heads, rootes of Southernwood, and water Lillies, of each halfe a handfull, Henbane, Poppie seeds, and Lettice seed, of each halfe an ounce, Cammomill, Melilot and Mallowes, of each halfe an \mathfrak{z} . Seth them al together in a sufficient quantity of the water of Sage: afterwards take a Spunge and therewith moisten from the forehead, or from thence where the haire beginneth, vnto the necke behind as often as you please. Item, take the iuyce of Housleake, of Lettice, of Purslaine, and of Nightshade, of each three ounces, Rosewater two ounces, Vineger one ounce, temper and vse them as befoze: this bringeth also sleepe with it, and especially if one temper therewith two ounces of the iuyce of Poppy heads: cannot you get the iuyce? then take the distilled water it selfe, if you will haue a plaister of it, temper Barley meale amongst it.

Note also that these cooling things are to be vsed only in the beginning of the frenzie: for that if it be seene that the matter beginneth to yeeld, there are other things to be adhibited; as when it beginneth to depart, then take a sucking whelpe and take out the bowels, and so lay it warme vpon the patients forehead, or rather on the top of the forehead when the haire is shorne off.

Item, take another whelpe (the intralles being taken out as is said) bestrew it inwardly with Henbane seede, and lay it warme vpon the head, this maketh the franticke to sleepe: the same doe also young Doves and Cokes opened in the back, and laid vpon the head: or take the warme lights of a Weather, hold it vpon the forehead, when it is wahren cold make it warme againe in warme water, but wring it well out, and lay it againe vpon the forehead, and reiterate the same oftentimes.

Of the dwelling of a franticke man, and other remedies concerning this disease.

The dwelling of any franticke persons must be temperate; more cold then warme: Bestrew his Chamber and bed with cold hearbes, as Lettice, Purslaine, Housleake, smal and great Willow leaues, water Lillies, and Nightshade: haue also clothes made wet in common water, round about him plucke away all pictures out of his eyes, for that they bring fantasies and troubles vnto him, let honest people come amongst them, to the end he may be ashamed; let him smell to Roses, Violets, water Lillies, flowers, and Camfere, whereof may also bags be made, this is prescribed for an example, how all manner of franticke men are to be gouerned, now will we procede forward.

But if it be feared, that a man would become franticke, then take quick Brimstone, and Muske of each one drag. and a halfe, temper them wel beaten with halfe an ounce of good Treacle, and giue a youth thereof halfe a drag. at once mixed with Cicorie water, an old body one drag. with old wine. He is to sweate thereupon as long as he is able to indure it: doth it not helpe at one time? then doe it moe times, but the patient is to beware of cold and winde.

Take Cammomill, the herbe Dill, Roses, Marioram gentle, of each one \mathfrak{z} . seth them and make clothes wet with it, and lay them warme oftentimes vpon the patients forehead.

Take Violet leaues, Melilot, Mallowes, Rosemarie, Bay leaues and Poppie heads, of each two handfulls, let them seth together and vse it as befoze: the conserue of Betonie, of Gilloflowers, and especially of Pyonie flowers, is very conuenient for this aboue all other, and not onely for this disease, but also against all strange fantasies, frightings and feare, the which people haue a nights and without any cause.

A pretious water.

This is much commended aboue all things for to keepe men in their good vnderstanding, and to restore the same if it were lost: take May Lillies stript off from their stalkes, powze Muscadell

Mustadell, Palmsey, or any other old wine vpon them, put this in a glasse and stop it fast, and let it stand certaine dayes : afterwards distill it through soft seething in a kettle of water. This is not onely good against the frensie, but also in the dead palsey, where the speech is lost, against all faintnes, against all consumption : it repugneth also all venime, and strengthneth the heart; a spoonefull taken thereof at once.

These franticke persons are to be alwayes kept sober in eating and drinkeing, as is expressed, and to vse cooling things, for necessitie requireth the same : They must eschew wine, and be content with small beere and Barley water, wherein the sirupe of Violets, of Roses, or of water Lillies be mixed. He is to eate Dgemond or Ptilane (called *Prisana*) or any other water paps. Also all other cold herbes stewed, as Lettice, Spinage, and Sorrell, yea some require this order to be kept so directly, that they will not allow any other thing in the world. But regard is alway to be had to the ability of the patient: and hede must also aboue all things be taken, that this patient be not made angry, nor feared, and not frighted ; but as much as is possible to be kept with mirth.

For to bring the sicke to sleepe and rest. S. 6.



For that this maladie doth bring with it much vnnaturall watching, therefore it is needefull to write somewhat thereof, for that is very hurtfull in the disease, because it doth dry the whole body, taketh away y^e appetite, troubleth the mind, contracteth the sinewes, weakeneth the wits : also causeth some Ague, and bringeth with it other inconueniences more ; as also the losse of sleepe, which is a very bad signe in all hot diseases.

The causes why one cannot sleepe are many, as anger, sorrow, paine, heauy thoughts, a full and crude stomacke, hard meates ; as Loade-stoles, Beanes, Onions, and Mustard seede, the which do all bring terrible dreames: Also when there is an impostume in the braines, great disquiet, barking dogs, and such like more which may hinder the sleepe : these are the common causes which do keepe one awake. But how the same is to be redressed, and how that the reuiuing sleepe is to be restored, shall be shewed hereafter.

But now to prosecute our method, there be in the frensie (called *Phrenitis*) which is with strong Agues, these things following prescribed.

If it happen that this patient can attaine to no sleepe, like as it commonly chanceth in such diseases, whereby the sicknesse is aggravated, then may the sleepe be prouoked well with inward and outward things: whereto these safe remedies are very meete.

Take womans milke, of one that giueth sucke to a daughter, foure ounces and a halfe, the brayed whites of foure egges, and white powdered Poppy seede as much as is needfull to make them to a salve ; spread thereof vpon the forehead and the temples. Take the sirupe of Poppy heads, the water of white water Lillies, and oyle of Violets, each alone or mixed together, and vse them (as hath been sayd.) Take Henbane seedes and seeth them so long in wine vntill it be thickish, annoint the temples of the head, the nose, and eares therewith : this is very strong, but vse it not but onely in great need. Item, take Poppy seede, & Henbane seede, of each alike much, beate them small, and temper them with the white of an egge, womans milke, and with a little Vineger ; vse them as before. When one is come out of his naturall sleepe, or enfeebled in his wits, then make a sponge wet in this water following, and lay it warme on his forehead and on the temples of his head: being wahren cold it is to be renewed.

Take Lettice, Violet leaues, pilled Barley, Poppy heads, the rootes of Mandragora, the white water Lillies of each a handfull, Henbane seede, Poppy seede, Lettice seede, of each one quarter of an ounce, Cammomill, Helilot, and Hallowes, of each halfe a handfull: let this seeth together in water.

Take Cassia wood one dragme, Opium two dragmes, and Saffron one dragme, make a powder thereof, and at the most take one scruple thereof, let it sleepe in Vineger and Rose water ; annoint the temples with it, it is very strong and safe. In like manner will be for this (amongst the common things) *Oxyrrhodinum* vsed : whereof some stand described in the first Chapter and second s.

A Salve.

TAke one ounce of Poplar salve, oile of Violets halfe an ounce, Henbane seedes, the rootes of *Mandragora*, of each halfe a drag. Saffron, Cassia wood, of each one scrup. temper this together: the sleepe was wont also to be procured with this following, binding it about the necke, and to lay it vpon mens priuities, and womens breasts.

Take cold water and Rosewater, of each five ounces, vineger one ounce and a halfe, wet a double linnen cloth therein, and lay it ouer it.

Item, take herbes of cold natures, as Willow leaues, water Lillies, Tinele leaues, and Lettice, seethe them in water, and wash the foresayd place, also the hands and fete therewith. This doth also, to set the hand fete in cold water.

A potion and such like to procure sleepe.

TAke white Poppie seedes halfe an ounce, rootes of *Mandragora*, Henbane seedes, of each halfe a dragme, vnb beaten Saffron foure graines, stampe them all together and bind them in a cloth, and then lay them in sleepe in five ounces of the water of water Lillies the space of sixe howres, afterwards wring it out, and giue it to the sicke person two howres before supper or dinner, from one ounce vnto three ounces, according to the importance of the sickness and abilitie of the patient.

Item, take water Lillies twelue ounces; *Opium* one drag. seethe them together in three pints of *Malmeley* the space of 24. howers, then cast therein one quarter of an ounce of Salt, white beaten Poppie seedes halfe an ounce, Henbane seedes one quarter of an ounce, Lettice seede three drag. distill the same in seething water, whereof you are to giue going to bed, from halfe a drag. vnto a drag. This is strong enough so: to cause the patient to sleepe sixe howres: wine doth also prouoke sleepe if one drinke somewhat excessiuely; in like sort also wine of *Wormwood*, yet that driueth away heauy dreames.

A confection and what else may be taken.

TAke conserve of Violets and water Lillies, of each one ounce, white Poppie seedes, white Henbane seedes, of each halfe an ounce, Ginger three dragmes: temper this together, and when you go to bed, then take the bignesse of a Hasell nut rather more than lesse: the Ginger is put thereto, to the end his power might penetrate.

Another. Take white Poppie seedes, Endiue seedes, Lettice seedes, and Purflaine seedes, of each two ounces, Melon seede pilled, Pompiion seede, Gourds seedes, and Cucumber seedes, of each a drag. and a halfe, *Mandragora* apples one ounce and one quarter, Saffron, Cammionill, Dill seede, of each one drag. and a halfe, *Lignum Aloes*, one drag. Sugar twelue ounces, honie of Violets sixe ounces: the Sugar and honie you are to seeth in the water of water Lillies vntill it be thicke; when it is almost cold, temper the other beaten small amongst it, and vse it as before from one quarter of an ounce vnto halfe an ounce. It is good for franticke persons to anoint the forehead, the temples, the nose and the pulse veines therewith, or to take it with the water of Lettice on howre after meate.

Another not so strong.

TAke white Poppie seede three quarters of an ounce, the seedes of Violets, of Lettice, of Endiue, of each one quarter of an ounce, pilled Melon seede, Pompiion seedes, Gourd seedes, Cucumber seede, of each halfe a drag. Sugar one quarter of an ounce, temper this as thicke as you will haue it, with the sirupe of Poppie seedes.

Here may you see that Poppie seedes are vsed almost in all receipts for the sleepe. likewise all that is made of Poppie is good to procure sleepe, as the confection *Diapapauer*, *Loch de papauere*, *Syrupus de papauere* and *Diacodian*.

A powver. Take Lettice seede and white Poppie seede, of each halfe an ounce, Endiue seede, Henbane

Benbane seede and Ginger, of each one drag Sugar foure ounces, make a powder thereof.

But if all these things will not helpe, then must *Opium* of necessity be vsed, to the end that nature may get some rest. But with what prouidence this is to be vsed, that doe all experienced Physicians sufficiently know, without whose counsell the same is not to be done.

Of the ouerheated children, when they awake out of sleepe.

TAke water Lillies or Purslaine, Willow leaues, Vine leaues, and Poppie seede with the heads, of each one handfull, let these seethe together in a pot of water, when it is then luke warme set the childe his feete therein, and stroke him well downwards, likewise also from the shoulders to the elbow. This ensuing is much more safe and expert than any thing else annointed on the temples of the head.

Item make a cloth wet in his mothers milk, or if the same be not to be had, in warme Goats milke, lay thereof vpon the forehead, and on the temples of the head, it cooleth well and also causeth to sleepe.

Of *Mania*, another kind of franticknesse, which we commonly called Madnesse. §. 7.



It is discovered how that the *Mania* is a mad *Phrenesis*, without an ague, and is described by the learned, and defined after diuers manners, which are meete to be here rehearsed. *Mania* (some say) is a distemperature of the vnderstanding, which altereth the right and reasonable thoughts, with losse of voice, of wit, and of iudgement, which were good in health.

Others say thus, This *Mania* is a dotage or madnesse, and therefore a disease of the mind, which no otherwise distempereth the mind, but as any other sicknesse of the body, whereby can be no health. In fine, it is such a *Melancholia*, in case that it begin to root in one, that they become raging mad, and must be bound, yea the common sort thinke no otherwise, but that he is possessed with a spirit.

The chiefeest signes of *Mania* be these, vnstedfastnesse, alterations in words and deedes done without sense or rason, like as much talke and prating, much waking, leaping, great troubles, and such like.

But if they be caused of a cholerike *Melancholia*, then is the patient the more vnquiet, and so much the more inclined to chiding, calling, and great madnesse: but if it be mixt with burnt bloud, then doe they onely rage, and hold also their peace otherwhiles, the which cometh straight way againe afterwards with so wonderfull much talke, that they are hardly induced to hold their peace: they will be leane ouer all their body, they haue heauy dreams, spet out otherwhiles some gall, which falleth seething vpon the ground, their pulse is slow and weake, and their arteries hard.

This is verily a terrible sicknesse, not onely for the patient himselfe, but for all them that doe assist and keepe him: and is cured thzough the same meanes that are prescribed for *Phrenitis*, and for this *Melancholia* following.

Of *Melancholia*, or *Dementia*, a wonderfull madnesse. §. 8.



This word *Melancholia*, is to be taken after two waies: First, for one of the foure humors of a mans bodie, the blacke part of mans blood, whereof we haue as yet not admonished. Secondly, for a certaine sicknesse which annoyeth & weakeneth the braine and mind, with great trouble and heauinesse, is thus described.

Melancholia is a corruption of the iudgement and thoughts, altered from their naturall kinde, into an vnaturall and spoiled manner, tempered with feare and care: thzough which the black blood causeth a troubled and changed spirit; like as it is also true, that it is common with all melancholicke persons, (be it of whatsoeuer cause it will) to be alwaies fearefull and sorrowfull: and if you demaund of them the occasion, they know not to declare or alledge any occasion vnto you: they bee so full of fantasies and maruellous imaginations

tions. Otherwhiles they be weary of their life; neuerthelesse they shun death: they complaine not any otherwise but that they be persecuted and murthered, or that some wilde beasts will deuoure them; yea some be also moued in their wits; albeit that they feare death much, neuerthelesse sometimes destroy themselves. Other also being infected with this disease, they fall into ridiculous fantasies: (for an example) like as we do reade in *Galen* of one that had a strong imagination; so that he thought he was an earthen pot, and therefore shunned the way from all such as met him, fearing that they would breake him.

There was another that so surely minded the fall of the Gyant *Athlas*, which should carrie heauen, that he thought that he also carried heauen, and was so weary thereof that he could no longer carrie so great a burthen, and yet would not cast it downe for feare he should bryse himselfe and all men in the world to fitters.

Some suppose and imagine that they be Emperours, Kings, Molues, Diuels, Fowles, and what may be moze: some weepe, some laugh, others shun the water. Also it hath been seene befoze times that learned men being plagued with this disease, afterward did not know one letter. To the contrary, vnlearned men did know wonderfull artes, could speake strange languages, who also prophesied: and others that did those things that seemed to be against nature. Some feare the things which be not to be feared, nor neuer can come to passe. But in this they be like to fearefull men, yea all those men who alwayes feare darknesse: for like as such outward darknesse bringeth feare with it; so doth *Melancholia* also cause a darke blacke bloud, which maketh darknesse in a bodys minde, and a feare withall.

This is also a cause wherefoze the melancholike persons are easily possessed with the falling sicknesse.

The cause of these melancholicke fantasies do procede most from the nature of the meates which ingender melancholicke bloud: to wit, all Venison, but especially Hares, Conies, and all old flesh, whether it be of Dren, Goates, Bucks, Kine, wild Dren, and rather if they be salted than fresh.

Also of great sea fishes, Salmones, Sturgeons, &c. The like also of all herbes which do not moyssen, especially of Coleworts, and all other Pottages, as Banes, Lentels, Pease, &c. The blacke thicke Wine, old Cheese, vncleauened bread, and such like, do also increaseth Melancholie.

The melancholicke persons are also to beware of great labour, sorrow, heauie thoughts, much watching, from great hunger, and great thirst; and eschew also great cold, dry countries and dwellings.

To the contrary is also good for them, young Mutton, Kids, Lambe, Pullets, Hens, fresh flesh broth, Eggs, and whatsoever else is easily to be digested, and maketh good bloud, as Burage, Buglosse, &c.

His bread must be white, light and well raised: to bath oftentimes without tarying long in it, is very meete for them. In like manner the hearing of musicke and all mirth, and all well sauouring and odoriferous things caried about them: this is now a generall rule for all those that be assailed with this Melancholy.

But forasmuch as this grieve of the minde, or heauinesse, doth commonly procede out of two parts of mans body, as out of the braines, and the Spleene; therefore is good haede to be taken, viz. when these grieuous thoughts and fantasies do assaile a bodie, as feare, sorrow, and also when anger doth get the masterie, then it is a signe that the Melancholie procedeth out of the Spleene, and that the rather when it appeareth with swelling, & ache of the belly, loathsome colour, lost appetite, and vomiting: if it then come so farre that the patient do disclose his thoughts in words or deeds, then it is a signe that the melancholie hath fast settled herselfe, and that it is high time to vse good aduice for it: for if this maladie do take roote, then it is incurable. Therefore first the Liuer veine is to be opened in the hand; and if the bloud be blacke, then let it bleed as long as the sicke person may suffer it: but if it be faire red, then stanch it presently againe. And if with this franticknes were not the foresayd signes, but that this Melancholy (according to the frensie) were caused through long continuance in the sunne, or that the patient be beaten on the head, then is his head veine to be opened, and he is also to vse purging, and meate as is befoze said; his head is to be irrigated with warme water from on high, and afterwards to be annointed with oyle of Roses, Vineger, and womans milke, and let him smell to things which

be coole of nature, as *Roses*, *Violets*, *Sanders*, *Camfere*, &c. In fine, that which is before prescribed for frenzie, and in the first part of this booke for *Cephalaea* and *Hemicrania*, is also good for this purpose.

And if so be that none of the foresaid signes be present or apparant, then doth the melancholy not aggriue the head only, but it hath also communion with the heart and liuer. For this, the Median must be opened, and the sicke person gouerned (as is said before) a certaine space, otherwhiles holden by and interceassing, and then to begin againe with phisicke, and continuing this so long, till he be thzoughly whole.

Now in generall to write of this sicknesse, it is first to be noted, that no medicine is meet for this which purgeth by vomit, for because that the matter is heauie of it selfe, it doth couet to be purged by stoules; therefore it is good that he vse some preparatiue potions, according to the aduice of a learned Physitian, and according as the patient is able. Some also commend for this a potion of *Epithymus*, thus prepared.

A potion of *Epithymus*.

This decoction or potion do we here describe to be made after three manners, the which also is a sure signe that the same as well by the auncient Physitions, as of later time, is of estimation and price.

The first maketh *Rasis* thus: take *Mirobalans Indie* one ounce and a quarter, the rootes of *Polypodie* fine drag. *Sene* leaues nine drag. *Turbith* halfe an ounce, *Epithymus* 10. drag. seeth them all together (except the *Epithymus*) in 36. ounces of water; then at last cast in the *Epithymum*, afterwards take it from the fire and let it coole: straine it and reserue it.

The second manner. Take *Epithymum*, *Stechas*, *Mirobalani Indi*, of each one ounce, *Mirobalani Chebuli*, *Emblici*, *Bellirici*, *Turbith*, the herbe *Pyony* and *Agaricus*, of each two dragm. and a halfe, *Polypody* rootes, and *Sene*, of each three drag. *Fumitory*, *Squinant*, of each one drag. and a halfe, rinds of black *Helleboze* roots one drag. *Salgemme* two scrup. *Cozants* three quarters of an ounce; seeth them all together (except the *Epithymum*) in a pot of water a good space, then put thereto the *Epithymum* at the last, and let them seeth vntill three parts remaine: when it is lukewarme, then straine it, and keepe it in a cold place couered.

The third manner. Take *Fumitory*, *Cindie*, *Cicozie*, of each one handfull, rootes of *Polypody* three quarters of an ounce, *Cuscuta*, *Sorrell*, *Buglosse*, of each one handfull, *Thymus*, *Epithymus*, of each one ounce and a quarter, *Cozants* one ounce, *Dates* and *Figs*, of each one ounce, *Sene* leaues 7. drag. *Turbith*, three drag. *Agaricus*, halfe an ounce, seeth them all together in a pint and a halfe of water of *Fumitory*, vntill the third part be spent; then straine it, and lay to steepe in this warme decoction, two drag. and a halfe of good *Rubarbe*, Rinds of *Mirobalani Chebuli* one drag. and a halfe, *Indi* one drag. let them stand together: wzing it oftentimes out, and keepe it vntill you haue neede of it.

But before this potion, these pills are first to be vsed: Take *Agaricus* two scrup. *Aloe* one drag. *Indy* salt, halfe a drag. blacke *Helleboze* halfe a scrup. make as many pills, as you will with it for to take at twice. Three howres before the potion also you may in stead of these pills, vse the confection, *Hamech*, or *Diasena*, When as now it hath thus bene continued certaine dayes (according to the abilitie of the patient) then let him rest three dayes, and liue soberly (drinking small white wine, and then purging againe as before) and so vntill foure times one after another, for (as it is sayd before) melancholy is wonderfull hard to be purged. In fine, delay is in no wise meete, and the Physitian is to do his very best for to make the sicke person fat, for if that can be effected, then shall he quickly recouer his health.

And if it chance that he could not vse this potion, then may he take in stead thereof the pills which expell blacke *Choler*, yet to vse alwaies before some preparatiue medicine, for which you are according to the importance of the cause, to follow the aduice of a learned Physitian. This potion following is very conuenient, take *Mirobalani Indie* one ounce and a halfe, dried *Prunes* one ounce, seeth them together in 8. ounces of water, euen to the halfe: afterwards straine them through a cloth, then dissolue therein two ounces or two ounces and a halfe of *Hanna*, and vse it in the morning betimes. All the time that he shall rest, may he vse these things, as *Leticia*, *Almansoris*, the which is thus prepared: Take *Walme*, the pills of *Citrons*, *Cloues*, *Gallie*, *Muschate*,

Muscata, Mace, Cinnamome, Nutmegs, Cardamome, red and white Behen, Bionie seed pil-
led, Seduarie great and small, Basill seede, of each one drag. and a halfe, Muscus nine graines;
afterwards 20. *Mirobalani*, *Chebuli*, and 30 *Emblici*, powre twelue ounces of water thereon, bray
them so long in a mortar, vntill the fift part remaine: afterwards straine it through a cloth, and
mire therewith sixe ounces of cleare hony: seethe it so long, vntill all the water be consumed:
weigh that which is ouerplus, and temper alwaies with twelue ounces of this decoction, one
quarter of an ounce of the foresaid Spices, or one ounce and a halfe in the whole quantitie, and
then make a confection of it. But if you will haue tabulats or rotuls, take vnto twelue ounces
of Sugar one ounce, or at the most nine drag. of the foresaid spices; you shall take of the con-
fection the quantity of an Hasell nut; it strengtheneth all the principall parts of mans body,
and helpeth much the naturall warmth and concoction; it withstandeth al grievous thoughts,
and maketh also merrie, and a good colour.

A very pretious Confection.

Take *Lignum Aloes*, Cloues, Cardamome, *Amarantus*, which is burnt to powder, Roses, Bur-
rage, and Flowers of Buglosse, of each one quarter of an ounce, parched Hasell nuts halfe a
dragme, Sweete Almonds, and *Iuinber*, of each one ounce, prepared fine Bolus three drag. Annis,
Fennell, of each two ounces, Saffron two scrup. *Doronicum*, Harts bones, Seduary, Iacynth,
Smaragd, and Saphires, of each one scrup. prepared pearles one quarter of an ounce, Basill
seed one drag. eight leaues of beaten gold, you are to seeth this together in the iuyce of *Chama-*
drios, of fiede Cypers, and iuyce of Buglosse, of each three ounces, vntill all the iuyce be consu-
med. But note, that the precious stones, gold, and Saffron must not be sodden with it, but be
at the last tempered amongst it. Of this is to be giuen in the morning early three dragm. in a
draught of wine before dinner and supper, one drag. and halfe to eate, and halfe an ounce of con-
serue of Buglosse after it. This is especially fit for the burnt melancholie, of whatsoever occa-
sion the same doth procede. If you will vse it also in *Mania*, minister it with the Water of
Violets, and of water Lillies. Now for to prouoke sleepe, you are to giue the decoction of Poppy
heads, or lukewarme water of water Lillies one quarter of an ounce, and that two houres after
supper.

Another Confection.

Take burnt silke, prepared Corall, of each halfe a scrup. burnt Harts horne two scrup. pre-
pared Pearles one drag. Cardamome foure scrup. prepared Pingles two ounces, Hyssop,
and Licorice, of each two scrup. Nutmegs, Cloues, Mace, Indie Spica, Cypers roots, Cucubes
and Galingale, of each one drag. and a halfe, Cinnamom one quarter of an ounce, Saffron one
scrup. white Sugar 24. ounces, seethe this with Buglosse water, vntill it be as thicke as hony,
and then temper the rest with a little Muske amongst it.

A powder which is much commended.

It is said that it hath bene many times found, that they which had this melanchelike passion,
haue onely through this powder recovered health both of body and mind.

Take *Epithymum* one ounce and a halfe, Azure stone, *Agaricus*, of each one quarter of an
ounce, *Diagridion* one drag. 20. Cloues, this being beaten together and tempered, you are twice
a weeke to giue thereof, but at the most one quarter of an ounce. Or you may vse for this the
confection *Diamargariton*, and all that is described before for the strengthening of the head, and
shall be described hereafter for the comforting of the heart. To moisten the dry braines in this
Melancholia, take the broth wherein the head of a Weather, or the seete be decocted: let certaine
Poppy heads be sod five or sixe waumes, and so lay thereof wet clothes vpon the head. Or take
the flowers of Borage, of Buglosse, *Thymus*, *Epithymus*, of each a like quantity, seeth this toge-
ther, and wash the head therewith.

Take the iuyce of Borage, and of *Fumitorie*, of each sixe ounces, foment therewith the head

with a sponge which is made wet therein: if you cannot get this iuyce, then take the water of the same hearbes.

¶ Sleeping is also very fit for this vse: and that is to be prouoked like as is taught in the second Chapter and 2. §. The learned do aduise, that in this disease, after the purging, the head before and behind aboue the necke is to be canterized euen to the very bone, and to hold the holes open the space of 14. daies. In fine, to rehearse the whole manner of curing this Melancholy, it consisteth onely therein, that the blacke Melancholike blood is first and last to be purged, through all meanes possible. Also good heed is to be taken vnto the liuer, and the Physicke to be ordained thereafter.

Of the Palsey in generall. §. 9.

This is indeed a swift, grievous and terrible disease, which (like as is said before) hath his off-spring from the braine. It is of diuers natures, each one worse than y other, which we will comprehend in fīue kinds: the first is *Lethargus*, which is the sleeping sicknesse: the second is *Stupor* or *Tremor*, which is astonishing and quaking, which some call the small Palsey: the third is *Paralysis*, that is, the right or dead Palsey: the fourth is *Epilepsia*, which is the falling sicknesse, and all kinds of such like paroxismes, sometimes in old men, and otherwhiles in yong children: the fift is *Apoplexia*, that is the most grievouest, which is not without reason, we doe call the power or hand of God,

Because that these said sickneses do resemble each other in many things, therefore wee will before all briefly discover what difference there is betwene them, and wherein they doe accord together. First therefore *Apoplexia* and *Epilepsia*, haue this difference, that the last mentioned is placed before in the head, the man fallen neither calleth nor cryeth out, the sinewes stirre, and are contracted towards the braine, he hath the breath almost wholly free, and cometh quickly to himselfe againe. To the contrary, the *Apoplecticus*, or he that is stricken with the dead Palsey, the sicknesse is ouer his whole head, cryeth in falling, the sinewes will be slack, they haue a grievous or no breath, and come slowly to themselves: but they resemble each other so like, that they be both caused of flegmaticke humors in the braine.

The Palsey or *Apoplexia*, is also differing from the numbednesse and sleeping sicknesse, which is *Lethargus*, *Subeth*, and *Congelatio*: but in *Congelatione*, there is no restraint of the breath, as there is in the Palsey: secondly, it forcibly assaileth the sicke persons; they thrust, cry out, and such like, which is nothing so cum *Apoplecticis*.

Thirdly, that the sleeping disease cometh slowly, and the dead Palsey very sodainly. But herein they accord, that all they be altogether depriued of their vnderstanding. *Subet* or *Stupor*, doth therein disagree with *Lethargus* and *Congelatio*, that at the last there assaileth in *Lethargus* an Ague, and an Impostume in the hinder part of the head: where contrariwise *Subet* or *Stupor* cometh without an Ague, and alwaies without any sozenesse, and in the forepart of the head.

Of the sleeping disease *Lethargus*, *Veturnus*, *Torpor*. §. 10.

The nature of this disease is cleane contrary to the foresaid frenzie: for that like as they be plagued with an immoderate watching; so are they in this sicknesse vexed with an insatiable sleeping. It beginneth first with an alteration in the colour in the skin ouer the whole body, and with a feeble pulse, sometimes with a small, and otherwhiles with a great and hurtfull ague. It is also caused out of a cold moisture of the head and braines, whereby not only the vnderstanding is enfebled, but is for the most part alwaies so spoiled, that they utterly forget all that they doe speake, heare and see. The which also the Greeke name *Lethargus* doth signifie; for this cold slime doth through his toughnesse obstruct the hindmost tunicles of the braines, where the memory hath her seate. Amongst many causes this is one of the commonest, namely, all that augmenteth melancholy, that causeth this sleepey sicknesse: but which they be, looke in other places, viz. where the melancholy is described, which the first Register discovereth especially. This maladie is caused of all meate and drinke which ascendeth towards the head, as Onions, Garlick, Pennyroyall, Mustard (howsoeuer they be dressed) and such like moe: Also if he overcharge himselfe, liueth in filthinesse, sleepeth much, and especially lyeth on the backe, whereby

Whereby that the heavy flegmaticke vapors doe ascend into the hindermost parts of the head, which doe cause there otherwhiles an impostumation or depauration of the vnderstanding, and sometimes much gaping or yawning.

There is also to be noted, that there be foure kinds of diseases contained and comprehended amongst these sleeping sicknesses.

First, *Lethargus* it selfe; *Congelatio*, which is the numnesse; *Stupor*, that is, senselesnesse; *Sopor*, which is called of the Arabians, a very deepe sleepe. And although it appeare that all these be one kind of sort, neuerthelesse they haue notable differences.

The numnesse and sleeping sickness doe therein accord, viz. that they doe both infect the hinder part of the braine, doe take away vnderstanding, and all sensiblenesse, and preterre forgetfulness.

But they disagree herein, that in *Lethargo* the eyes be shut; and in the numnesse they remaine open, like as is sufficiently shewed before in the 9. S. But to the end we might speake somewhat of their signes, these are the commonest; small continuall agues with a dead sleepe, and the patient lyeth alwaies with closed eyes; if one call him, he openeth the eyes, and shutteth them close againe by and by; the pulse is strong, but slow and sweatie, with forgetfulness of all that is past and done, and of present things, yea in such manner, if they aske for meate and drinke, they forget to shut their mouth to: they draw their breath slowly, and with great trouble; the going to priuy or stoule is alwaies thin, the vyne thicke and troubled, as of a foure footed beast. If all these signes (or any of them) be marked, then it is easily to be adiudged, that it is none other but the sleeping disease. But if there befall something else with it (whereof it were too long to write) then doe these foresaid signes alter and change.

Now for the first meane all diligence is to be done, to let and stay that these persons fall not in any deepe sleepe, through the strong binding of the outward members, like as is taught in the ninth Chapter and second s. and in other places of the Wissing of the eares, frothing and rubbing the same hard: also the plucking by the nose or beard, and women by the haire of their priuities, lowd crying, and making great noyse, yea if it were needfull, by fearing them, to the end they may be sorrowfull.

Some Physicians begin first the cure with letting blood and opening of the head veine: and if there be no other occasion which may let and hinder it, few daies after the veine on the forehead above the nose. They also do further the bleeding at the nose, by thrusting in of swines bristles and such other. Afterwards they vse strong Clisters, and two or three daies afterward needling powder, for to expell sleepe therewith: and if all these will not help, then is one to looke if he can bring the patient to parbaking and vomiting, whether it be through thrusting in of his fingers, feathers, plumes or ware candles into the throte, or through the iuyce of Radishes tempered with *Oxymel*, or taking a Radish, sticking here and there into it peeces of blacke Helleboe laid all night in a celler, taking out the rootes in the morning, and boyling the Radish in water, and straining it through a cloth: tempering therein one dragme of Saffron and foure ounces of vineger, whereof two spoonesfulls are to be giuen him immediatly after meate.

The order of dyet.

Because that this maladie is short, and inclineth speedily to life or to death; therefore is no great heede to be taken for meate and drinke in this sickness: but thin Peade must be his onely drinke, for it digesteth and expelleth. Also he is to occupie the broth of Fitches and Barley decocted with Hen broth: it is a commodious meate for him; but of all fruites, and meats of cold nature, he must beware.

But as much as concerneth the foresaid Clisters, we shall speake thereof when we discourse of the *Apoplexia*: for thereby be the braines discharged from all that hurtfull matter. You must also in stead of the same, vse these suppositoies: Take stone salt, and beaten Beuercod, of each one dragme, clarified Hony two ounces: make meetly thicke and long suppositoies of it.

For to purge, this ensuing is very requisite: Take *Hiera Picra* halfe an ounce, Hony water three ounces; it is thin and bitter: or breake the Pills *Cochia* one dragme, sirupe of Roses one ounce, in three or foure ounces of Hony water: also he must drinke sometimes of this hony water following: Take foure parts of Water, and one part of hony, seeth it so long as it will call

bp any scum. The aboue mentioned *Oxyrrhodinum* thre daies together laid vpon the head is also much commended. Or make this water, *Stechas*, *Rue*, *Marioram* gentle, *Marioram*, *Bay* leaues, *Hyssop* and *Pep*, of each halfe a handfull: seeth them all together in sufficient water vnto the halfe: dip a sponge therein, and apply it warme to the head. This foresaid water may from on high be irrigated vpon the head, and the hearbs being wrung out to be laid in a litle bag on the top of the head.

Item, take Pigeon dung, temper it with Hony, and so lay it vpon the head; you must rub well the necke with Lillie rootes or with Squils. For this are also good all these Oyles ensuing vled each by it selfe or mixed together, as the oyle of *Beuercod*, of *Spike*, of *Pieretrum*, of *Mustard* seede, and oyle of *Bayes*, the iuyce of *Rue*, or the hearbe decocted in *Wine*, and laid in the necke, is very highly commended.

Because then the causes require (like as is said) that the head be purged through nœsing, take the things whereof we haue at sundry times spoken, like as the first Register shall shew thee: if it be needfull to purge yet moze, you haue further instructions for it in the foresaid places, where we haue discoursed of the *Palley*.

Lastly, the patients haire is to be shorne off, and afterwards he must haue the head annointed with a salue of *Mustard* seede, *Beuercod*, and *Wineger* tempered together, for it is strong and hote for to consume all melancholike humors in the hinder part of the head. There may also those things be vled for it which are ordained for the *Palley*, which be woorthy of obseruation.

Of Numnesse and Astonishing, which is *Stupor*, *Congelatio*, whereon dependeth *Tremor*, which we call trembling.

§. II.



The second kind of this sleeping disease haue we ascribed to *Stupor* and *Tremor*, that is, the numnesse and trembling which commonly follow each other.

What the first is for a disease, that is discovered in the beginning of this our booke, viz. a strong cold, which comprehendeth the hinder part of the head (like to *Lethargus*) and maketh vnmoueable and senselesse the partie affected, and therefore is likened therein to the *Paralyti*, for that also (as is said) it is called a small *Paralyti* or *Palley*. In this sicknesse the patient lyeth none otherwise then as if he slept, but hath the eyes open, and stirreth neither the eyelids, nor any other member of the bodie. If they do get this numnesse, as they stand, they remaine standing, or as stiffe as a sticke: if they get it writhing, so doe they continue sitting, as if they wrote: or if they get it with looking into the Skie, so they also remaine seeing without any alteration; whereby then the common people do get an vnbeleefe, saying, that they be taken away, and that they speake with God or with an Angell: amongst which otherwhiles *Sathan* doth mingle his wilinesse, whereby some doe take and hold them for Saints, like as they sometimes shew forth, that they haue seene maruels in *Purgatorie* and in heauen. In fine, these be likened to *Idols*, that doe not see with open eyes, doe not smell, nor heare, doe not speake with open throte, neither goe on their legs, like as the *Psalme* saith. This numnesse or stiffnesse doth also most commonly take one in their slepe, that is, if any one haue a legge or a foote stiffe, like as the learned and we also call it sleeping, and hath lost for the space of a certaine time his feeling, and motion, the which hapneth if that one member lie too hard vpon the other, whereby the vitall spirits are kept backe: but with what infirmities of the braine this numnesse agreeth, is sufficiently before rehearsed and shewed.

This disease is to be holpen as the sleeping sicknesse *Subet* is cured, as you finde written in the first Chapter §. 6. and afterwards of *Cephalea*: but for this is especiallie commanded not to tarry long from taking of good aduice, for that if one let this numnesse grow old, then followeth after it a perfect *palley*.

Therefore, if any body haue their feete or other member benumbed, or will be stiffe, then are the remedies to be vled for it, which are good for the *palley*, and those that shall be hereafter described, and a good diet to be obserued in eating and drinking. Also all such meates to be chosen which be warme and drie by nature, as Pullets with their brothes, and all other fowles which make their abode in the hilly country. If this patient may also be brought to sweating, it would be very good. The neck and all other stified members are euery where to be annointed with

with *Dialthea*, or *Martiaton*: for this is also good oyle of *Cofus*, with a little *Beuer* cod tempered amongst it, which is speciall good for trembling. But if the maladie were old, then purge with the pills *Cochis*, and vse otherwhiles the confection *Anacardina*, which is also much commended for the same: or take the oyle of *Elderne* flowers one ounce and a halfe, temper it amongst one quarter of an ounce of *Euphorbium*, and annoint the head therewith.

In like manner the head may also be annointed with the oyle of *Elderne* leaues, *Beuer* cod, and of *Euphorbium*, or vse this water following, which is more milder.

Take *Burrage*, *Bugl* osse, *Fumitorie*, *Stechas*, *Tymus*, *Tymiana*, of each halfe a handfull: seethe them all together in sufficient water, and let the head be therewith irrigated warme, or made moist with a sponge. The needling is also very requisite, and this is to be done in the numnesse or stiffness with blacke *Helleboze*, by reason that the same vehemently riddeth away al melancholy. Whereof two kinds are here described. *Clifters* are also very commodious for this kind of numnes: take *Mercurie*, *Balme*, *Sene* leaues, rootes of *Polypody*, *Burrage*, *Buglosse*, *Annis* seedes, and *Fennell* seedes, of each halfe a *℞*. Also take *Bzan*, seeth all these together in sufficient water, and take thereof 12. or 16. ounces. Temper amongst it *Hiera Ruffi*, *Logodionis*, of each halfe an ounce, oyle of *Rue* foure ounces, salt halfe a drag. then make a *Clifter* thereof.

The second. Take *Burrage*, *Buglosse*, both the rootes and hearbes, *Fumitorie*, *Mercury*, of each one *℞*. *Cuscuta*, *Fennell*, *Tymus*, *Tymiana*, *Stechas*, and *Amaranthus*, of each halfe a *℞*. also a little *Bzan*: seeth this altogether, and take of this decoction as much as befoze: afterwards put more thereto, oyle of *Lillies*, and *Honie*, of each one ounce and a halfe, *Salgemma*, one drag. *Hiera logodion*, or *Ruffi*, three quarters of an ounce more or lesse according as the patients ability requireth.

Of the shaking Palsey. §. 12.



Concerning the shaking Palsey, the which is a kind of this forementioned disease, it is therefore added to the numnesse, for that they both procede from one kind of cause.

There be diuerse spices of this, which are here especially reckoned amongst the contagions of the braines, although they be caused through some offence or perishing of the sinewes, and are thus described: The shaking is a continuall strife of the naturall powers, which willingly and after a naturall manner are raised without ceasing, and is overcome by sickness. Also, this shaking is a weakening or diminishing of motion.

This hapneth of many causes, as if one looke from great height into the depth, or like as any body should speake to a seuerer Prince, a Tyrant, or any other great Sir, or Ruler; or if one see any deuouring beast befoze his eyes. Also this shaking or trembling cometh of great anger, great ioy, hard binding, through great cold and darknesse, like as daily experience sheweth. Item through great heate, vnbridled incontinencie, much bleeding, and also when there is little bloud and spirit extant, as one seeth by them which be recovered of a long sickness. But because that it plainly appeareth by the foresaid reasons, that this disease is caused by diuers meanes and accidents, therfore there be generally diuers remedies appropriate vnto it. Wherefore if it procede of perishing of the sinewes, and cold causes (like as it most cometh to passe) then is to be vsed for it all that is ordained for the Crampe and Palsey. Generally of all other hearbes there is prayed for this, *Thre leaued grasse*, *Commin*, and *Stechas*, whether it be in *Clifters* or otherwise: of oyles, the oyle of wild *Cucumbers*, of *Dill*, of *Cleauers*, *Articoca*, which hearbe is maruellous forcible against the shaking or trembling.

For his meate, are very meete for it the braines of *Hares*, yong *Stares*, and yong *Beners*, and also for all other diseases of the sinewes. These *Clifters* following are also to be vsed, take *Centorie*, wild and garden *Sage*, *Rue* and *Cowslips*, *S. Johns wort*, and *Mercury*, of each halfe a *℞*. also peeled wild *Saffron* seed one drag. *Rue* seed, *Basil* seed, siluer mountaine seed, of each halfe an ounce, *Agaricus* five drag. *Stechas* and *Amaranthus*, of each halfe an ounce: let them seeth together in sufficient water, take 12. or 16. ounces of this decoction, *Hony*, and oyle of *Lillis*, of each one ounce and a halfe, *Salgemma*, *Pil. Cochis*, of each halfe a drag. temper them well for a *Clifter*, this is also good for the palsey and stiffness: but if the trembling come of

excesse drinking of wine, then is the same to be forborn, or at least tempered with Sage water, or common water wherein Sage is decocted: Heade is much more meate for this then wine, or common water tempered with the iuice of Pomegranates, or Aeriuiue. There is also to be demanded, what the cause is, that the head alwaies shaketh most of all, and next after the hands: like as by experience is scene. The answer: For that the braine is a very flegmaticke part, the which imparteth her moisture to the other members. And for that the hands are next of all to the head with their sinewes, and far from the naturall warmth: they are also most annoyed with outward causes, for that they be seldome couered. Now that one may chiefly helpe this shaking of the head, (out of which might procede much damage) first is the patient to eschew all moist and cold meate, as fish, and especially sodden Crabbes and Celes. He is also to refraine from Spinage, Bêtes, Purslaine, Cucumbers, and such like hearbes, and all that is made of dowe, except leauened bread. Item, from all sorts of pottages, except red and white pease, and Rife. All fruit is also hurtfull vnto him, except Oranges and Limons which be preserued. Milke, and all that is made of milke is he to shun like poison; and if he loue his health, he must drinke no wine. But his meate is to be wheaten bread with the bran: Also Meale, kids flesh, and leane powdered flesh, Fennell, Mints, Rosemarie, Sage, wild Tyme, yellow Rapes, Parsneps, Capers, and such like, are also very commodious. For his drinke is this to be prepared; take fire quartes of fresh Well water, and one ounce of dried Rosmary flowers; let it seethe vntill two quartes be wasted: afterwards temper thereto foure and twentie ounces of Honie, let it then seeth againe, and scum it well, vntill there be about a quart consumed: Afterwards straine it through a tight cloth, and let him drinke thereof in stead of wine: but if he cannot well drinke it, then temper a little red cleare wine amongst it. But if so be that he must and will drinke wine, then take Rosemarie wine; for it strengtheneth the members, and also the sinewes, whether it be drunken, or the members rubd with it. The same doth also the wine of Clarie, Sage, and Wormwood, but aboue all other Rosemarie wine.

But if so be that the person be yong and full of blond, then after the vse of the foresaid Clifters open the Liuer veine in the elbow, or vpon the hand, and let out of it foure or fife ounces of blond, and the next day afterwards let him take these pills following: as *Cochie, de Sarcocolla*, of each halfe a drag. With the iuice of Roses, whereof are seuen pills to be made, and he must fast after them fife houres: Also to drinke afterwards a good draught of warme wine, and an houre after he is to breake his fast. After purging he is to drinke euery morning this potion following the space of a moneth, and to fast foure houres after it. Take water of Artichokes, of Betonie, and Rosemarie of each one ounce, sirupe of *Stechas* and *Oxymel*, of each thre quarters of an ounce: and once in twelue daies he is to vse these pills following: as *Pill. foetidum*, two scrup. *Cochiarum* one scrup. whereof you are to make with the sirupe of Roses seuen pills, euery evening when he goeth to bed he is to eate one quarter of an ounce of Calmus, and thereupon to drinke a draught of Artichoke water. He is also from the necke downwards to the rumpe along the backe bone, to be rubbed with warme clothes, and thereupon annoint it with the oile of Artichokes. He is also to drinke halfe a drag. of the powder of a Hares head burned, and that one houre before meate, with Meade, or water of Artichokes. Now after that the patient is well purged, then may he euery day two or thre houres before meate, set boring cups vnpickt behind in the necke.

A Powder.

Take field Cyppers, Cowslips, *Lignum Aloes*, Ireos, *Hermoadactils*, *Stechas*, *Parioram*, Mints, of each halfe a drag. *Indy Spica*, Graines and Rue, of each one scruple: this beaten each by himselfe, and then tempered, bestrew all the head therewith when it is shorne.

The Confection of *Diamargariton*.

This Confection following is very meate for all manner of shaking: it doth maruellously strengthen the heart in all venimous accidents, and is amiable to the stomacke.

Take Cinnamom, *Lignum Aloes*, Cloues, *Indy Spica*, Galingale, Licorice, *Trociscos de Violis sine Scammonio*, *Specierum*, *Diarrhodon Abbatis*, of each fife drag. Nutmegs, *Alipte. muscate*, *Seduarie*,

duarie, Spikenard, Pace, Kubarbe, and red Stozar, of each halfe an ounce, prepared Pearles, burnt Iuorie, Harts bones, Ginger, *Blatia Byzantia*, of each two dragmes and a halfe, Muscus, *Ambra*, Cardamom, Louage seede, Basill seede, of each one dragme and a halfe, Camfere one dragme, and three ounces of clarified Honie: temper these all together, and you shall giue thereof early in the morning, and as often as is needfull in the day time; to wit, one quarter of an ounce at once.

If you will then haue Tabulats thereof, then take twelue ounces of Sugar, and one ounce of the foresaid ingredience: scethe Sugar with Lauander water; or if you desire it more cooler, then take Buglosse water, there is also at many Apothecaries *Diamargariton frigidum*, which is yet more cooling, because that the former is of a warme nature.

Against the trembling or shaking are all *Aqua. Comp.* good, which are described in the eighth part, taking thereof, or the trembling member washed or rubbed therewith.

Item take Carlike, beate it with wine, and rub the shaking members with it: In like manner also, with the iuyce of wilde Cucumbers, tempered with oile of three leaued grasse, or vled by it selfe. Take a sponge which groweth on the Juniper tree in May, before the rising of the sun: put it into a glasse, set it in the sun, and then will it change to water; wherewith wash the shaking and trembling hands, and let them dry of themselves. There is much taught in the second part, of the palpitation of the heart, which is also meete for this shaking.

For the Resolution of the sinewes or dead Palsey. §. 13.



If the third kind of Palsey we haue told heretofore in the beginning of the 8. s. of the Resolution in the sinewes, what manner of sicknesse it is that doth so daingly take away the free motion and action of a part in mans body particularly, or wholly, and maketh it dead and insensible. We do call the same a resolution of the sinewes, or a dead Palsey, and them that be troubled with it, *Paralyticos*.

This is now called by the learned, the great or dead Palsey or Resolution, for a difference, of the foresaid trembling and shaking. In this are two kinds of natures hidden; whereof the one is *Epilepsia*, when it taketh the left or right side, and not all the whole body, and is called in Latin *Resolutio*, or *Dissolutio neruorum*, that is, a resolution or vnbinding of the sinewes, that the members haue no strength or might in them, whereof we will here speak more at large, for this Palsey concerneth not the head at al: for if so be that the head be therewith infected, then is it a right Apoplexie.

The Palsey or Resolution, whereof we at this present doe speake, hath many causes: first, it is properly caused of cold moyst meates, as Fish, Swines flesh, Milke, and all that is dressed therewith: all fruits, except Almonds, Walell nuts, and Pistaces: also all cold herbs, as Beets, Spinage, &c. In fine, all that is moyst and cold is hurtfull for this sicknesse. But if one will eate Fish, Porce, and red Pease, then are they to be prepared with Rosemary, wilde Time, Mint, Sage, and such like. The sursetting with meate and drinke, is in this sicknesse very preiudicial, like as also much sleeping, and cheefely for all them that be of a cold nature, and be old, or dwell in a cold or moyst countrey.

This disease may also proceede of beating, breaking, or racking of the sinewes, of anger, of feare, great cold, hard binding of any of the members, and such like more. For this, all drying and warming meates are good; as well salted and leauened bread, Partridges, Fesants, Turtle doves, and all small fowles: also Gutton and Meale dressed with the foresaid herbs. Some commend much kids flesh salted, the which should strengthen much the sinewes. For this is also meete all kind of drying and warming Conserues, whether they be of rootes, herbes, flowers, or spices: but wine is to be restrained as much as is possible. But in case that the patient, by reason of his age, cannot forbear wine, then chuse old red wine, which he is to drinke tempered with a little Rosemarie water: and if that like him not, then he may drinke Rosemarie water alone, whether it be decocted or distilled. If the red wine be against him or not to be gotten, then take thin white wine, and temper it with water wherein Cardamome is decocted.

Now all they that will be defended from this Palsey, they are to vse much conserved Coriander, fasting and before meales; as also to vse white prepared Mustard seede therewith.

For this is also very good the blond of Turtle doves drunken. This sicknesse commonly appeareth

peareth with a new and full Bone, against which you are to prepare these things following.

Take good Treacle three quarters of an ounce, Beuercod one quarter of an ounce, and tempered it with Lauander water, and take it in the morning fasting.

But if so be there appeare any beginning of this sicknesse, then do many aduise (and that rightly) that then the thumbe and great toe are to be hard rubbed, chafed, and stretched out; and likewise to rub with warme clothes the necke and the backe bone downwards, that the bloud may be drawne from the head and from the heart. Also there must be a little Treacle thrust behind in his throte.

Beuercod holden in the mouth and vnder the tongue is also very good. Some doe also giue Beuercod and Pepper to drinke, of each one drag.

For this is also much commended *Asa fetida*, whether it be taken inwardly, vsed on the outside, or in gargarismes: and if you would take the same, then is one drag. and a half enough, with Pepper and Rue, of each halfe a drag, tempered with wine. This is good for all diseases of the sinewes.

The distilled water of blacke Cherries is also much praised for this sicknesse at the first, and especially if one put thereto as much Lauander water, and so take thereof three or foure ounces at one time.

The common order of this sicknesse is, that all remedies for this disease are applyed to the hinder part of the head, and in the beginning before the fourth and seventh, or also before the fourteenth day to vse no strong medicines, but onely preparatiues. And if so be that the sicke person will yeld vnto it, then it were not amisse that he drinke no other thing the first foure or fve dayes, and did eate almost nought else but only hony water, yea also (if it be possible) to suffer hunger and thirst with it. The fourth day he is to haue giuen him one drag. or a drag. and a halfe of Treacle or Rithridate, with waters mete for this disease.

It is also found by experience, that all they that be burthened with this disease, shall get great ease, if they accustome to drinke every morning three ounces of Rosemary or Lauander water, with three drag. of the powder of *Pieretrum* tempered amongst it.

Item take the water of the blossomes of the Lillet tree, of May Lillies, and of blacke Cherries, of each one ounce, giue it him so to drinke. In like manner also stilled womans milke is highly commended for it, and all kinds of *Aqua Compos.*

Take sliced Licorice, and Annis seedes, of each one ounce, Clecampare halfe an ounce, Pionie rootes one drag. Putmegs one ounce, Spirit of wine sixteen ounces, Hony eight ounces: temper these all together and conserue them well. In winter put thereto one quarter of an ounce of long Pepper, vse thereof every morning a spoonfull or twaine. This is marvellous much commended for a speciall remedie.

Another.

Take Lauander water six ounces, water of the May Lillies three ounces, *Elixer vite*, and the water of wilde Poppey, of each two ounces, oyle of Beuercod one ounce and a halfe; temper it in a glasse, and then set it in the Sun the space of eight dayes, whereof in time of neede take a spoonfull, and annoint therewith the temples of the head. *M. Tristrams* water is also very fit for this purpose.

Of Purging.

As much as purging is very needfull in this sicknesse, therefore for an example will we describe here a purgation. But it is aboue all aduised, that the sick body drinke every morning foure or fve daies together five ounces of Rosemary water, and fast foure houres vpon it.

Afterwards he is to take halfe an ounce of *Hiera logodion*, tempered in two ounces of Agrimonie water, in the morning, and to fast five houres after it; or to vse these pills following: take *Agaricus* a scrup. *Asa fetida* halfe a scrup. Ginger twelue graines, *Diagridion* one graine: make pills thereof with the iuice of Hyssop. When the patient is purged, then he is to vse this potion following, for the space of eight daies together: Take the water of Agrimonie, and of Sothernwood, of each two ounces, put some Sugar amongst it.

Other

Other doe rather aduise this following : Take Calmus halfe an ounce, Cowslips thre M. Saint Johns woort, field and garden Sage, Betonie, Balme, Rue, Bay leaues, of each one M. Siluer mountaine, Balsame wood, Balsame fruite, and Basill seede, of each one quarter of an ounce, Licorice, Cozants, Lauander flowers, *Amaranthus*, of each one ounce, clarified Honie five ounces, raine water which is clarified with the white of an egge, twelue ounces ; let al these seeth together vnto a sirupe.

Another.

Take Calmus five ounces, Sage thre M. Stechas thre ounces, clarified hony five ounces, white Sugar nine ounces ; seeth them together in eightene ounces of raine water vnto a sirupe, whereof you may take one ounce and a halfe, or two ounces at once, tempered with Sage water.

Also you may vse the sirupe of *Stechas*, for all they be very commodious for this disease. Afterwards take the former purgation againe, or the pills of *Euphorbium*, de Serapino, & de Opopanaco. And if the patient by drinkeing of these potions doe remaine bound in body, then is he euery euening befoze supper to swallow one of these pills following.

Take of the pills of *Alephangine* one drag. *Trocisci Alhandali*, *Agaricus*, of each halfe a scrup. Indie salt fine graines, whereof make sixtene pills.

Clifters.

Take Sage, Rue, *Stechas*, Centozie, Gallowes, Mercurie and Bran, of each halfe a handfull : let them seeth all together, and take twelue ounces of this decoction ; temper amongst it *Hiera logodion* halfe an ounce, Salt one quarter of an ounce, Sallad oyle thre ounces, minister it warme. But for them that haue newly gotten this dead Palsey, there is to be sodden in these Clifters, halfe an ounce of rootes of *Bzomie*, or of *Pyonie*, for both these are good for the disease.

Powder for sauce to meate.

This powder is he to strew vpon the meat in stead of spice: Take pickt Cinnamon one ounce and a halfe, prepared Coriander, Cloues, Salingall, Pepper, Cucubes, Mace, Nutmegs, of each one ounce, Calmus two ounces, Coutchenell halfe an ounce, Sugar five ounces ; this is to be tempered together.

Another.

Take Pepper two drag. and a halfe, Cloues, Cardamome, long Pepper, Seduary, of each one dragm. Andy Spica, Mace, Saffron, of each one scrup. Sugar as much as you please : temper them well together.

Item, about the third day is the patient befoze the rising of the Sun, to take one dragm. of Treacle tempered with the water of wild Sage. This medicine is most highly commended of diuerse Phisitions.

Of Bathing.

In this sicknesse is also bathing much commended ; whereof there be two kindes naturally, as sea water, or that is sulfurish by nature : Others which be prepared with hearbes and such like.

For the herbe bath ; take the same hearbes, rootes, and seedes, which be named in the last sirupes, and one is onely to receiue the vapoꝝ, and sweate withall : or make this ensuing.

Take Bay berries, Juniper berries, and Pepper, of each as much as you please, stampe it to grosse powder, and let the patient in a drie bath : powꝛe of this powder on hot ironis, teimpꝛed with Lauander water, to the end he may sweate well with the vapoꝝ thereof, then rub all his members infected with Venice Sope, vntill the Sope be drie againe : Also his bodie is not to be made

made wet at any time with any thing, but onely as he steppeth out of the bath with Lauander water, which is to be powred on a glowing Iron, and so moysten him with this vapoꝝ. And after bathing, tarrying in a warme place, the lame ioynts are to be rubbed hard with the grease of Storkes, vntill they be drie; and afterwards with the seluet of a Wether; and lastly with Buckes seluet. This being continued so the space of foure dayes, the great veine on the foote is to be opened, and boring cups set vpon the armes: then will he be holpen.

An especiall Bath.

Take a Fore, vncase him, and (the bowels being taken out) seeth him in a sufficient quantity of water, and bath the sicke person with it: but yet not befoze that the body be purged, it is not otherwise permitted.

Fomentations in stead of Bathes.

Take Sage fixe ℥. Juniper berries foure ℥. the strong wine less seven quarts; let them seeth together by a small fire: afterwards put it all together in a necessary kettle or pot, to the end the vapoꝝ thereof may euapoꝝate and ascend vnto the lame member, and vse this so twice every day.

Item, take drie Sage thꝛe ℥. seethe it in a pinte of raine water vntill the third part be sodden away: at the length cast therein one ounce and a halfe of *Stechados*, let it seeth a waume or two: then temper amongst it halfe a pinte of wine, or salt water, with halfe so much white wine, clarified hony two ounces: annoint and rub therewith the lame members. This (and other moe which follow hereafter) is approued for this disease, if one cannot get the naturall bath, or will not vse artificiall bathes, which is alwaies to be vsed befoze the annointing, therewith befoze hand to open the pores.

Take a hote Tile, sprinkle it with good strong wine, receiue the vapoꝝ vnto the lame members; when they then be warmed and besweated, dry them with warme clothes, and annoint them with some of the foresaid things, now with the one, and then with the other, and couer wel the members with a good Wolfes furre, or with somewhat like vnto it.

In like manner it is also good to rub the lame side with good burnt wine, or spirit of wine only, or halfe so much white wine tempered amongst it: but if you will haue it yet moze forcible, then take in the stead of the spirit of wine, one of these *Elixers vite* following.

A water for Inunction.

Take Rosemarie, Marioram gentle, and Bay berries, of each one handfull, Venice Sope as much as the yolke of an egge, fixe ounces of Lauander water, temper all these together in a mortar, and let it stand a day: afterwards wring it thꝛough a cloth, the which is thus to be vsed: first rub the member wel with a warme cloth, and annoint the water vpon it.

Also he is twice a weeke for to swallow or slide downe, ʒ. or ii. prepared Mustard seeds, and to drinke thereupon two or thꝛe ounces of Lauander water, and so to continue this the space of thꝛe weekes: otherwhiles he may annoint the lame side with the Oyle of Juniper, but not too often: for thereby might come great hurt. The oyle of Costus is also especially recommended for this vse, which is thus made.

Oyle of Costus.

Take the rootes of Costus one ounce, Pepper, *Pieretrum*, *Euphorbium*, of each eight scruples, Beuercod halfe an ounce, melt these all together in fixe ounces of the oyle of Wall flowers, or in oyle of Bay which is moze forcible.

Another.

Take powdered *Pieretrum*, halfe an ounce, seeth it in fixe ounces of Sallad oile, vntill the third part be consumed, let the sicke person be annointed therewith foure times in foure and twentie houres: it is much commended of all ancient and later Physicians.

A marvellous Oyle called *Hypobalsamus*.

This Oyle is most highly commended for the dead Palsey, and for all resolutions of the sinewes, and is thus made: Take cleare Turpentine sixe ounces, oyle of Bayes one ounce, *Galbanum*, *Gummi Helenis*, of each three ounces, *Gummi Hedera*, *Olibanum*, *Lignum Aloes*, of each one ounce, Masticke one quarter of an ounce, Myrre, *Laudanum*, Aloes, Beuercod, of each three dragmes, powne it grosse; then adde vnto it two ounces of spirit of Wine, let it stand three dayes, afterwards take Galingale, Cloues, Cinnamom, Nutmegs, Zeduary, Cucubes, of each one quarter of an ounce, *Diptamus*, Comfrey, of each one ounce and a halfe: powre thereon two ounces of spirit of wine: let it stand so foure daies, stirring it oftentimes about, distill it afterwards in a glasse helme. This water is called also Balme water, which must be preserued alone, so also doe with the Oyle: for it swageth and strengtheneth all the sinewes marvellous much.

For this is also made the oyle of Parietom gentle, the oyle of Juniper, of wilde Cucumbers, of Lyles, and two precious balmes which shall be hereafter described in the eight part, which are especiall good for the lame members.

This salve following is very good for all lame hands: Take Lauander, Sage, of each one handfull, Juniper berries three ounces, seeth all together in wine, and rub the fingers and other members with it. And if you will haue this more forcible, temper it with the former oyles vnto a thin salve, which is wonderfully commended.

Another.

Take Squills, Rue, Calmus, Pettlerootes, Agrimonia, Colwips, of each a handfull, powne them all together, and powre oyle of Nuts vpon it, and old Sallad oyle foure and twentie ounces, and well salted water or wine as much also: let these seeth together vntill the moisture be wasted away, wying it hard through a cloth, and temper amongst it Saltpeter, *Euphorbium*, Pepper, oyle of Bay, of each one ounce and a halfe, *Galbanum*, Turpentine, of each two ounces, Ware as much as is needfull for to make a salve thereof. This is marvellous good against the Cramp, against the cold Goute, and whatsoever ache else may procede of cold.

Also you may make of all the foresayd oyle, salues, if you temper amongst it any grease of Beares, of Badgers, wilde Cats, Hens, and Geese, of which you will.

Item take Calmus, the rootes of Lillies, rootes of Costus, of each halfe an ounce, Pepper, *Pieretrum*, Beuercod, of each one quarter of an ounce, Sage three dragmes, Stechas one dragme and a halfe, *Spicanardi*, *Squinant*, of each one dragme, and the iuyce of Colwips which is well settled one ounce, of the oyle of Indie nut kernels, of the oyle of crabs, and wine, of each three ounces: afterwards powne all that is to be powdered, the rest are to be bruised by themselves: seeth this by a milde fire so long, vntill the wine be consumed, afterwards put as much ware vnto it as is needfull for a salve.

Item, it is reported that this salve ensuing doth preserue men from the dead Palsey: Take Bay leaues, Maiozam, Rosemary, Sage, Costus rootes, *Scariola*, Mints, Millet, *Consolida minor*, *Sanicle*, of each one lb. *Spicanardi*, broad and picked Plantaine, *Agrimonia*, Buglosse, and Rue, of each one lb. and a halfe; *Mozimewood*, Smallage, Saint Johns wort, red and white Roses, of each two lb. Hyssope, nettles, and Tansey, of each halfe a handfull: beate them all together, and seeth them in three pound of fresh butter, vntill all the iuyce be consumed: afterwards straine it through a cloth, and temper amongst it white molten Ware three ounces, Masticke two ounces, Sallad oyle one ounce, and make thereof a salve. This is also good to preserue one from the Goute.

Another Salve highly commended.

Take a pluckt Goose, taking cleane out all the intrails, and wash it with vineger; afterwards make a dow of Sage, Frankinsence, Mastick, powdered Earth wormes, *Molues* and Cats grease, fill the Goose therewith, and let her be gently roasted: the fatnesse that

droppeth off is to be gathered in a pot, with some vineger. This is a very piercing salve, which doth marvellously resolve and consume all hardnesse. But if the Wolues or Cats grease cannot be gotten, then take sheeps suet in stead thereof, and annoint the necke and lame members therewith.

It is also very requisite after the vse of this salve, to weare a plaister vpon the lame member, whereto this following is very meet: Take sixe ounces of the iuyce of Rue, which is very cleare, and Pigeons dung as much as is needfull for to make a plaister. This plaister is to be laid on the lame part.

Also you shall many times finde many kinds of remedies moe in the fourth part, of the lamenesse and extenuation of the members.

To be noted.

In this Resolution or Palsey, are two principall members, which are to be healed with the foresaid Oyles, waters, salues, and plaisters, viz. the member which is taken, and the beginning of the sinewes which are next to the same member. Take for example, if the Palsey or Resolution is in the onghand, then is the same, and all the parts of the backe, from the necke vnto the huckle bone to be annointed, for that the sinewes of the hand haue their of-spring from thence.

Further, boring cups vnpickt are to be applyed vpon the beginning of the sinewes, which do also helpe well, because that they do warme and drie them: it is good also to rub the same places with Salt, Pettles, and Mustard seed. But alwaies after purging certaine dayes together. Whilest that the patient stayeth and ceaseth from purging, bathing, and such like, then is he to take euery morning halfe an ounce of the confection *Anacardina*, for that it is commended aboue all measure in the cold Palsey: and if so be that there be any sweate or small Ague with it, (like as accustometh to happen, which his heate causeth) then it is a good signe: but if this follow not, then is the patient to forbear ten dayes long from all vse of Physicke, and to continue only with good meate and drinke.

It is also here to be noted, that all that is described before, is only fit for the resolution which proceedeth of cold causes: but if they proceede of hote causes, the sickness will be augmented thorough the foresaid remedies.

Palsey through fals or blowes.

If so be that one do fall so hard, or be beaten or stricken, that thereby forthwith he be taken with the Palsey, then it is not to be holpen; but if it come slowly afterwards vpon one, then this salve is very meet for it.

Take Beuercod two scrup. *Euphorbium* one scrup. Pepper three graines, *Pieretrum* halfe an ounce: seeth all these in ten ounces of Sallad oile vnto the halfe, then temper it with fine drag. of Brimstone, and a little wine: It is also especiall good for the *Spasmus* or Crampe.

Item take *Myrrhe*, *Opopanax*, of each fine dragm. Beuercod three dragm. *Euphorbium* one quarter of an ounce, oyle of Lillies, and of *Narcissus*, of each two ounces, make a strong plaister thereof with ware, and spread it vpon a cloth, and lay it vpon the place aggriued.

But good heed is alwayes here to be taken of the lamenesse (and all that might concerne the same) with heate or without heate, like as we haue already admonished, that it may be knowne to apply the remedie thereafter.

Lauander, Rosemarie, *Spicanardi*, (which haue almost the same operation) are inestimably good for the Resolution which proceedeth through cold causes. Therefore all conserues which be made thereof, are not onely profitable for these causes, but also for all lost speech and lamed limmes. If so be that any will vse any wine in this sickness, then is there none fitter nor better then wine of Rosemarie, or Wormwood wine. Conserue of Sage and of Cowslips are also much commended; with other things moze which are declared in the Palsey.

Convulsion

Conclusion of the mouth through the Palsey. §. 14.



This disease is thus described of the Phisitions: *Contorsio* is a disease which altereth the naturall shape of the face: or, *Contorsio* is a conuulsion of the mouth and lips to the right or left side; so that it doth otherwhiles cleare but vp one eye, and also the breath issueth out but at one corner of the mouth, whereby sometimes also the whole face is changed in colour.

In fine, it is a Crampe, with a contraction and shortening of the sinewes, which draweth the lips hither or thitherwards, and these be the most causes, (like as in the Crampe and Palsey hath bene shewed) that if it proceede of moisture, then it is a kind of Palsey: whensoever it is caused through dryth, then it is a kind of Crampe.

Also this contorsion or contraction commeth sometimes by reason of an impostume, like as in the paine of the throte, which quickly strangleth a bodie.

This Crampe or contraction of the mouth assaileth a body oftentimes sodainly, as in *Phrenitide* and such like, whereof at this present shall not be spoken, because that the same is commonly a signe of death: it commeth also not through repletion of the body, but through inanition and dryth. But we speake here onely of that which is caused of *Spasmus* or the Crampe, which distendeth the sinewes from houre to houre, therefore is there some aduice to be done and taken for it.

But for to expell this disease there is somewhat to be done vnto it out of hand, that there breed not a worse matter of it, as *Epilepsia*, or *Apoplexia*. This cure is first to be begun with Clusters, especially if the patient be bound, and to acuate the Clusters by little and little.

Afterwards he is to be let blood, if it be not that this accident be so small, that there were time sufficient first to take a purgation, and to take good hede whether the vrine be cleare and well coloured, and then to open the *Saluatella*, besides the little finger vpon the right hand, and to let out three or foure ounces of blood, and after that to purge.

These preparatiue potions is he to take first of all: take Calmus sixe ounces, Ginger and Putmegs of each one ounce, clarified Hony nine ounces, make a cleare sirupe thereof, and giue the sicke person thereof certaine dayes together euery morning two or three ounces tempered with the decoction of Sage.

Afterwards he is to take these Pills: take *Pill. Cochiae*, de *Sarcocolla*, de *Hermoadalytis*, of each one scrup. and *Diagridion* two graines, make thereof 7. pills, with the iuice of Rue, and take them early in the morning fasting, and fast sixe houres vpon it: for this vse are also good the pills *Foetida*. Will you then haue them more forcible? then take two drag. of the pills *Cochiae*, prepared Coloquint: and *Bdellium*, of each one drag. make pills thereof as big as a pease, and if the patient be reasonable strong, then giue him a drag. at once.

Item, let his head be shauen and rubbed softly with warme clothes, vntill the skinne begin to be red, and then annoint it with this following: take the iuice of Swines bred three ounces, *Stechados*, *Pennirovall*, *Mints*, *Hyssop*, of each one ounce beaten, and one quarter of an ounce, of *Violets*, temper them all together.

When he hath then purged well, and the matter is prepared, which is done in foure daies, then is he to vse euery day before meate this Gargarisme.

Take white Mustard seede two ounces, Vineger one ounce and a halfe, Hony three ounces, seeth them all together in a pint of water vnto the halfe, and skimme it well. But it is here to be noted, that these Gargarismes must not be vsed at the first, that they make not an afflux of the humors, and the accident thereby be augmented.

Item, take Putmegs, *Pieretrum*, *Stechados*, of each halfe an ounce, seeth them and vse them as before. You may also temper amongst it *Oxymel* of Squils.

Another. Take three ounces of Calmus, Vineger one ounce, and vse it as before.

This contraction of the mouth sometimes also yeldeth much spettle, and to further the same and to make it runne the better, make this *Masticatorie*.

Take Licebane, Mastick, white Mustard seede, *Pieretrum*, of each a like quantitie, temper it with molten virgin ware, make small balles or pellets of it as big as Hasell nuts. This is to be shewed & spit out: the same doth frankinsence & Mastick also together, or each chewed by it selfe.

Neefing.

Neeſing is very good : wherewith it might be effected, you are to ſeek for that in the firſt Reſiſter.

Salues.

Alſo the nape and hinder part of the head, the throte, the face, and the forehead are to be annointed with the oyle of Coſtus : but it were good, that one made firſt a Cyperſ board hot, and bound it in a cloth, and laid it ſo long on the neck and ſhoulders, untill the ſame parts were thoroughly warmed, and afterwards annointed.

Item take the oile of Coſtus one ounce and a halfe, oyle of *Euphorbium* half an ounce, Mints, the ſeede of Rue, Stechas, Pennirovall, *Lignum Aloes*, of each halfe a drag. oyle of Beuerrod one ounce, white Ware as much as is needfull ; beſprinkle it with ſome Wineger of Squills, and therewith annoint all the necke from the nape to the rumpe ſoure times in 24. houres.

Item take Calmus ſoure ounces and a halfe, Ginger, Nutmegs, of each thre drag. oyle of Coſtus ſoure ounces, wine as much as is needfull : let them ſeeth together by a mild fire untill the wine be conſumed, ſtraine it, and make a ſalue thereof with molten ware.

A Plaister.

Take Betonie ſixe ounces, white water Mints, field Mints, Pennirovall, Pariozam, of each one ounce and a halfe (altogether graine,) Stechas two ounces, Peaſe meale one ounce and a halfe, Beane meale two ounces, Saffron halfe a drag. ſeeth theſe herbes in ſharpe lye vnto grout ; afterwards temper the meale and Saffron vnto it, alſo oile of Beuerrod, oyle of Pepper, and of Rue, of each two ounces : lay it morning and evening warme vpon the head and vpon the temples of the head, where this contorſion is.

Another.

Take *Opopanacum* thre ounces, Calmus thre drag. Ginger, Nutmegs, of each one dragme, Turpentine one quarter of an ounce, melt the Gum and Turpentine, and temper it with the reſt vnto a plaister ; then ſpread it vpon a cloth, and lay it behind vpon the head, vpon the necke, and ouer all the nape.

Item, Take freſh Swines bread halfe an ounce, Pariozam gentle ſeuene drag. *Lignum Aloes*, one drag. and a halfe, ſeeth them in a pint of water vnto the halfe : but beſore that the patient draweth vp this into his noſe, he muſt firſt take his mouth full of hony, or ſugred water, and then hold ſome of the ſaid decoction in his hand, and draw of it thre times through the right noſtrill, and thrice alſo through the left noſtrill, and that one howe beſore ſupper : the like alſo in the morning and at none. This is very requiſite for health : he is alſo euery day two or thre howes beſore ſupper to ſwallow downe two or thre cornes of Pyrrhe.

A capitall Powder.

Take Stechas, Pennirovall, white water Mints, and Betonie, of each one drag. and a halfe, *Pieretrum*, Coſtus rootes, Licebane, of each one drag. Pariozam gentle, powne it, and temper it all together : ſtrew therewith the vppermoſt part of the head, rubbing it gently. Alſo it is to be ſtrewed thereon, when he hath annointed him with the oile of Coſtus.

A Lotion for the feete

It is alſo very good to uſe theſe Lotions for the feet beſore meate, wherein Woodbind is ſodden. Alſo the ſaite, the legs, the thighes, the hands, the armes and face may be waſhed with this decoction following : Take Bay leaues two handfuls, Juniper leaues thre handfuls : ſeeth them all together in a good deale of water, untill it ſmell ſweete.

Order

Order of Diet.

This patient is to keepe himselfe from eating and drinkeing, and all other thinges, as is taught in the Palsey, & Apoplexie: viz. to eschew wine, to drinke honie water, to eate kids or young Goates, Koebucks and Hares, rather roasted then boyled.

All his other meates are to be besprinkled with Rosemarie, Sage, Wormwood, white water Mints, garden Mint, Pennicoyall, and Cumin. And albeit that hot spices are also good for him, yet may he in stead thereof vse these following.

Take Putmegs one ounce, long Pepper, Beuer cod, Galingale, of each one scrup. Seduarie halfe a drag. powne all small and temper them together.

Item take Putmegs, Ginger, of each three drag. of the confectiō of Calmus three ounces, Sugar as much as will suffice to make an electuarie: this ought he to vse in the morning fasting. Egges howsoeuer they be drest, Kite, Coleworts, and Rapes he may eate. But from milke, and all that is drest with it, from all fruit, and all that is of a cold & moist nature must he refraine. A darke habitation is also meete for him, and to looke oftentimes into a looking glasse, and to force himselfe to set his mouth right: great labour also is not fit for him, but rather rest and moderate sleepe. To warme him, he is to burne that wood which is warme of nature, as Firre wood, and Juniper wood: he is alwaies to keepe his head couered with a fore furre, and to hold alwaies a peece of Putmegge in the mouth, in the place affected, or in stead of that these *Trociscos*: Take Calmus two ounces and a quarter, Ginger halfe an ounce, Putmegs two drag. and a halfe, powne them altogether, and steepe them two daies in water of Sage. Pow if it be too moist, then let it drie away vpon warme ashes, and then with hony make *Trociscos* of it, of the weight of a drag. and a halfe, and hold them in the mouth: if you can swallow them, they will do no hurt.

And if these things will not helpe, then must he purge againe, and lastly make an issue behind in the nape of the necke, and on the veines vnder the eare, or vnder the chin with an hote iron or coxroslue, and to hold it long enough open.

Of the crampe, and conuulsion of the sinewes by the Palsey. §. 5.



This disease is also a kind of *Paralysis*, called of the Grecians *Spasmus*, and by the Latinists *Conuulsio*, and it hath also no small agreement with the foresayd contraction or contorsion of the mouth, (like as hath bene sayd already:) in like maner also with the *Epilepsia*, and all other diseases which be reckoned amongst such like infections, and it is described thus: *Spasmus* or *Conuulsio*, is a contraction of the sinewes and muscles against our wils, which sometimes do conuulse but one part, and otherwhiles the whole bodie. The Grecians for diuers causes, do giue this Crampe, sundrie names, *Opisthotonos*, that is, when the sinewes are drawne backwards; *Emphrosthotos*, when they be drawne forwards; *Tetanos*, when one member wareth stiffe like to a tickle. The causes of these are otherwhiles when any one is thrust into a sinew, wounded or ouerburdened with too much labor or work. Also it is caused through great scowring of the body, through excessive bleeding, through vnbridled lecherie, fright and wormes: &c. In fine, the causes do proceed of an intemperate nature, as cold which is augmented, and heate which is diminished: also of drit and moisture, according to that the body is full or emptie. Of these differences there be yet more, which are here too long to be rehearsed.

Neuerthelesse, yet can I not omit, that this *Spasmus* (of whatsoeuer cause that it do proceed, and especially if it be caused of a hot ague) is not only a bad signe, but also that it is incurable: for by reason of the heate the sinewes will be a great deale too drie, and shrunke by thort, like as one for example may see by a leather lace, or such like, if one hold it by the fire, then will it be hard and shrinketh. On the contrarie, if it be holden in a moist place, it will be lithier or limber.

When as then such kind of Crampes do assaile the whole bodie, and that the patient beginneth to be childish, and addicted much to sleepe, then is the disease in the marrow of the backebone, which hath his offspring from the braine. Also this disease cometh either suddainely, or

flowly: that which cometh suddenly, proceedeth of repletion of the body, and is through purging (as hath bene said of the Palsey) to be remedied.

But it must be more and oftener annointed and rubbed with the Oyle of Costus, so that the humors is much grosser than in the Palsey, and may worse be consumed. But if so be that this sickness be by little and little bred and growne, then is the cure to be taken in hand after another manner, viz. at the first to vse preparatiues, and afterwards digestiues are to be vsed, as followeth hereafter.

The rubbing of the limbs downward is very meete, so that it disperseth and digesteth the moisture, and openeth the pores: afterwards are these salues or oyles following to be vsed: to lay plaisters vpon it, to couer the limmes with Foxe, Mole, or Cats furre, and to keepe them warme: or if so be that one member alone be conuulsed, it is to be wrapt about with warme clothes.

Suppling or mollifying Salue.

Take the Pulcilage of Fenegræke, and of Linsæde, of each halfe an ounce, fresh Butter and selwet, of each two ounces, and a little ware, and make a salue thereof.

Digestiue Salue.

This Salue is described before in the 13. s. viz. where it beginneth: Take Calmus, Lilly rootes, &c. Of these two salues the patient is to vse at the first the mollifying ointment the first two daies, and afterwards the other so long also, and so forth, now the one, and then the other, untill that the matter begin to auoid.

Item, take a fat young Cat, plucke off the skinne, and take out the intrailles, chop her small, and fill therewith a Goose, let her roost softly, gather the drippings, and preserve it well, for it is also good for the palsey through cold. You haue before in the 13. s. one salue almost like vnto this, and also one other salue more in the said discourse where it beginneth thus: Take Beuercod, &c.

Take *Euphorbium*, Cinnamon, Saffron, Frankinsence, Beuercod, With, *Opopanax*, the iuyce of wilde Rue, and dry Hyssope, of each halfe an ounce, Ware one ounce and a halfe, *Pieretrum*, *Anemoniacum*, of each halfe a drag. Sallad oyle as much as is needefull for to make a salue, therewith are you to annoint the whole body.

Take oyle of swete Almonds six ounces, beaten Saffron one drag. and a halfe, good wine cuia 12. ounces, seeth them all together in a tinne pan on a milde fire, untill the wine be consumed, and annoint therewith the cramped limmes, this is a noble remedie.

Many kinds of selwets or fats are very requisite for this, for to make salues thereof, viz. of Lions, Beares, Badgers, Hens, Goats, Capons, and such like, as shall be hereafter discoursed in the first part, where we shall speake of the lame and extenuated members.

There are many more common plaisters and salues good for this, which are to be found readie at all Apothecaries, as followeth hereafter. *Ceratum de Hyssopo*, *Vnguentum Arragon*, *Martiaton*, *Emplastrum de Melilot*, *Diachylon*, *Oxycroceum* dissolved with the Oyle of Lillies, oyle of Tyles, oyle of Foxes, of Beuercod, of Rue, and of blew floure de luce, and all other which be warme of nature. Of the things which are to be taken inwardly, Treacle, Withydate, conected roots of *Eringus*, and also Wormelwood wine are very good.

Of Bathing.

All Bathes which bee by nature Allumie, or Sulphurish, or made artificially, are much commended. Also one may prepare a bath in this manner: take wilde and tame Rue, Juniper tops, Wormelwood, Southernwood, Pennirovall, Bay leaues, Cyper rootes, Dragon blood, Squinant, of each one lb. seeth them all together in sufficient water for to bath therein, put the patient into it, and afterwards lay him in a bed, that he may sweate. In like manner is meete for this a dry bath; but one must not abide in it long, for auoyding of swooning: you may also vse the bath which is discovered before in the 13. s. Also Gargarismes and neesings.

Of the Crampe through emptinesse and heate.

If this contagion assaile one not suddenly, but by little and little, as after an Ague, through great scowring, vomiting, or through much bleeding, then it is very hard, and almost incurable, by reason that it is caused through emptinesse, to wit, of *Examinatione*, neuerthelesse necessary meanes are not to be omitted.

First, Barley water is good for this patient, especially if there be Crabbes or prepared wood Snayles decocted therewith, for that this drinke will almost wholly and thoroughly turne to nourishment.

Secondly, he may drinke well watered wine, reare egges, and Henbroth prepared as hereafter followeth: Take a Hen, chop her small, and put her in a Can, powre Rosewater vpon it, and Wine, of each a good spoonfull, stop it tight that there can come no vapour out, and so put the Can into a Kettle of seething water, and take cleane away the fatnesse. But if the patient be very weak, then take a Capon and roast him a little, afterwards drip it with unsalted Lard, beate him and presse out hard the ioyce, temper it amongst the foresaid Henbroth, then will the same be the stronger.

A comfortable
ble broth.

A better broth.

Lay a dressed Capon in Wine, powdered and distilled in a glassed helme; that water strengtheneth much in extreme debility: temper also amongst it the yolke of an egge. Item, chop a Bullet, hang the peeces on threeds in a great glasse or pot, stop it tight, and seethe it in three houres long in a Kettle of water, and vse the liquor that hath dropped out of it. If you will make it more cordiall, then lay therein ten or twelue peeces of gold. For this is also milke meete; first Womans milke: secondly, Ases milke: thirdly, Goates milke, as new as you can get it. If so be that there come a scowring with it, then straine the milke with strale or flint stones.

The meate which he is to vse and take whensoever there is an ague with it, ought to be kids, Lambes, and Hens, wherein Spinage, Nallowes, Beetes, Purslaine, Lettice, or such be decocted. Watered wine is also permitted, if there be no heate perceived.

For Strengthening.

Take Bullets or kids flesh which is metely sordden seven ounces, chop it small; temper amongst it Cardamome, Cloues, Cucubes, Galingall, Ginger, Nutmegs, Dragagant, and Gum, of each one drag. Mace, Saffron, of each two scrup. Starch, Licorice, Currants, pilled Almonds, Pine apple kernels, Sebestes, Pistacies, pilled Melon seed, Pompeon seed, Courde, and Cucumber seeds, white Poppy seede, Lettice seede, and Purslaine seed, of each one quarter of an ounce, Sugar pennets foure ounces; dissolue it in Buglosse water, with other Sugar as much as is needfull for to make a confection thereof.

Of Bathing.

For this disease is also commaunded for to bathe in lukewarme water. But to the end it might be the more forcible, cooling hearbs may be decocted therein; as water Lillies, Violet leaues, and Willow leaues. For this purpose also, bathing in milke is much commended. Item, at last shall the beginning of the sinewes be annointed with warme oyle of Violets, oyle of Pompeons, and such like, thereby to stay the exsiccation of them.

This salve following is also maruellous good: Take Hens and Ducks grease, and the marrow of Calues bones, of each halfe an ounce, the muscilage of Fleawort, Dragagant, and Gum, of each three drag. oyle of water Lillies, and Willowes, of each one ounce and a halfe, Ware as much as is needfull for a salve, annoint therewith all the backe bone. It is also good for all other members.

Crampe through wounding.

But if this Crampe or contraction of the sinewes doe come through any wounds, then are the oyles of Cannemill, Dill, and Flare tempered together, or each alone requisite and fit for it.

Item take wine lees, temper some beaten Allume amongst it: this is of a marvellous force and operation.

Take Linseed, and Fenegreke meale, powdered Dill seede, Henbane rootes, and Annis seedes, of each a like quantitie, temper them with the foresayd oyle, and lay it warme vpon it.

Here be also two experiments which euery one may proue: Take *Victorialis longa*, otherwise called *Allium Alpinum*, and weare it alwayes hanging about the necke: it should defend a body from the crampe. The second: Plucke off an Geles skin, and let it be dressed like leather; when you be plagued with the crampe, then lay it vpon it; and when the skin is warme, then ceaseth the paine.

Of the hag or mare *Ephialtes*, and *Incubus*. §. 16.



Although that we haue reckoned among y^e five species of the pallsie or Apoplexy, the falling sicknesse *Epilepsia* to be the fourth; yet both method first of al require, to write of this sicknesse, the which thzough vnbelæse is with vs called the hag or mare, because that this *Incubus* is a messenger of a future falling sicknesse.

The vnbelæuers make thereof *Demonium insultans*, which is an vpsfarting and pinching Deuill, the which we also in this country, as is sayd, make one another to belæue, they be witches. But in truth it is none other but a natural sicknesse, as hereafter shal more evidently appeare.

The *Incubus* is thus described: *Incubus* is a sicknesse which vereth the body, whereby both motion and speech is taken away. Or more larger, *Ephialtes* is a sicknesse, when a body is in his first sleepe, lying on his backe, doth suppose and also belæue none other, but that somewhat creepeth vpwads from his fete vnto the bzeast, the which wzingeth, & vereth him there as it were a ghost, & so wholly hindzeth his bzeath and voyce, that he cannot call for any helpe, yea it seemeth that it would murder him: therefore is otherwhiles heard of them, that be vered therewith, such a kind of groning, that as soone as the veration or torment is past, they awake with great feare and trembling.

And albeit that this disease of it selfe alone is troublesome inough, neuerthelesse somewhat else is to be feared, viz. the conuulsion or madnesse which is *Mania*, and (like as it is already sayd) the falling sicknesse *Epilepsia*, and especially of them which haue great head veines; because that the braines (as the place of the vnderstanding) are thereby enfeebled.

Now when as such accidents come, then is there no long delay to be looked for: therefore it is meete indeed that there be aduice taken for it out of hand, and first of all to take good heed, whether the sicke person haue a good colour. And if so be that also his veines be full, then is the *Saphena* to be opened; secondly (if neede require) the *Cephalea*; thirdly, the veine of the forehead, or vnder the tong. And if greate heat of the time, or any thing else doe hinder it, then set thereon two boring cups with picking, the one vpon the right brazvne of the leg towards the heele, the other hard by the ham: but if it amend not thereby, then set two vpon the shoulders.

Also it is very needfull to obserue good order in eating and drinking, and to refraine from wine, swæte things, and especially of all that engendzeth blood.

Some allow wine, yet that which is thin, white, cleare, and well watred, drunken soberly.

For his meate are all fowles good which haue abode in hillie countries, better than any foure footed beasts: yet of these, the wild are alwayes better than the tame.

Item new layd eggs sodden reare, Capers, with *Oxymel* are good for him in the beginning of supper; he is to eschew fish, and especially sodden fish: he is to shun all fruit, except Raisons, Pingles, Pistacies, confected Peares, Quinces, and such like.

All herbes be also forbidden him, except Fennell, Dill, and Buglosse: but Rue, Sage, Parietoin gentle, Hyssope, and Rosemary are especial good for him, which are rather to be reckened for medicine than for nourishment.

Furthermore, he is to refraine these things, as the Sunne, cold winds, the fire, the smoke, incontinencie, bathing wearinesse, care, much veration, deepe speculation, and especially too howzes after meate, all great noise, to looke from any height, to looke vpon whirling things, or that turne suddenly about, and all that shineth much, all strong saours, long sleepe, especially after none, much watching, and such like: but metely mouing after dinner is very good. Also he

he must be rubbed otherwhyles from the shoulders to the breast, butill beneath vpon the legs, with warme clothes.

And when that is done, then is the head to be kemmed and well rubbed. Piony rootes woꝛne about the necke, and smelling oftentimes vnto them, are also very good. 15. Piony kernels, pꝛe- led and drunke in honied water, do much hinder and let that the vapors which might obstruct the braines, should not ascend vpwards, and do also strengthen the braines.

Confected *Mirobalani Chebuli* taken euery morning doth strengthen the head and the braines and driue away the mare. If the sicke body looke bleake in the face, then it is a signe of Melan- cholic. Therfore is he to vse the pills of *Cochie* oftentimes, to the end he may be well purged. Fur- ther, he is no otherwise to order himselfe in eating and drinking, than as is shewed in *Epilepsia*; for that *Incubus* is none other than a small falling sicknesse, or *Epilepsia*.

This water following is very good for to purge: Take Hyssope two handfuls, Currans one ounce, seeth this together in a pinte and a halfe of raine water vnto the halfe, take thereof thre ounces, of *Oxymel* of Squills one ounce and a halfe, drinke it euery morning continuing the space of eight or ten daies, mostlly warme.

When the body is purged, then is the head also to bee purged with this gargarisme ensuing: Take Hyssope, Currans, and *Oxymel* sodden togither with water, and gargarise therewith. Pꝛe- sing is also behouefull, like as many times hath bene expꝛessed.

In like manner may you cary these little bals or pellets in the mouth. Take Pennirovall one ounce, seuen fresh Figs, long Pepper one dragme, *Pieretrum* halfe a dragme, powne them all to- gither, and make pellets or round bals of it. It is also marvellous good twice a weeke in the eue- ning and morning to take halfe a dragme of Treacle or *Mithridate*, with thre ounces of water wherein Piony roots are decocted.

If this disease be caused thꝛough great cold of the head, then it is to be annointed with the oyle of Costus, of Rue, or oyle of Bay: But if it be caused thꝛough ouercharging of the stomack, then it is to be holpen with vomiting, Clusters, and such like.

For this is also to be sought to strengthen the heart and the braines, which is very conueni- ently done with this confexion following.

Take red Cozall, Harts bones, Pearles, and burnt Silke, of each halfe a dragme, Balingale, Cardamome, Graines, long Pepper, Cloues, Nutmegs, cleansed Girtle, and Piony kernels, of each one ounce and a halfe, Cinnamon one ounce, Pace, Saffron, of each one dragme, white Sugar thirty foure ounces, seeth it vnto a sirupe in Buglosse water, and make an Electuarie of it. In the winter hony is to be vsed in stead of Sugar, whereof you are to take in the euening and morning the quantity of a great nut, and thereupon to drinke a draught of water wherein Piony roots are decocted.

The confexion of *Diathamaron* and *Diambra* are also very mixte for this purpose.

For a conclusion, if so be that these foresaid remedies brought not health with them, then are they once againe to be vsed.

At the last cast or neede, there must be plaisters laid vpon the head, that corode the flesh and skin on the forehead, wherein the scull is ioyned togither, which is to be made with Mustard seed or *Cantharides*, as is taught in this Chapter in the second s. and in other places, or to open it by an actuall cauterie.

Of the falling sicknesse, called *Epilepsia*. S. 17.

WE name this sicknesse with sundry names. And albeit that it be but one kind of sick- nesse: notwithstanding it seemeth by diuersitie of the names to haue some small differ- rence. The Grecians doe call it *Epilepsia*, the Latinists *Morbis Comitialis*, *Caducus*, *Herculeus*, and *Lunaticus*: the which we haue comprehended all vnder foure kinds of Apoplexies, and taught also thereby, that this falling sicknesse (as also all other) is an infection of the braine.

This is a quicke and speedy distraction of the vnderstanding, whereby the party is so spoy- led and robbed of all his wits, powers, remembrance, and all the vse of his members, that hee must suddenly and vnawares fall downe to the earth, some, and lye a certaine space without motion, seeth not, heareth not, neither feeleth, and sometimes also doth forcibly stir and cast him

selfe about; when he commeth to himselfe againe, he knoweth nothing of it, what is happened vnto him, although there be some that know all that was done with or about them.

The causes of this sicknesse are diuers, for that it proceedeth of the foure humors of the body, and doth chiefly take his beginning of *Phlegma*, next of *Melancholia*, sometime of the blood, and seldome of *Cholera*. This is also increased by excessive eating, drunkennesse, all sauors of meates; and of all things which fume vp into the head, as Onions, Garlick, raw fruites, and such like, that be of a cold and moyst nature; wormes of the belly, whereof the venimous vapors ascend vpwards out of the stomacke towards the head, putrifaction of the detained naturall seede, of obstructed termes in women, like as oftentimes also happeneth to women which haue first conceived; to sit long in the Sunne with a full stomacke, to eate or smell to Bucks liuers. Also thunder and lightening do hurt them, whereby they are wont quickly to fall, as also long and much sleepe, and all that increaseth *Phlegma*.

There hurteth them also who are infected with this sicknesse, the South wind, cold and moyst countries, and the smell of these five things following, as Goates hornes, which is so forcible, that they that suppose to be cleane rid of this sicknesse, receiuing the sewet therof, must immediately fall to the ground. Item *Galbanum*, *Myrrha*, *Benzoin*, and aboue all the herbe *Smallage*, like as it is found, that it hath caused one to fall only through looking vpon it, therefore such persons must and are to be kept from them. Youth is also more subiect to this disease than age; but it is easier to be cured in yong persons than in old, like as shall be more at large taught hereafter.

The signes of one that hath the falling sicknesse, are these: if he fall suddenly to the earth, bendeth him, beateth or striketh from him, loseth his vnderstanding, and someth at the mouth, if thereby his vyne, nature or excrements passe away; then it is a signe, that the sicknesse is the stronger.

Order of Diet.



It importeth as well young as old people in this sicknesse, like as in all other sicknesses, but for this sicknesse must regard be had, especially of the age and youth, nature, custome, and abilitie of the patient.

In common falling sicknesses is first to be eschewed all cold moyst and watric places, in like sort also all meates cold of nature, all that bringeth with it slime, and obstructions, as Dole, Milke, Fish, Gourds, Lettice, Beetes, Spinage, Purflaine, Cucumbers, and fat flesh. Item all strong things, as Onions, Garlick, Scallions, Radishes, Coleworts, Mustard seede, all that is much salted, and all Spices. Item, fresh water, all strong wine, be it red or white, and chiefly swete, they are very hurtfull: like as is also to eate too much, and to swallow downe meate vnchewed, and to eate againe before the former be digested, long sleepe, and principally to sleepe by day, he is utterly to eschew.

But on the contrarie, all his meates are to be drying, as Mutton, Partridges, Pheasants, all wood fowles, with some Pepper, Zeduary, and Galingall prepared, and alwaies rather roasted then sodden: his drinke must be thin, cleare, small red wine; but if the wine be somewhat strong, then it is to be tempered with the water of Buglosse, or the water wherein Betonie rootes are decocted. Great motion is not fit for him, but rather much rest.

The remedies which are to be vsed for this falling sicknesse are most of them here before (where we haue discoursed of the hag or mare) described, which according to the importance of the cause must be vsed for old folkes, which be burthened and troubled with this disease.

And because (like as before is discovered) the young children by reason of their moisure, whereof they be full, are more subiect to this sicknesse; therefore we will first (as much as shall concerne that) describe these meanes, and remedies following.

Of the Falling sicknesse in children.

VVith sucking children nothing is safer to be taken, than that the mother or nurse do obserue a good order of diet, eate meate that is light of digestion, and that moderately warmeth, that she refraine man, and all that maketh grosse blood. And if she be conceived, then is the child to sucke no more at any hand: before meate she is to moue and stir well,

well, and to drinke watred wine or small Beere: she is to refraine and leaue all fruits, and especially those that be cold and moist. In fine, she is not to gouerne her selfe otherwise than if she were her selfe infected with the falling sicknesse.

When as the child doth ware stronger, and beginneth to saue on other meate, then it is to be gouerned according to the importance of his age, and of his sicknes, like as by this prescription (and other Chapters written to this end) may be seene.

These are allwaies the remedies which by the auncient Phisitions be commended for young childrens falling sicknesse, and are found profitable.

Take water of Rue, Day Lillies, of each a like quantity; giue a spoonefull thereof or more, according to the bignesse of the child, make peeces of Tiles hote, lay chopt Rue thereon sprinkled with vineger, hold him that befoze his nose: the same is also good for ancient people.

Temper Conserue of Violets in Endiue water, or Pyony water; this is very good if there be any heate mixt amongst it.

Make thicke Almond milke, temper therein as much Sugar that it be as thicke as pappe, wipe thereof in the child's mouth; it nourisheth well, bringeth sleepe with it, and defendeth the stomacke from all foule stinking humors: the water of Chickweeke is also very requisite for this.

Others do commend much for this, the water of Colodung: and if it cannot be had, then is the Colodung to be broken into faire water, and strained thzough a cloth, and to giue thereof halfe an ounce at least.

Item, take the water of blacke Cherries, water of Lillet blossoms, of each a like quantitie: giue it in the time of sicknesse, or when it is thought to be at hand.

The fish that is called *Mustella Flumialis*, or *Trinca*, called *Trisca* in Latine, hath two small bones lying vpon the braines, which are to be dried and powdered, and giuen to the child. These are maruellous good: but these small bones are to be taken out of an unsodden fish, for when they be sodden they haue lost their vertue.

It hapneth also, that children when they be full of wormes do get the falling sicknesse, which is very dangerous: against which you shall finde hereafter in the third part, where we shall discourse of the wormes, sundrie good aduices.

Take young Hagpies out of the nest, distill water of them, and giue to young children a spoonefull for the falling sicknesse.

Another. Take thze young Hagpies that cannot flie, *Vngula Alcis*, thze drag. Harts horne thauen one drag. and a halfe, distill them together, and vse them as befoze: it hath bene often pꝛoued.

Item, take *Carduus Benedictus* water two ounces, Lauander water halfe an ounce, when you perceiue that the falling sicknesse will assaile any body, whether they be young or old, then loke that you get a young hare, which sucketh still, take the maw out of it, (hang it in the aire that the milke may drie in it) whereof giue to the sicke person one drag. or lesse (according to the importance) powdered with fresh water: for this are Pyony kernels good, worne about the necke, and also the powder thereof taken, the roote sodden, and dronken thereof, and the powder strewed vpon the meate, is also very good.

A good Powder.

Take prepared Pearles one drag. red Corall halfe a drag. Miskleden one drag. and a halfe, prepared Amber two scrup. Harts bones one drag. Pyony seede, and the rootes, of each halfe a drag. white Sugar one ounce, beaten gold fire leaues: of this powder is euery weeke one drag. to be giuen with Betony water: Sometime also halfe a dragme or a drag. tempered with a little broth.

A Powder.

Take halfe a drag. of the skull of an executed man, prepared Pearles one drag. Harts horne two scrup. Tozmentill, Seduarie, of each two scrup. Sugar candie one ounce and a halfe, five leaues of beaten gold; temper them all together, and giue it to the sicke body with Pyony water and such like.

A Confection.

Fetch these things following at the Apothecaries : take *Diapenidum* at the Apothecaries three drag. *Pliris Arcoticon*, one drag. *Diambra* halfe a drag. *Cinnamome* one drag. and a halfe, *Putmegs*, *Cucubes*, of each two scrup. *Ginger* one drag. *Sugar* eight ounces, melt them in *Pyony* water, and make a Confection thereof.

All that is before written of yong children, is also to be used for aged people, taking alwaies good heed, whether the sicknesse be great or small, and also with that which followeth hereafter.

Yet more of the Falling sicknesse.

But if so be that the Falling sicknesse doth assaile young, full growne, or auncient people, then (besides all that is already discovered) this is one common and necessary rule, that every one which is infected with this sicknesse, keepe himselfe at home in rainy weather, in places which be warmed with fuming woorkes and fire, and be also drie. The chamber is to be strewed with herbes which are necessary for the falling Cuil, as Rue, wilde Wyne, Rosemary, of each halfe a lb. powne them, and make them in a bagge three quarters long, at night lay it on both sides vnder the head.

If there be then any one infected with this sicknesse, that perceiueth something to ascend or slime vp out of any member of the body towards the head, then must he, as sone as is possible, and before that he falleth or goeth beside himself, bind hard the place where he saileth it creeping vpwards, wzing hard the fingers, and rub the sette, set boring cups behind on the necke, without picking, thereby to suppress the ascending vapors, and afterwards (if it may be possible) for to set or minister vnto him this Clister following.

Take Swines bread, black Helleboze, Centoꝝ, fresh white Daffodill, of each one drag. wild Saffron seede halfe an ounce, seeth this in a quart of water vntill the halfe. Take 13. ounces of this decoction, temper therein *Hiera logodion*, one ounce, oyle of *Euphorbium* 10. drag. *Salgemme* one drag. and a halfe, temper all these together, it is a very strong Clister for to draw the matter out of the head.

Set also great boring cups on the inside of the thighes, besides the buttockes, and rub well his armes and legs downward.

Take the iuice of Swines bread, the seede of Rue, the Kennet of Hares malwes, of each one quarter of an ounce, stirre them together in a mortar, blow that into his nose through a Vultures quill : there haue bene before times maruels wrought thereby.

There is also a great noyse to be made about the patient, to open his eyes, and hold great light before them : when he is come to rest againe, then is he to purge often with these pills *Cochie* (or some other) but vsing alwaies before certaine Iuleps, thereby the more easily to take away the humors. Whilist that he vseth these potions, he must presently vpon it, likewise also two howres before meate, take and vse the quantity of a Putmeg of this conserue following.

Take Pistacies shaled, which haue bene steeped one night in Pyony water three ounces, *Doronicum*, Harts bones, Burrage, and Buglosse flowers, Violets, Roses, of each one quarter of an ounce, red and white Behen, of each one drag. and a halfe, Basill, red Corall, of each two drag. and a halfe, Iacint, Smaragda, Saphir, of each one scrup. Graines, *Lignum Aloes*, of each two scrup. water Lillies, and Vuoie, of each foure scrup. five leaues of beaten gold, *Muscus*, *Ambra*, of each five graines, Hony of Roses, sirupe of Citron peeles, of each five ounces, Sugar three ounces : you are to seeth the sirupe and Sugar in foure ounces of Buglosse water vntill the water be cleane consumed : breake the Puske and Amber in a little Lauander water, and temper all the rest amongst it. This may be also used whensoever he vseth not the other potions, and so forth, now the one, and then the other.

It is also aduised to couer the place whence the disease is caused with plaisters, which make blisters, and to let them lye so long vpon it, vntill the blisters be drawne full of water, and break of themselues, and runne out ; the which are not to be suffered to shut in ten daies, to the end the moisure haue his full course, for this is one of the most principall remedies that is meete for this maladie.

Plaisters .

Plaisters which raise and draw blisters.

Take Mustard seede, Pepper, and *Euphorbium* beaten small; of each one drag. Hony of *Anacardio*, as much as is needfull for a plaister: spread this vpon a cloth the bignesse of a Doller; and lay it on the place where you desire.

But this ensuing is generally used: Take *Cantharides* (heads and wings broken off) one quarter of an ounce, Hony of *Anacardio*, and solwe down, of each one drag. Strong vineger as much as is needfull for to temper it together: lay this vpon it as is said, when the blister is full, open it with a needle with a thred in it, and leaue the thred behinde, that thereby the humidity may bee let out. Item, take blacke Sope, quicke Lime, of each one quarter of an ounce, mire them together.

A Stronger.

Take *Cantharides* prepared as before, quicke Lime, of each a like quantitie, temper them with the iuyce of Daffodils, some do burne it with Iron or Gold.

When as these blisters haue run enough, they are to be healed with this salve: Take *Aristologie*, *Ireos*, *Myrrhe*, *Frankinsence*, *Sarcocolla*, of each one drag. oyle of Roses foure ounces, Ware as much as is needfull; make a salve thereof. For this also is aduised to set boring cups with small picking vpon the same place: And if the patient, before the sicknesse assailed him, were grieved with any kind of vomiting, with griping and panting of the heart, and came thereby to fall: then is the vomiting or casting to be furthered by all manner of meanes.

Take blew Flower de-luce rootes one ounce, *Aristologie* halfe an ounce, *Centozie*, *Garden Mints*, *Wormewood*, *Rue*, *Sage*, *Hyssope*, *Polypodie*, *Dallowes*, *Mercurie*, of each a \mathfrak{D} . *Siluer mountaine*, *Ameos*, *Dill* seede, wilde Rape seede, and *Basill* seede, of each one quarter of an ounce, beaten *Pionie* seede, and a little Bran: sethe these all together in a good deale of water: of this decoction you are to take 14. ounces, temper therein one ounce and a halfe of Hony, salt one quarter of an ounce, *Hiera Picra*, thre quarters of an ounce, oyle of *Rue* two ounces, make a Clister thereof.

For to Purge.

Halfe an ounce or one ounce of *Hiera Picra* taken oftentimes, is very conuenient. But it is better to vse first some preparatiue potions, which are thus to be composed.

Take blew Flower de-luce roots, or *Ireos*, *Piony* rootes, *Fennell* rootes, and *Aristologie*, of each one ounce and a halfe, prepared *Squills* one ounce, *Garden Mints* and *Wormewood*, of each one handfull and a halfe, wilde *Thyme*, *Miscleden*, wilde and tame *Sage*, and *Rue*, of each one \mathfrak{D} . *Anise*, *Fennell* seede, *Pionie* seedes pilled, of each one ounce; *Siluer mountaine*, *Basill* seede, of each halfe an ounce, *Licoice*, *Raisins*, and *Stechas*, of each one ounce, the iuyce of *Fumitorie* (or the water) two ounces, clarified *Honie* sixe ounces, *Sugar* nine ounces: sethe the hearbs, seedes, and roots all together; afterwards wzing it out hard, and with the decoction, the Hony and Sugar make a cleare sirupe: giue thereof to the patient the space of certaine dayes together one ounce and a halfe, or two ounces, with any of the waters meete for it. And because that the foresaid *Hiera* is gentle in purging, and this sicknesse doth require strong things: therefore take *Hiera Picra* two drag. and a halfe, prepared *Coloquint*, and *Bdellium*, of each halfe a scrup. Masticke thre graines, make pils thereof with the iuyce of *Wormewood*, and giue the patient one drag. at night going to bed.

In like sort when he goeth to bed, then is this salve following, the quantity of a Hempe seede, to be wiped at the least thrice a weeke in the patients nose: Take Dre gall one quarter of an ounce, Starch halfe a drag. *Nigilla* seed halfe a scrup. *Mariozam* gentle sixe graines, white Helboze 5. graines, *Euphorbium* 3. graines, powne all reasonable small and temper it well together.

After Purging.

After purging is the sicke person to vse a confortatiue, as hereafter followeth: Take prepared *Pearles* halfe a drag. *Galingall* and *Cinnamon*, of each two scrup. *Seduarie* halfe a scrup.

scrup. prepared Coziander, red Cozal, of each one drag. Putmegs, Cloues, Cucubes, Coutche-
nell, Annise and Fennell, of each firtene graines, yellow Saunders and Masticke, of each five
graines, *Diptamus*, *Hisselden*, pilled Piony seeds, of each two scrup. confected Citron Billes
halfe an ounce, Sugar Candie halfe an ounce, conserue of Roses, and of *Stechados*, of each three
dragm. but if the Conserue of *Stechas* cannot be had, take powdered *Stechas* one dragme, five oun-
ces of Sugar decocted to a sirupe in Rose water, and then temper the rest amongst it. In like
manner are other stomachicall things to be vsed; for which Masticke is highly commended.

For strengthening of the stomacke is this shield woꝛne: Take Mastick three ounces, Spike-
nard, Roses, Frankinsence, of each one drag. Stampe them all together, and make it to a plaister
with odoriferous wine, spread vpon leather, and lay it vpon the stomack: if it will not cleaue fast,
adde ware, and oyle of Masticke as much as is needfull vnto it.

Another.

Take *Laudanum*, and Masticke, of each one ounce and a halfe, Frankinsence one quarter of
an ounce, Galingall, Seduarie, and Annise seeds, of each one drag. and a halfe, Roses,
red and white Saunders, of each one drag. garden Mints, and Bloodstone, of each one
quarter of an ounce, Turpentine one ounce, melt the *Laudanum* in the Turpentine in a
warne mortar with a little of the iuyce of Wormewood, temper the rest beaten small amongst
it, and make a plaister or shield of it: you shall haue moe of these shields for the stomacke in the
third part.

After the vse of the purgation, the patient is to take once a weeke at least, early in the moꝛ-
ning, one drag. of *Hithridate* tempered with Balme water, and thereupon to remaine lying the
space of foure houres, and to sleepe if he can without vsing any thing else the same day.

A Bagge.

Take *Species Electuarii de gemmis*, *Latificantis Almanforis*, of each one quarter of an ounce, Mace
one drag. Mariozam, Indy Spica, *Lignum Aloes*, and red Stixar, of each halfe a drag. each
stamped alone, make a silke bagge and weare it on the left bꝛeast; when it is besweat, then let it
dry againe.

Heere followeth yet many a good remedie.

Take *Pieretrum*, Masticke, of each a like quantity temper them with molten Ware, and make
small bals or pellets thereof, of the bignesse of a Hasell nut, chew them and spit out the slime,
kenbe your head oftentimes, and annoint it with the oyle of Mastick and Spikenard: the Gar-
garismes which follow hereafter are very meete for this sicknesse, Take Treos, prepared Squils,
of each one ounce and a halfe, Hyssope, wilde Thyme, of each one *Pieretrum* one quarter of
an ounce, Licebane, Masticke, of each one drag. white Helleboze one quarter of an ounce, Pio-
ny seede pilled, and Ginger, of each five drag. Raisins (the stones taken out) two ounces, Wine-
ger halfe an ounce, clarified Hony three ounces: sethe all that is to be sodden, afterwards tem-
per the Vineger and Hony amongst it.

Neefing.

The Neefing (like as it is oftentimes said already) is very speciall good, thereby to purge the
braine. But for this sicknesse are Pionie rootes beaten commended aboue measure, and
blowne into the nose. If you temper this powder with the iuyce of Rue, and drop it into
the nose, then wil it be moze forcible, for the Rue hath a maruellous operation against the falling
sicknesse, like as hath also *Spicanardus*: these foresaid things are also good beaten, and smelled to
the other, as this small bag following.

Take wilde Rue beaten halfe an ounce, Silver mountaine one quarter of an ounce, red Sti-
rar one drag. and a halfe, Pionie rootes five drag. temper them well together, and binde them in
a little bag or cloth, and smel vnto it.

Of things that may be hanged about the necke.

In this falling sicknesse are some things highly commended of all the famous Phisitions, to be hanged about the necke, and they alledge thereto also certaine reasons and experiences, wherewith they doe proue and shew, that they that weare them about the necke, doe not fall, and omitting it, their disease presently returneth. This is also no misbeliefe, like as the common people thinketh: but it is the smell or saour, which doth most vehemently withstand this euill, and therefore is the same at no hand to be omitted. Some write also, that the red Corall and the Emerald hath the same vertue, which experience must teach vs. This haply hath bene (as hath bene said) a cause of some superstition, as commonly it befalleth, that good things are abused: for euery one can tell, that the Gospell of Saint Iohn, peeces of the Crosse, and other such like fantasticall Reliques, also sentences of the holy Scripture, haue bene vsed to vnwitch and blesse those that haue bene sorespoken. It hath also bene faithfully credited, that thereby great maruels might be wrought, if they were onely either spoken ouer the patient, or hanged about his necke: for the which this peece of Augling might also be vsed, wherein it is counselled, that a girle be cut out of a Wolues skinne, euen from the head thereof to the very taile, and so weare it about the body. But because it is not easie for euery man to catch a Wolfe, the same is also ascribed to the skinne of an Asse. These things for the most part are accounted as Gospell of old dotting women: like as it is also with the gut of a Wolfe, that is of many Women applyed to the nauels of young children against the Colicke and gripings of the belly: but these remedies following are of better estimation, and of a more secret or hidden vertue, to wit; Wyonie woyme about the necke: also Thyme, Hyssope, Rue, and Southernwood woyme likewise in the bosome, for by reason of their smell they may haue some effect.

A capitall vnguent.

Take Marioram gentle, Rosemarie flowers, of each halfe an ounce, *Lignum Aloes* one ounce, beate them together, and rub them well with strong Wine in a Mortar, temper one ounce of Barly meale, Starch two ounces amongst it, apply this to the head being shauen; it easeth the falling euill maruellously. Item, take oyle of Rue, oyle of Pepper, of each one ounce, swete Costus rootes, *Pieretrum*, Ginger, Galingall, Rue seeds, of each one drag. and a halfe: mix them all together, and so apply them warme ouer both the shoulders. Item, take Beuercod cut small foure ounces, oyle of Oliues six ounces, Juniper berries beaten grossly thre ounces, put a pinte of strong wine vpon them, couer it well, and let it boyle a while: with this is the patient to be annointed in the hams, in the armpits, and on the pulles of his hands. Also it is very good in this infirmitie to annoint the forehead with the sweat of a Stagge.

Indian Baulme is in like sort good for all kind of falling euils, being annointed on the roose of the mouth; and albeit that it cureth not the sicknesse wholly, yet will it greatly hinder his returne.

Vngula Alcis.

It is a common error to weare a ring of this beasts hore on his finger against the falling sicknesse, I haue proued it oftentimes, but with no ease vnto the patient.

A Confection or Electuarie for the falling euill.

Take *Pieretrum*, Costus rootes, *Stechas*, of each ten drag. Agaricke five drag. Dill seed, *Assa-fetida*, Aristologie, of each two drag. and a halfe, iuyce of Squills, clarified Hony, of each 14. cunces: boyle the iuyce and the hony with a gentle fire, vntill it waxe meetely thicke, afterwards when it beginneth to coole, mire the other ingredients with it: take of this euery morning thre drag. and fast foure houres after it. *Montegnana* taketh God to record, that he hath knowne a thousand cured thereby. This following is not much vnlike the former, take *Pieretrum*, Silver mountaine, *Stechados*, of each tenne drag. Agaricke five drag. Cardamome, *Assaferida*, Aristologie, of each one drag. and a halfe, iuyce of Squills, and Honie twice as much

much as of all the rest, or as much as is needfull: let them boyle sufficiently, and temper the other things being powdered amongst them. The patient shall vse every day of this confection one quarter of an ounce, and beware of grosse meates.

These two Electuaries following are very good for all manner of falling euils, except that which is caused of blood: take prepared Pearles one dragme, Cloues, Galingale, Putmegs, Cucubes, of each half a dragme, Cinnamom one scruple, Couchenell, *Lignum Aloes*, red Stirat, of each halfe a scruple, red Saunders, *Calamus*, *Doronicum*, of each five graines, Piony seedes peeled, Bistreto, Diptamer, of each one drag. Currans one ounce, conserue of Roses, conserue of Stechados, conserue of Burrage, of each two dragmes, white Sugar clarified in Rose water twelue ounces, make a confection of them.

Another. Take Piony rootes one ounce, Pace, Indian Spike, Saffron, red Corall, prepared Pearles, of each halfe a dragme, Cinnamom, Cloues, Putmegs, Ginger, Pepper, long Pepper, Cardamome, Graines, of each two dragmes, Licorice five dragmes, *Anacardium* one ounce and a halfe, Puske, Amber, of each seven graines, clarified Hony or Sugar twelue ounces, make an electuary of them: take of this the bignesse of a Putmeg, and drinke a little Beade after it. It is very good against the falling sicknes, the Palsey, and such like other infirmities more, it comforteth the braine, maketh a good memory, and expelleth the lethargie, and all obliuiousnesse.

One may vse either of these prescribed medicines, or this powder following, take Cinnamom, Cloues, Galingale, Putmegs, Pace, Cucubes, of each two dragmes, blacke, white and long Pepper, Cardamome, Annis seeds, Fennell seedes, peeled Piony seeds, Bistope, Diptamer, Bistreto, of each one dragme, Saffron two dragms, Sugar candy five dragmes, make a powder of them, keepe it in a leather sacke, and vse it in all thy meates.

Item, take the seedes of Maiden haire halfe an ounce, Bistreto one ounce, Tormentill one ounce and a half, make them into a powder and minister two dragmes of it at once, with the decoction of Piony rootes when you feare the access of the disease. For this purpose serueth also white Mustard seedes prepared, conserue of Betony, the iuice, the water, the herbe, and the flowers: in fine, all that is made of Betony is very good for the falling sicknesse of the head, and for all other infirmities of the same. So is also the conserue of Piony rootes, seedes, water, wine of Piony, and all what may be prepared thereof, as may evidently be scene by the former receipts: the preserved *Eringus* rootes are also very profitably used therein.

In like sort also Lauander, Rosemary, Spikenard, their leaues, flowers, wine, and whatsoever else is made of them: we haue also mentioned of the taking of Bithridate and Treacle: like wise *Guaiacum* is very commodiously used for this infirmite. After due euacuation of the body, this is also much commended in the falling sicknesse, take the iuice of Rue two ounces, *Assafetida* halfe a dragme, mixe them together, and so take them.

Item, take the skull of a sound man calcined or burnt, pilled Piony seedes, of each halfe an ounce, Tormentill, Bistreto, of each two dragmes, giue it to the patient as before: the same doth also burnt Harts horne taken with wine, as also the liuer of a kite, and dried blood of a Sheepe, the bladder of a Boare with the vrine dried in an ouen, and euery day the bignesse of a beane taken with Oxymel. Item, Rauens eggs, Swallowes flesh, Wolls, Harts, Fore flesh, either boyled or otherwise, the blood and flesh of a Weasel tempered with the vrine of a man child. Item, Buckes blond taken, the hooft of an Asse burnt and mixed with strong Vineger, and so annointed about the head.

The liuer of an Asse taken fasting, the gall of a Beare powdered, the fume of Peacocks dung or otherwise used, Partridges liuers dried, and one dragme and a halfe dronken, the braines of Camels, or of Weasels used with vineger, the bones of a man calcined, the blood of a Tortoise that liueth in fresh water, a Cuckow put into a pipkin close stopped, and burnt to ashes, the stones of a Boare, of a wilde Boare, of a Ramme, and of a Beare dronken, with water, the braines of Sparrowes, with many strange things more that are highly commended of diuers famous Whisitions, but aboue all other things is the reuning of a Leueret much commended, as hath bene sayed before. Euery one may vse of the premisses those that he hath approued to be good: but if this falling euill (which very seldome befalleth) be caused of blood, then appeareth it with rednesse of the face, red eyes, and with large veines. In this case is the *Saphea* to be opened, boring cups to be set on the thighs, and legs, and on all other parts of the body. Three ounces of oyle of Roses mixed with an ounce of Vineger, and other cooling things more, are to be applied to

to the head : also to beware of these meates, that fume into the head, and that ingender much blood, as hath bene said, neither may the patient vse any Wine, solwe Fruits, as Citrons, Lemons, Neruoyce : Pomegranates may he measurably vse either raw by themselves, or mixed with his drinke.

Of the Friction.

The patient is to be rubbed downwards, to wit, from the necke to the very rump, from the bzeast to the legs, and from the thighs to the feet, the lower the better, with rough clothes warmed, thereby to draw the matter downwards : after that, he is to vse a reasonable motion, walking, and kembing of the head. Some counsell to rub the pulses with Strawberry water : and if all this will not helpe, then is an actuall Caustery to be vled for the extreamest and last remedie, whereof hath bene spoken befoze.

Of the Apoplexie or dead Palsey. §. 18.

Euen as we haue generally spoken of this fearefull disease in the 9. §. this *Apoplexia* is the most vehement and last of all the former five infirmities, because it is more hurtfull and perillous then all the rest ; for it often befalleth, that these *Apoplectici* doe not only lose their speech, senses, and memory, but also all motion, naturall warmth and nourishment, yea remaine wholly dumbe, which happeneth by reason that all the passages of the bzaines are obstructed, whereby the vitall spirits cannot be spread ouer the whole body : and because they are without sense, without feeling, and without all motion, do the Latinists call them *Attonitos*.

This *Apoplexia* is described after two manner of waies, the one bereaueth a man of all sense and feeling, and that otherwhiles so long, that the patient seemeth to be dead, wherefoze it is also commaunded, that he should not be buried befoze the fourth day : and to be assured that there is no life more to be expected, thou shalt hold a little feather at his mouth, which if it neither moue nor wagge, and that the body wareth stiffe, then is he departed. Likewise a glasse of water is to be set vpon his bzeast, and if the same be not stirred, then it is a sure signe of death.

The other Palsey is somewhat easier, it doth first infect the bzeast, whereby all the sinewes are constrained to moue immoderately, and to hinder respiration, and this is rightly called *Apoplexia*. Others do diuide it into three kinds : whereof the first is, when the patient doth drawe a little bzeath, but with great difficultie, as also when he someth, his bzeath is not heard, but his voice a little, as if he were choked, and this is the worst and deadliest Palsey.

The second hath a variable respiration or bzeathing, sometimes not perceiued at all, and anon returning to his former course, without some at the mouth : this is also not without great danger, and albeit that it were cured, yet doth it turne to some other sicknesse.

The third kind is, when the bzeath remaineth in due order. The causes of these sicknesse are superabundant humors either in the bzaine, or in the blood, overcharging the stomacke with meate or drinke, ouerwatching, debility of the bzaines, drinking of cold water, cole winds, rainie weather, blowes, fals, vse of many cold meates, as scuits, fishes, lettice, ouermuch sleepe, carnall copulation presently after meals, long rest or quiet, binding in the body, ouermuch blinding either by opening of a veine, or otherwise. This disease is both very common, and very dangerous for old folkes, especially if they haue kept an immoderate diet befoze. The common and surest signes of it are these, to wit, if the patient be quickly snorting and not sleeping, be handled or pinched without sense or feeling. Likewise, the vehemencie or debilitie of this disease may be discerned by the snorting : also it is to be taken for a most sure and infallible signe thereof, if he come at the mouth, and is by no meanes possible to be cured, so that all Phisitions herein agree, that nothing can be done but onely to satisfie his friends, yet without all hope of recouerie.

But if the patient snort not hard, then is the Apoplexie the lesse, and to be grieue, a strong Apoplexie maketh quicke dispatch of the patient, or else there ensueth a dead palsey, which is much easilier cured : wherefoze it is altogether needlesse to make any great discourse of this Apoplexie, and the rather, because that all the remedies seruing for cure of this sicknes, are declared in the treatise of the falling euill, and of the palsey.

Afterwards

Afterwards hēde is also to be taken, whether the face waxe red, blacke, or grēne, as it commonly befalleth if some part be tyed, or bounden about hard: for this, are both the *Saphena* to be opened on the fete, and a while after both the head veines, afterwards in the forehead aboue y nose. This being done, the armes aboue the elbowes, and the legs beneath the knēs, are to be very strongly bound, that the blood might be drawne to the paines, yet (as it hath oftentimes been sayd before) not to let them be bounden too long without vntying them, & then afterwards tying them againe. Also you are to pinch the fingers of the patient very hard, and rub both his eares and his nose so roughly, that it might be paineful vnto him.

Some do counsell that the outward parts should be stroked downewards with wine, wher in *Treos* or *Calmus* hath been decocted: also suppositoies, Clifters, and boring cups, and such like not to be omitted, nor yet the application of *Oxyrrhodinum* to the head.

But if none of the foresayd signes do appeare in the patient, but onely a little rattling in the thzoate when he breatheth, then it is an infallible signe of many watrish humors, for the which this Clifter following is to be vsed. Take Centory, wild and garden Sage, Rue, Southerne wood, *Mariozam*, white water mints, of each halfe a ℞. a little Bran, and halfe a Coloquint tyed vp in a cloth, boyle them al togither, in sufficient water. Take of this decoction 16. ounces, and mire it with *mel anacardinum*, and oyle of *Costus*, of each one ounce and a half, *Sal gemma* one dragme, *Hiera Picra* 7. dragmes, stirre them well togither, this is very meete for the Apoplexie.

To draw the phlegme out of the head, shalt thou prouoke nēssings with Elleboze, for the which this roote is very appropziate, or vse this following: Take white Elleboze, or nēssing wood one dragme, *Beuer cod* halfe a dragme, *Lignum Aloes* one scruple, beate them to powder, and blow it into the nose, and if he could abide vomiting, the vse therof will not be vnprofitable for him, open his mouth and poluze therein *Oxymel* of Squils with warme water, oyle of *Roses*, & of *Lillies*. Item boyled Radishes, or horse radishes in water. Also this vomiting may be prouoked by putting a feather into the thzoate: giue vnto him not much meate, and if it be possible, giue him nothing to drinke but Deade, and the next day let him drinke one dragme or one dragme and a halfe of the decoction of *Annis sēdes*.

Thou shalt call aloud and make a great noyse about this patient, also vse musicke, thereby to awake him out of his deadly slepe, which if it will not help, then is he to be pulled, pinched, and very roughly to be handled.

It is also very meete, that this patient take euery day one dragme, more or lesse of the confection *Anacardina* with *Oxymel*, thereby to bring an ague according as the cause requireth, for it is very hot: wherefore the learned dispute greatly whether an ague be a good or a bad signe in the Apoplexie.

Of outward applications.

Take Cammomill, Melilot, *Pennirovall*, wilde Thyme, *Mariozam*, Baulme, *Mariozam* gentle, of each one ℞. boile them in water, and bathe or foment the head therewith warme, stampe the herbes, put to them oyle of Rue, and of *Lillies*, of each one ounce and a half, and apply them warme to the head, if it be cold weather, then annoint the head with oyles that are warme of nature, and with the oile of *Daffodils*, of *Beuer cod*, of *Pieretrum*, and such like: and not onely the head, but also the necke and the whole backe bone. Make this salve following. Take *Calmus*, bitter *Costus* rootes, of each halfe an ounce, *Siluer mountaine*, *Basill sēde*, of each an ounce, oyle of *Spikenard*, of Cammomill, of *Lillies*, of each two ounces, white Wine three ounces: melt all that is to be molten, and boyle them togither on a small fire of coales, vntill the wine be consumed; then mire the oyle amongst it, and annoint the whole head therewith, and the backe bone downewards to the very end thereof: And if this will not helpe, then shauē off all the haire on the head, and apply this plaister following, being spread on a pēce of leather or a pēce of fustian, and make it as big that the whole head may be couered therewith. Take *Galbanum*, *Sagapenum*, *Opopanax*, of each two dragmes, Sulfur vine one dragme and a halfe, Turpentine one ounce, melt and mire them well togither.

Now to finish this part of the bzaines, we must first remember two things briesly: First that it is most necessarie for this patient altogether to forbear wine, and to drinke some small beere, or to continue with this Deade following, which is made of twelue quarts of water, and

and three or foure quarts of Hony being well sodden and scummed. Concerning his meate hath sufficiently bene spoken before.

Secondly, if his speech be altogether or very much decayed, then is the water of Liriconfanie to be vsed, as it is described in the 5. s. before, and with it all manner of waters of life, which are specified in the eight part. Also Wormewood wine, Lauander wine, Spikenard wine, and the conserve of the same: but remember alwaies, that all other wines be streightly prohibited: wherefore these ought also very circumspectly to be vsed.

The thirteenth Chapter.

Of the Mouth, and all that appertaineth vnto it.



After the description of the Braines, which are the vppermost inward member of the head, we will now speake of other parts, as of the Mouth and Lips. In the mouth, first is the pallet, the tounge, the gums, the roe, the teeth, the almonds, with all the other adiacent partes; as the voice, which is made and brought forth with the lips, tounge, teeth, and with other parts more.

After them follow all manner of accidents that are incident vnto the. Now to speake of the whole mouth it is to be admired, as also al other parts that are created by God: for aboue all that it containeth, it is the onely meanes, whereby euery living thing receiueth foode for the whole body. Also by this the nostrils, the heart and lungs receiue aire, without which it is impossible to liue.

Thirdly, out of this proceedeth the voice and speeches, whereby one man vnderstandeth another, and whereby a man is different from all other beasts, which haue nothing common with vs but onely the voyce.

These things are manifold, as hereafter shall appeare more at large. Of the outward parts, to wit, of the lips, hath bene spoken in the tenth Chapter: but before we come to this particular treatise, we will first of all shew all that belongeth vnto the mouth.

Of putrifactions and exulcerations in the Mouth. S. I



These exulcerations or putrifactions of the mouth are of many sorts: one deepe, another not: some perurulent, some corrodng, virulent, as wel in the tounge as in the gums, consuming and spoiling them otherwhiles wholly. They procede of diuers causes, and amongst all other of these, to wit, if one scald his mouth with hote meates, or vse any thing which is hote by nature; likewise also hote vapors which ascend from the stomacke and vlcerate the mouth.

If these exulcerations be red, the face also red and inflamed, and especially about the place where the soze appeareth, thereby may be adiudged, that it procedes onely of the bloud: but if the colour in the face be yelowish, with heate and dryth in the mouth, rednesse in the eyes, of the thzoate, and with blisters in the mouth, without any great swelling, and that the patient cannot abide any hote thing in his mouth; then proceedeth it of Cholera: but if the vlcers be white, without great paine, without any great swelling of the lips and gums, and if the spetle be saltish, then riseth the same of Phlegma. The melancholike humoz bringeth her own signes with her, to wit, obscurenesse, hardnesse, and blacknesse.

These infections are thus described: The putrifaction in the mouth is, when many blisters and vlcers are ingendred, which do errede the gums, tounge, and thzoate painfully, running from one place to another, and so spoile the mouth.

Before thou take these exulcerations in hand, looke whether they be deepe eaten into the flesh or not, new or old. If they be not big but fresh, and not overladen with much moisture: then vse these things following, which may suffice with some astringent and binding things admired, as to wash the mouth with Well water, Plantaine water, and Rosewater, wherein the blossomes of Pomegranates and their pills, and also Gals haue bene decocted. You may also vse Rosewater mixed with vineger.

Item, the decoction of Fleawort seedes, or of dried Rumes, by it selfe, or tempered with vinegar. Item take raine water, boyle therein the yellow seedes, of Roses, with Galles as much as you please, and wash the mouth therewith. or extinguish Steele made red hot in milke, and wash thy mouth often therewith. Item, take Gals one dragme, Rose water sixe ounces, vinegar one ounce and a halfe, put them together. Or take Roses, burnt Iuorie, Coriander, Sumach, Lentils, Purslaine seedes, peeled Gourd seede, and Cucumber seedes, of each halfe an ounce, beate and mire them together; and lastly adde a little Camfere vnto them. Take of this powder half an ounce, Rose water, vinegar of each two ounces, vse it as hath been sayd before: mire Well water with the iuice of Pomegranates or wine: likewise the decoction of Barley mixed with Sugar, cleanseth the mouth. The water of Sage healeth all exulcerations, if the mouth be renced off therewith. Also in a hot cause are very good all fruits that are solwe, cold & astringent, being chewed, as Medlars, Mulberries, Choake peares, Quinces, Seruices, Framboies, and such like, especially if they be not ouer ripe. Also the iuice of Vine leaues, and sowre and tart herbes may be vled for gargarismes.

But if these gentle remedies do no good, then purge the patient as the cause requireth, as before hath often been shewed. But because this is for the most part caused through heate, he is to be purged with Cassia, solwe Dates, or with the Electuarie of Roses, afterwards open the veine vnder the tong, or those that appeare on the inside of the lower lip, which is very common for all hot infirmities of the lips.

If sucking children be troubled with it, then is the nurse to be fed with cooling things, for by the alteration of their milke they are easily restored to health againe: for this purpose is the oyle of Sulphur very good, as well in yong children as ancient people, but there are many common things that are altogether as good as that.

Item, take the yellow seedes of white Roses, blossomes of Pomegranates. Starch, burnt Iuorie, milke of Lentils, Purslaine seedes, Coriander, Sene huskes, of each a like much, and a little Camfere: make a powder of them, and rub the vlcer easily therewithall, or hold it in the mouth with vinegar of Roses, Rose water, and oyle of Roses. Item, for this hot exulceration thou shalt take the water of Shepheards purse, of broad Plantaine, of Roses and of Purslaine, of each two ounces, the iuice of Mulberries, hony of Roses, of each one ounce, mire them well together, and gargarise with it often.

Item, take Gals, Pomegranate blossomes, and Cyperus nuts, of each one ounce, Roses, white Wyer, two dragmes, Acozne cups halfe an ounce, beate them grossely, and boyle them in water, and wash thy mouth with it. When by these meanes the paine is somewhat abated, then mire fresh butter with hony of Roses, and annoint the place therewith: this mayst thou well account one of the best remedies. Or stamp a solwe Pomegranate with the pils, wzing it out hard, and adde as much hony to the iuice; let them seth together vntill it be thicke. If thou wilt haue it stronger, adde the third part of beaten Acozns with it. The application of boxing cups is also very meete and fit for it: and if the patient be full of bloud, then is the head veine to be opened.

But if the blisters be white, then is the patient to be purged with *Diaturbith*, or with these pils following: Take *Species Hiera Piera* two dragmes, *Species medicaminis turbith*, two dragmes and a halfe, Coloquint halfe a dragme, make pils thereof with wine, take of them one dragme or one dragme and a halfe at once. It is also very good to rub them with hony and salt; but these things following are more in vse, and more fit for this purpose: Take Allum one ounce, boyle it in Plantaine water; you may also put Plantaine leaues vnto it, and wash the mouth often therewith. Take hony of Roses, warme water, & a little Allum, halfe as much vinegar as water, vse it as before, it is very good. Take Roses one ounce & a halfe, Plantaine one ounce, burnt Allum halfe a dragme. Mirtle seedes halfe as much, Pomegranate blossomes and pils of each one scruple, let them seth well together & vse it as the other. Item take one pinte of water, and a good peece of Ireos cut small, and as much Allum, hony of Roses 2. spoonfulls, let it boyle alway two fingers bredth. In fine, whensoever *Phelgma* is cause of the vlcers, then must drying and astringent remedies be vled, Cyperus nuts, barkes of the Frankinsence tree, Frankinsence & Masticke: and although one should mire these warme things with others that are cold and astringent, as Gals, Pomegranate pils, Roses, Mirtle seedes, & such like; yet is not that any errour at all, but rather a helpe. Also of these things following may gargarismes be made, or little bals with

With the iuice of Peares, or Quinces to hold in the mouth.

There is in the seuenth Chapter and fourth S. a water described for the eyes, beginning : Take broad Plantaine water, with Merdigrease, and Dragons bloud. This may you vse if the soze run much, and were very vncleane, for it drieth and healeth much : Take Plantain water, boyle therein grosse beaten Myrtle seedes. This cleanseth the sozes, and cureth them : Conserue of Roses held in the mouth long doth cleanse the same. Oxycraton, that is wine, water, and vineger mixed together, is also very good.

If this exulceration of the mouth proceed of Melancholy, then shalt thou purge as followeth : Take Currans one ounce, Burrage flowers, and of Buglosse, *Epithymus*, and Sene, of each one drag. boyle them in water wherein *Mirobalani Indi*, and *Chebuli*, of each halfe an ounce haue bin steeped and decocted, giue three or foure ounces therof in the morning. In like manner may you purge with *Hiera Ruffi*, you shall also vse a gargarisme made with Currans and Annise seedes, and mixed with hony. Hereafter do diuers good things ensue for the infirmities of the tongue, that are also very good for this present purpose.

Of the swollen Almonds. S.2.

TH chanceth also sometimes, that in these infirmities the Almonds or the pallet in the thzoate do exulcerate : of this pallet shall hereafter especiall mention be made. But for the tumour of the Almonds, and other exulcerations in the thzoate, are these remedies following ordained. Take a quart of red wine, Roses three M. peales of two Pomegranates, foure Bals grossly beaten, Licorice halfe an ounce, Currans two dragms, boyle them together vntill the fourth part be wasted : before thou doest adhibite this, wash thy mouth with a cloth dipped in wine, then vse it warme : if it be with any exulceration, then adde hony of Roses vnto it, and wash it every day fve or seven times.

Aqua Iohannis.

This water is very good and effectuell to gargarize withall, both in blisters and vlcers : Take Sulphur vife, red Vints, Allume, & Sugar, of each half an ounce, Mastick, Frankinsence, of each two drag. *Pieretrium* halfe a dragme, *Aqua vita* three ounces : beate all what is to be beaten, and temper them together : Take Allume, Sugar, of each halfe an ounce, boyle them together in Plantaine water, mixe it with the iuice of Mulberries, wash the mouth therewith, it allwageth the swelling, drieth and healeth. The same doth also the sirupe of Myrtle seedes, and of the iuice of Nutshells that hereafter are described. In like maner also, Milk, and the iuice of Lettice, each by it selfe. If the thzoate be exulcerated within, then take Frankinsence, *Sandaraca*, Masticke, of each one drag. red Stixar halfe a dragme : beate them together and receiue the fume therof at the mouth oftentimes : afterwards gargarize with Warly water and hony of Roses.

For all impediments, putrifactions, and exulcerations of the mouth, are three diuers gargarismes prescribed and ordained : whereof some are specified hereafter, wherewith is also declared how that commendable iuice of Mulberries, hony of Roses, and moe other things are to be prepared.

Of outward exulcerations, and contractions of the mouth, hath bene spoken in the twelfth chapter, and S. 14.

Of a stinking mouth and breath. S.3.



His infirmitie proceedeth not onely from the mouth, but of many other accidents moe, which the learned comprehend in the number of eight: first, when the gums doe putrefie and stinke: secondly, bad and hollow teeth : thirdly, stinking humors that fall down from the head into the pannicles of the mouth, and there make the spittle to stinke : fourthly, stinking slime of the stomacke: fifthly, the corruption of the lights: sixthly, stinking matter and purulency, as in *Phthisi*: seuenthly stopping in the nose, or some exulceration of the same, as in *Ozena* : eighthly, the corruption before mentioned of the mouth.

Of the foresaid infirmities haue diuers Authoꝝ sufficiently spoken, as also hereafter in many places shall appeare. Here we intreate onely of the corruption of the mouth, in the which we may comprehend the thre last causes. And first of all, if this stench procede from the braine, and settle it selfe in the tunicles of the mouth, which most commonly commeth of heate, then is there present a great itch, heate, thirst, and drought. For this shalt thou open the head veine, set boring cups in the neck, purge the head with *Pillula aurea*, or *Cochia*, wash thy mouth often with Plantaine water, or water of shepheards purse, receiue the water of decodded Mallowes or Lettice, and smell of Roses, Violets, Waterlillies, Willow leaves, Saunders, or of Cammelmill.

If it procede of cold, then vse some daies together potions of *Oxymel Compositum*, or Drimel of Squills, purge with pill. *Cochia*, and gargarize with this water following.

Take Ireos, Cyper roots, Juniper berries, Marioram gentle, field Mints, wilde Tyne, garden Mints, all of them, or as many as you please, vse it often: you may also draw it vp into the nose; you must beware of Fruites, Fishes, Beanes, all hard meates, and such as putrifie speedily in the stomacke.

If the corruption of the mouth do cause this stinking breath, then shall you gargarize very often with the decoction of Agrimony, and Blue leaues, adding as much Hony vnto it, as you thinke good. Item, take Vineger and extinguish it in gold, made red hote a good many times, with Cloues decodded in it; wash the mouth with it, this taketh away the stench: also gold only held in the mouth is very good: so likewise doth chewed Ireos. Take greene oken leaues, beate them to powder, and take of this one drag. every day fasting with Wine, it taketh away the stench. In the 12. Chapter and first s. in the description of the Hemozoy you may find a good powder, which beginneth, Take Sene leaues, Seduarie, &c. Item, take Cinnamome, Cloues, Sage, Marioram gentle, Balme, Putmegs, *Angelica* rootes, and such like odoriferous things, eate and chew them in thy mouth, spit them out, and take in fresh: they take away all bad saours and stench.

Of what cause soeuer this infection procede, these simples following are very commodious for it, each by it selfe, to wit, Auence, Cyper roots, Frankinsence, *Lignum Aloes*, Cinnamome, Citron seeds, Kape seeds, Cloues, Myrrhe, *Blatta byzantia*, Mastick, Cardamome, *Agrus castus*, Spica, Squinanth, Citron leaues, Roses, Saunders, Campher, water Lillies, Rosewater, prepared Coriander, odoriferous Apples, Quinces, Tozmentill rootes, and such like.

Take white Saunders, Roses, of each five drag. red Saunders, Citron pills, Squinanth, *Gallia muschata*, of each two drag. make a powder or little bals thereof to hold in thy mouth.

A Gargarisme for all infections of the mouth. S. 4.

Gargarismes are commonly made for all infirmities of the mouth, thzoate, and lippes, to cleanse, to heale, and to cure them; but because we haue described many such accidents, and haue promised to shew some gargarisme for them, which shall be done at this present: and for that in all gargarismes thre principall things are tempered, as the sirupe of Mulberries, hony of Roses, and the iuice of Nut shels, we will therfore first of all shew how they are to be prepared.

The Sirupe of Mulberries *Diamoron*.

This Sirupe is diuersly prepared. The common people take halfe Mulberries and halfe Blackberries, and boyle them like to a Conserue: of this doe they giue in hote diseases to comfort. Others take onely the iuice of blacke Mulberries, wringing them thzough a strainer as soone as they are gathered, and so with Sugar make it to a sirupe.

The Apothecaries prepare it thus: Take five ounces of the iuice of Mulberries, 12. ounces of the iuice of Blackberries, both the berries as yet being not full ripe, clarified hony 11. ounces, sweete wine thre ounces: let them sethe together ouer a gentle fire till it be reasonable thicke, and keepe it in a pot.

The fourth and best meanes. Take iuice of Mulberries, Blackberries, Framboyes, and of Strawberries, of each foure ounces, clarified Hony eight ounces, boyle them with a milde fire till they ware reasonable thicke. But note (as already hath bene said) that the berries be not altogether

altogether ripe; and because the Framboyes and Strawberries be ripe before the rest, their iuyces are to be sodden with halfe as much Sugar, and so to be kept vntill the rest be red, all these sirupes haue an especiall vertue to cure all infirmities of the mouth, to cleanse, to coole and to dry: for which cause also they are good to be vsed against the Squinancie, and all infections of the throte. But if thou wilt make it stronger, then temper Allume, Myrre, Saffron, and Mercurie, of which thou wilt amongst it, according as the cause requireth.

Honie of Roses.

This honie of Roses is also made diuersly, but commonly as followeth: Take Roses that are not fully blowen, cut off the yelow tops, and to one pound of Roses put thre pound of honie which hath bene clarified very well, and so place it in the sunne.

One that is stronger: Take Rose buds (as before) one pound, beate and boyle them in a pinte and a halfe of raine water, wring it out hard, adde to the expressed liquoz foure ounces of the iuyce of Roses, clarified honie two pound, boyle them together till it be thicke enough.

The third manner. Take clarified honie two pound and a halfe, iuyce of Roses new made foure ounces, set them on the fire & when it beginneth to boile, mixe one pound of chopped Rose leaues amongst it, let them boyle till all the iuyce be consumed: afterwards straine it through a cloth, and keepe it close stopped; for the older it is, the better it is. This Honie of Roses hath an easie astringent vertue, it cooleth, and is very good in all sharpe rheumes that fall from the head into the mouth: it withstandeth all putrifactions, corrosions, and white exulcerations in the mouth: it expelleth all stinking humors of the stomacke, that are caused of the gall, if it be vsed in hot feuers; otherwise it doth cleanse the stomacke of all humineffe, prouoketh sweate. That which is made with the iuyce of Roses, loseth, and outwardly it clenseth all vlcers, stinking wounds, and such like. If any man had taken Phisicke, and would not willingly vomit it vp againe, he shall take a little of this honie of Roses after it.

There is yet another manner of making of this honie of Roses. Take sixe ounces of dry Rose leaues, put 15. ounces of boyling water vpon them in a pot that may be close couered, let it infuse so eight houres, then wring it out hard, and take as many Roses more; make the liquoz boyling hot againe, put it on the Roses, and let it infuse as before; this reiterate thrice and no more: afterwards weigh the liquoz, and to five ounces of it put thre ounces of honie; boyle and clarify it: this bindeth the body, and comforteth the stomacke.

The sirupe of Nut shels.

The Apothecaries doe call this sirupe *Rob nucum*, and *Discaridion*, which is thus prepared; Take the greene shels of Nuts, beate them and presse out their iuyce: of this take one pound, clarified honie halfe a pound, boyle them to a sirupe. Some do take of the iuyce and honie of each a like quantity: this sirupe is very good for women and weake folkes troubled with hot rheumes that swell. You may adde other things vnto it, according as the accident requireth.

The Gargarismes which are most swete for the mouth, the throte, and the adiacent parts are these: Take Rose water, Plantaine water, of each foure ounces, honie of Roses one ounce, sirupe of Mulberries halfe an ounce, burnt Allum one dragma, white wine eight ounces, let them seeth together as long as you would do an egge, gargarise therewith warme, it drieth and cleanseth. Take Plantaine, Knot grasse, & Barly, of each one handfull, boyle them vntill the Barly burst, straine it through a cloth, and adde to it Honie of Roses, sirupe of Mulberries, of each halfe an ounce: vse it as aboue. Item, take Barly halfe a handfull, roots of Buglosse as many, iuyce of Quinces one drag. and a halfe, Violets, Currans, and Stauesacre, of each two drag. boyle them in a good pinte of water, vntill the Barley swell: this healeth, and alayeth the paine.

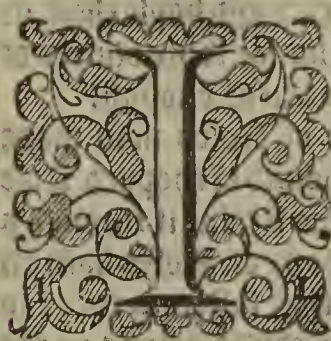
Take Pomegranates pils, broad and long Plantaine, of each one handfull, let them boyle together in a pinte and a halfe of water being strained, adde to it *Vnguenti Egyptiaci*, sirupe of Mulberries, and Nut shels, of each halfe an ounce, temper them all together: this drieth maruellously, and healeth all stinking exulcerations. But you may not swallow any of it downe, by reason of the Herdigrease which is in the salue.

In great heate of the mouth and throte, with a sharpe matter adioyned, which excoziateth

this place: Take water of Nightshade and Purslaine, of each three ounces, water of Burrage and of Violets, of each two ounces, seeds of Fleawort halfe a drag. Quince kernels halfe a drag. Dragagant a drag. and a halfe, Steepe it in Rosewater, presse out the slime or musilage, and mixe them all together.

Take Plantaine water and wine, of each foure ounces, burnt Allume halfe a drag. Honie of Roses, sirupe of Mulberries, of each one ounce, boile them a little, and gargarise often therewith: this is especiall good in all tumors of the throte, and also in the squinancie. There are many more such like gargarismes prescribed for many other diseases, as euery where may appeare. There are also diuers Phisitions, which without any exception, vse in all gargarismes *Scrophularia*, and that not amisse: for it hath a wonderfull vertue.

Of the Pallet, and the falling downe thereof. §. 5.



It is called by the Grecians *Epiglottis*, that is, the litle tongue, by the Latins *Lingula*, *Vuula*, and by vs the pallet. It is also a very needful part and member of the tongue, it hath five seuerall parts: first, the two Almonds, *Tonsilla*, that engender the spittle, and moisten the tongue; and if they wax dry, then do they hinder the spech. Secondly, the *Aspera Arteria*, or *Trachea*, and *Oesophagus*. Lastly, the pallet it selfe. This is the onely instrument of the voyce, wherby the same is fashioned, and for that cause it is placed in the middelt of the throte, because it should couer one part of the throte, and prelerue the best, hart and lights, should direct the meate and drinke receiued, to the mouth of the stomack. It befalleth often, that it hangeth downe, and so troubleth one very much, which he is not accustomed to haue before, as may be seene when the tongue is pressed downe.

If this procede of heate, then is the pallet red, the veines about the eyes swollen, the face red, and the spittle sweetish; all which are signes of ouermuch blood.

But if it be white, then it is caused of a cold rheume, which falleth into the mouth abundantly: the voyce is hoarse, the face pale; the pallet white, and much longer than it ought to be.

Of the tumor and falling downe of the pallet through heate.

If the pallet be red, then is the whole backe bone from the very necke downewards, and both the armes to be rubbed with warme clothes, the legs are to be tyed hard, and untied againe; afterwards boring cups are to be fastened on the thighs, against the fire; also if need require, the head veine may be opened vpon the right hand.

Item, a visicatory vnguent shall be applyed to the shoulders (which is diuerlie described in the twelfth Chapter and 16. s.) and so let it remaine thereon two houres long.

Item, take Roses, Gals, and Pomegranate pills, of each one drag. Allume one scrup. Salt halfe a scrup. make them into a powder, and beare vp the pallet with it. Or take Rosewater and Vineger mixt together, gargarize with it; or in the stead of Rosewater, you may take Well water.

Water of Plantaine, and Nightshade is also very meete for the same, but it must not be taken downe.

Item, mixe the sirupe of Mulberries and a little vineger with water, and gargarize therewith.

Another. Take the yellow seeds of Roses, and a few Citron seeds, boyle them in Plantaine water, afterwards mingle some honie and a little vineger with it.

This following is of no lesse vertue then the former: Take the sirupe of Putshels one ounce and a halfe, the decoction of Sumach two ounces, temper them together, and vse it certaine daies continually: if you will haue it milder, then take Barley water in stead of the other, and mixe some Pomegranate wine with it.

Item, another that is stronger, and especially at the first: Take two ounces of Rosewater, one ounce of red vineger, Acorne cups, *Hypocistis*, iuyce of Sloes, calcined plume Allume, of each one scrup. mingle them together for a gargarisme.

A Powder.

Take the greene Shells of Muts dried, beate them small, and take a little spoonfull of the powder; hold it to the pallet, and beare it vp therewith continually: this hath oftentimes bene approued. Another. Take Allume (that is called *Allumen Iamenum*) burne it, and vse it as before: or burne Sal armoniacke, and vse it as the other.

Note also, that all the powders may most conueniently be vsed, after that the patient hath gargarized: neuerthelesse they may be vsed when one thinketh good.

Of swelling, and falling downe of the Pallet through cold.

If the Pallet be white, then take Cinnamome, Ginger, Pepper, *Pieretrum*, Pomegranate pils, Bals, and Roses, of each a like much, make them into powder, and hold it to the pallet as before.

Item, take long Pepper three drag. Ginger one drag. and a halfe, *Album Gracum*, that is, a white Dogs turd (of a Dog that eateth nought else but bones) one drag. Allume foure scruples, *Salgemme*, halfe a drag. vse it as all the rest: abhorre not the dogs turd, for in this extremitie it hath a maruellous operation.

Item, take Sage, Mustard seede, of each one drag. boyle them together in water, vntill there remaine about eight ounces, then adde one ounce of honie of Roses vnto it.

Take *Album Gracum*, being well dried, fine Bolus, of each one drag. Allume halfe a dragme, Pepper and Salt, of each halfe a drag. make them into powder, and vse it as aboue.

Take *Oxymel*, Mustard seede beaten, and vineger, of each a like quantitie, annoint the pallet therewith.

Item, shauē off the haire that groweth on the suture of the skull called *Sagittalis*, apply a great boring cup vnto the bare place, and let it there remaine a whole houre long. This may you reiterate three or foure times a day; it draweth the pallet vp againe.

What is to be done in the greatest extremity.

If the patient haue long haire, then let a strong man take hold of it, and pull it vpward violently, vntill such time as one may perceiue that the skin is seuered or parted from the skull; then also doth the pallet ascend, because it is fast to the skin: it hath bene found by experience that it hath holpen immediatly, and hath preserved the patient from choking.

But if this infirmitie be of long continuance, and that the pallet seemeth to hang onely at a little skin, and the neather end of it is much swollen, then there can be no other meanes vsed (although one is loth to follow it) but by incision to take it away; afterwards you are to vse this gargarisme following: Take the decoction of Ireos, and Licorice, of each a like much, mingle as much hony with it as you please, and a little vineger.

Item, Wineger and water wherein the blossomes of Pomegranate trees haue bene decocted.

The order of Diet.

In this infirmitie proceeding of cold, vse excalefactiue meates, drinks, and habitations, beware of all manner of violent motions, anger, vexation of mind, feare, and such like. The confectionis, *Diatrion*, *Pipercon*, *Diamoscu*, *Diambra*, and *Pithridate* are very commodious in this malady: or else to gargarize with *Mina Citoniarum*, and the water of Sloes.

Take beaten Cucubes halfe a drag. make thereof with the iuyce of Roses or their water, two pils; they are very effectuell. These pils following do also hinder the falling of the rheume into the mouth. Take *Pill. Elephangina* one drag. Masticke one scruple, make eight pils of them, take twaine after supper at each time.

Of the Tongue. §. 6.

The parts of the tongue are flesh, muscles, veines, and sinewes combined together, springious and soft; which member amongst all liuing creatures, or amongst them that haue a tongue is most different, not onely by reason of her forme, but rather by the voyce: and

indeed it is no lesse, for by her wonderfull motion (whereof there be three in generall) doth she bring manuels to passe.

First, by the manner of the wordes and speech, whereby we can declare whatsoever we conceive in mind, and make it knowne to another body. By this groweth wars and peace, friendship and enmitie, concord and discord: by this is both God and man praised and dispraised. In fine, by this is done both good and harme, as that merry *Esopus* saith in his fables, that the tong is the best and worst pece of flesh.

The second is the taste, whereby it can discern which is bitter, which sweete, soure, tart, sharpe, cold, hot, or any such like: also it adiudgeth what is good or bad for the stomacke.

The third is the sense of feeling, whereby it perceiveth what is hard or soft, hot or cold, &c. Besides all this, it helpeth to hold the meate received betwene the teeth, that there it might be chewed, and thence conveyed into the stomacke. Also it serveth to gather the slime and moisture of the mouth together, & to spit it out, which by no meanes can be effected without it, as it evidently appeareth in those that have a dead palse, and cannot wag or move their tongue.

This member is subiect to diuers & sundry infirmities, as when the tong is heavy and slow, hard and immouable, hot and dry; for which cause it is especially infected of *Alcola*, which causeth it to swell, harden, and exulcerate, &c. whereof we purpose to speake hereafter.

Of the losse and vnperfectnes of tasting.

Amongst the before mentioned infirmities, this is also to be placed, that in the taste, as in the sight and hearing, oftentimes hapneth that it be quite & cleane decayed, so that there remain not one whit of taste; otherwhiles also is the tasting onely diminished, as when one can perceiue some taste, yet not perfect and to the full. Also it is oftentimes quite spoyled, as when one taketh soure or sweete &c. As it befalleth to them that have the yellow Jaundies, or to them that are troubled with a hot ague, wherein the patient adiudgeth all what he tasteth to be salt, bitter, sweete, or without sauour, according to the qualitie of the disease.

The signes, of the humors that causeth this infirmitie, are these: The bloud yieldeth a sweete taste. *Phlegma* also somewhat sweetish, with much spittle, humiditie of the head, of the tongue, and of the whole body. *Cholera* causeth bitterness, saltnesse, and giueth a salt steame. If there be no tast at all, then is the mouth of the stomacke pestered with many bad and superfluous humours. If it proceede of melancholie, then is the taste tart, and astringent, of all that he taketh in the mouth.

There may also very sure signes be taken of the tongue: the which if it be white, then it is not onely a signe of cold, but also that the stomacke, head and liuer are full of *Phlegma*: if it be red, then doth it signifie that this maladie is caused of bloud, & of hot rheumes: The yallownesse is a signe that *Cholera* is cause of all: If it be the colour of lead, and blackish, it sheweth Melancholie to be the cause of it, vnlesse it should proceede of some vnnaturall heate, as in hot Fevers it commonly chanceth.

Now concerning the remedies for this lost, bad, or corrupted taste: If it come of a hot sicknesse or Feuer, and the patient be full of bloud, then is first the head veine, after the veine vnder the tongue to be opened, and a good diet to be kept, and all manner of cooling things to be vsed.

He is also to be purged with a potion of the sirupe of Roses, of yellow Piobalans, or with these pills following.

Take of the *Species Hiera* one dragme and a halfe, shales of yellow Piobalans, three drag. *Diagridii* and *Anise* seede, of each halfe a drag. temper them with sirupe or the iuice of Roses, and giue a dragme of them at once, more or lesse, according to the ability of the patient. Or take five dragmes of the Electuary of the iuice of Roses, or some such like matter: afterwards is he to hold in his mouth vinegar mixt with the iuice of Pomegranats: otherwhiles also the iuice of Lettice, of Purslaine, muscilage of Fleawort, and of Dragagant, made with Rose water, & held in the mouth a long time, sometimes Rose water by it selfe vsed it as before. These pills following are also to be made, and holden continually in the mouth: Take Roses, burnt Juorie, and Bay berries, of each a quarter of an ounce, pilled Melon seedes, Gourd seedes, Cucumber seedes, Pompeon seedes, Lettice seedes, Purslaine seedes, Endine seedes, Dragagant, of each one drag. make

make it into pills with the Dragagant dissolved; afterwards he is to gargarize with the iuyce of Endiue, and of Nightshade, or with the decoction of Roses, Uerueine, and Myrtle seedes. Thou shalt rub his tongue with peeces of fresh Melons or Gourds. All these things alter the bad sauour and taste of the mouth in a hot cause.

But if the losse of taste procede of heate and drought with any humoz with it, which may bee perceiued, if the tongue be dry, red, and without any spittle; then are contrary things to be vsed for it, to wit, cold and moist remedies.

Contrariwise, if it be caused by cold, then note if there be any affluxe of humozs with it, or not: if there be (as commonly it befallerh) any superabundant humozs with it, and if the body be full of blood, then is purging and letting of blood (as opportunity serueth) to be vsed: if not, minister vnto him *Oxymel compositum*, or of Squills, with the decoction of Hyssope, Marioram, Sage, and Stechas: afterwards purge him with the pills *Cochis*.

A Gargarisme for the same.

Take Hyssope, and Licorice, of each an ounce, twenty sappie figs, Hony six ounces: boyle them in water, and gargarize therewith, and hold it a good while in thy mouth. If there be no agues with it, vse this gargarisme: Take the iuyce of Squills one ounce, Vineger twelue ounces, Well water and Hony, of each six ounces: let it boyle a while scumming it. If the patient do abhorre euery thing, supposing them to taste very vnsauorie, then he is to bee purged with an ounce of fresh Cassia, with *Oxymel*, and with the afoze mentioned water.

For this purpose serue also sharpe meates, as Onions, Garlicke, Leekes, Mustard seedes with vineger, iuyce of Limons, iuyce of Citrons mixt with other meates: also otherwhiles salt meates.

Of a heauy and slow Tongue.

These infirmities are of two sorts, the one naturall, and the other accidentall, as when the tongue cannot pronounce the letters aright, but in pronouncing the vowels, *A, E, I, O, U*, is no want in it, because that the tongue then neede not much to be stirred: also in the saying of *B, M, P, Q*, wherein the lips doe the greatest labour. But in these letters following must the tongue be most of all vsed, to wit, in *C, D, G, H, L, N, R, S, T, X, Z*. In the naming of *F*, must the breath be blowne out betwene the vpper teeth and the lower lip. If any of these be any hinderance, then may the same be ascribed to the tongue, especially if the same be inueterated through a long custome, which after remaineth for euer incurable.

The other that proceedeth of outward causes, and lurketh in the sinewes of the tongue, may be cured by Phisicke.

Both these infirmities are caused of foure sundry occasions. The first of a cold matter, that lyeth in the sinewes of the tongue, which is to perceiued, if they cannot pronounce perfectly the letters aboue shewed in the third row, and especially the *R*. Besides this also their sight and hearing decreaseth: or when one would speake hastily, and therewithall dribbleth against his will, the which is a messenger of the dead Valley.

Secondly, it is also sometimes caused of hote agues: then can the patient not draw his tongue backward, and it wareth blacke and rough.

Thirdly, this infirmitie may procede of the toughnesse of the humoz that stayeth the tongue, as if it were fastened vnderneath, and therefore could not be put forth by the patient.

Fourthly, it is otherwhiles caused of certaine flesh that groweth vnder the tongue, the which if the tongue be lifted vp apparantly may be seene.

The first which groweth of cold, and without an ague, is thus to be cured: to wit, that after the patient hath beene purged, he open a veine, and afterwards wash his tongue with this water following, but he is to take great heed he swallow none of it downe. Take Sal armoniack, Pepper, Ginger, white Mustard seeds, *Pieretrum*, Licebane, Borras, Salt, salt of Indie, Marioram, seeds of Pigella, Marioram gentle, of each one drag. boyle them all together in a quart of water vnto the halfe, and vse it as hath beene said.

Item, boyle *Pieretrum* in Vineger, and gargarise therewith. Loke also that these things doe

not excoziate the throte and make it raw: for the *Pieretrum* is very strong, and therefore it is commaunded (as often hath bene said) to tye it in a fine peece of cloth, and to chew it.

A Powder.

After the long continuance of this gargarization, take *Sal armoniacke*, *Pieretrum*, *Pepper*, and white *Mustard* seedes, of each a like much, make it into powder, and rubbe the tongue often with it: but childrens tongues may you rubbe onely with the powder of *Sage*, or wash it with *Oxymel*.

Item, take hony of *Roses* two ounces, *Sal gemme* two drag, mixe them together, and rub the tongue often with it.

Also make this gargarisme following: Take *Sage*, *Hyssope*, *Calamus*, of each a like quantitie, boyle them in water. Take *Costus* rootes that are swete, white *Pepper*, *Ginger*, *Licebane*, *Rue* seedes, of each one drag. *Pieretrum* three drag. *Gaines* halfe a drag. *Pasticke* dissolued in vinegar one ounce, temper them together, and make pills of it of the bignes of small *Puts*. Take one of these in thy mouth otherwhiles and chew it, they are very meete to draw the phlegmaticke matter out of the tongue which there hindreth the speech.

But of the bereauing of the speech by reason of the dead palsey haue I shewed before how the party so troubled is to be purged and dealt withall, yet notwithstanding that, I will procede in teaching all what may happen vnto the tongue.

If the same same to be caused of a cold and moyst matter, then is the tongue to be often rubbed with *Hiera Picra*, tempered with a little *Stauesacre*, *Mustard* seede, and *Pieretrum*, but this is verie hote and bitter, so that the patient shall hardly be able to abide it: but this following is milder.

Take *Sal armoniack* and *Ginger*, of each a like much, temper them with the iuyce of *Squils* and rub the tongue with it.

Item, *Oxymel* of *Squils*, and water wherein one or moe of the former things haue bene decocted, is very commodious: but annoint the necke and the hinder part of the head with oyle of *Bayes*, and of *Beuercod*, afterwards apply this plaister following vpon it, being spread on Leather.

Take *Gumme* three drag. *Stechas* and *Maridam* gentle, of each one drag. oyle of *Maridam* gentle, and waxe as much as is needfull for a plaister.

Take *Beuercod*, wet it with the iuyce of *Sage*, and make pilles of it, and hold them in thy mouth, or else take *Putmegs*, *Indian Puts*, *Cloues*, *Pieretrum*, *Assa foetida*, of each one scrup. *Laudanum*, *Dragagant*, of each one drag. make them into pills with wine, and hold them in thy mouth: So also may you hold a peece of a *Putmeg* in the mouth, and chew it. Treacle, *Withride*, and such like confections are commended in this infirmitie. The patient must also speake much and plainely.

But if it come with the infection of any other sinewes, then it is to be cured by the meanes that are prescribed in the *Palsey*.

But if it procede of an *Ague*, with a contracture of the tongue, then must you irrigate the patients necke and shoulders from on high with warme water, for that moisteneth and warmeth the same place and the tongue also: afterwards annoint it with the oyle of *Oliues*.

How to moisten the tongue.

If then a great dritth of the tongue happen with it (as it commonly befalleth in hote feauers) then is the patient to hold in his mouth oyle of *Roses* or of *Violets*; but especially ought that to be obserued which hath bene said before in the losse of the taste, where it beginneth thus: Afterwards he is to hold in his mouth, &c.

For this vse serue also these things, to wit, preserued blacke *Cherries*, preserued *Raspises*, and whatsoever else is made of them, preserued *Beaches*, *Barberries* and their sirupe, the preserued red *Cherries* with their sirupe, and such like moe, sirupe of *Bulberries*, of *Putshels*, conserue of *Roses*, conserue of water *Lillies*, and many more such like, as is shewed in hote diseases and pestilentiall feauers.

Diatragacanthum frigidum, is very good in this and in all other hote diseases whatsoeuer.

For this purpose serueth also Sugarcandy, the musilage of Fleawort, of Quince kernels, and to wash the mouth often with warme water, Vineger, and Rosewater.

If there be any tumour with it, then vse the Iulep of Violets, and of Roses, dried Prunes, dried Cherries, iuice of Licorice, soluzed Dates, Hanna, or which of them you please: but if the toung were fast some where, then is it to be loosed with some instrument, and afterwards to be strewn the place with Ginger and Allume.

Lastly, if a peece of flesh should grow vnder the toung, as if it were a frogge, then doth the same proceede of a grosse and tough humour: when the toung is lifted vp, then may you see it very red, and it is otherwhiles little or bigge like vnto a little toung. It is also sometimes round like a Hasell nut, and bigger, whereby both the speech and eating is hindered. Here must the patient first be purged, let blood vnder the toung, and obserue a good diet, as in any other impostume of the head, that might also proceede of fleagin. Afterwards is the frogge to be rubbed with Sal-armoniack, Bals, *Salgemme*, or parched salt: or else you may prepare this for it. Take *Pieretrum*, Ginger, of each two drag. *Sal-armoniack*, *Salgemme*, of each a drag, and a halfe, *Pariozam*, *Calmus*, *Ireos*, *Daffodils*, *Mastick*, of each halfe a dragm. make a powder of them. Of this powder may you take one part, and with the white of an egge make it into *Trocisces*, and when thou wilt vse them, dissolue them in *Aqua vita*, and so annoint the frog vnder the tongue with it.

With this water following may you also wash the mouth very often. Take *Pariozam*, *Gints*, *Pennicoyall*, *Pettle roots*, of each one lb. *Pieretrum* two drag. boyle them together in a pinte and a halfe of water, till the third part remaine.

But if this malady do once inueterate and waxe old, then it is to be cured with those things that are described hereafter in bleeding of the Gums; amongst which this following is rehearsed: Take Sugar, Allume, Verdigrease, of each a like much; mixe them with hony, and rub it therewith.

Item, if this infirmitie waxe too big, then it is to be cut, taken away and healed, as all other sores of the mouth. Some doe counsell to burne it, which is vncertaine in this place: but this is to be obserued, if this Frog be hard and blacke, then it is doubtlesse the true Canker, which is altogether incurable.

Of the *Alcola*, or hardnesse and cliffes in the tongue.

This *Alcola* of the tongue proceedeth of the foresaid hote and dry causes, when the tongue waxeth blacke, drie, hard and full of cliffes. For this must the patient first be purged with this purgation following.

Take *Kubarbe* three drag. *Spica* halfe a drag. Squinant one scrup. of the decoction of fruites, called at the Apothecaries *Decoctio fructuum*, which shall hereafter be described, eighteene ounces; let them infuse in this decoction a whole night, in the morning presse it out, take foure ounces of the Colature, sirupe of Pomegranates one ounce, sirupe of Limons halfe an ounce, temper them together, and so take it three mornings together.

If these potions haue not sufficiently purged (for they be very gentle) then take of these pills, *Cochia*, *Fetide*, *Aurea*, of each one scrup. and of them all one dragme; make seven pilles of it, gargarise after that purging with warme Goats milke, and eate five or sixe Cherries after it.

And because Wine is very hurtfull in such a heate, this water following shall be verie meete for it. Take halfe a handfull of Barley, thirty drie Prunes, Barberries, Cinnamome, of each halfe an ounce; boyle them in foure pintes of water vntill the fourth part be consumed. In like manner may you vse this potion for to cole: Take the iuyce of Quinces one ounce and a halfe, *Rob de Barberis* halfe an ounce, water of Purslaine three ounces, temper them together.

For this purpose serueth also whatsoener hath bene written in the first s. of the corruption of the mouth, but especially the gargarismes.

Of the tumour and swelling of the Tounge.

This is caused of bloud, or of flegme that falleth downe out of the head. It happeneth sometimes that the tounge doth so swell, that it lyeth before in the mouth, whereby the spetting and all other her actions are hindered. In this you are to purge the head with the foresaid pills.

If it then proceede of cold flegme, which is discerned, that the tounge or face are alwaies white, and the mouth alwaies full of moisture, then is the tounge to be rubbed so long with the iuice of Onions, of Citrons, sirupe of Raspes, or with some Pomegranate wine, untill all the spittle and slime be gone away: for these foresaid things do separate the matter.

Item, take Ireos, white Mustard seede, *Pieretrum* and such like, all of them, or each a part, boyle them, and vse it in the washing of the tounge.

Item, boyle Dates, Raisins and Figs, of each a like much in sweete wine.

This gargarisme is also good being vled oftentimes. Take Fenegreke, Raisins, Fennell seede, Lilly rootes, and Figs, of each halfe an ounce, boyle them together in a quart of water, untill the third part be wasted, afterwards temper three ounces, of hony of Roses amongst it.

Item, take Squills and *Oxymel* three ounces, mixe them with the decoction of Beuercod. Or boyle Rue, Cyperus rootes and Pepper together, or which you please, in vineger.

But if heate be cause of this tumor, that will be perceiued by the rednesse and swelling vp of the face and tounge, without any spittle, and with sweetnesse of the mouth: for this you shall presently open the head veine, then vnder the tounge; for this allwageth the paine, and coleteth the bloud.

If it be needfull, then purge with the *Electuarie de Succo Rosarum*, sirupe of Roses, or with *Cassia*; fasten boring cups in the neck, that the affluent matter might somewhat be withdrawn. Also the patient is to gargarize with some and astringent remedies, as with the iuice or sirupe of Raspes and of Limons: the iuice of Lettice is also good for it, likewise the iuice or wine of Pomegranates.

Of the impostume of the Tounge.

The tounge doth otherwhiles impostumate through aboundance of bloud, which is knowne by the rednesse, the tumour, the sweetnesse in the mouth, and by the puffing vp of the face with rednesse.

If it proceede of *Cholera*, then it is perceiued by the great burning, vehement paine, and bitterness of the mouth.

Or if it be caused of flegme, that may be seene by the palenesse, by the small stoze of paine, and much spittle, without any great swelling being spread ouer the whole tounge.

When this infirmitie commeth of *Belancholy*, then groweth the tounge hard, ashy coloured, and with small paine.

But if this proceede of heate, then purge the patient as hath bene shewed in the tumour of the tounge and *Alcola*: and in the beginning make gargarismes of cold things, as of Gourds, Shepherds purse, Purslaine, Endiue, and especially of Lettice, Milke, Rose water, or the decoction of Roses, and rub the tong with a Peach, which is very profitable for this purpose. But if by these meanes it do nothing amend, then vse oftentimes hony, milke, and the decoction of Lilly roots and Raisins, Fenegreke, and of Fennell seede.

For his meate he may vse Coleworts, Drage drest with oyle of Almonds or of Oliues, Figs, Raisins, and Linseede chewed and spet out againe with the slime.

When this tumour or impostume is broken vp, then take any one of these things following, to wit, Butchers brome, Barberries, Myrtle seede, of each halfe an ounce, Agrimonie one handfull, boyle them in a pint of water untill the halfe, then add Beade or honie vnto it two ounces, and gargarize therewith often. It preuenteth great harne that might ensue. Old wine is also very good, being held in the mouth, and spet it out againe.

But if it proceede of cold, then purge the patient with pills *Cochia*, or with the confection *Diaturbuh*, and make this gargarisme following for him. Take Fenegreke, Lilly roots, and Fennell seeds,

seedes, of each one ounce, ten Figs, Currans one ounce and a halfe, Bay berries one ounce; boyle them in a sufficient quantity of water: let him hold this in his mouth; and wash his mouth with it very often. It easeth the paine and ripeneth all impostumes of the mouth and thyoate, especially if you adde hony vnto it.

This impostume is accounted the middlemost thing betwene the vlcers of the mouth and the Squinancie: for they doe agree together both in their causes and their remedies, as hath bin shewed before in the first S.

Of the losse of speech.

But if of any of the foresaid causes the speech is hindered or taken away, and yet the voyce remaine, and that the patient could not utter his mind, then is he to take twice a weeke one drag. and a halfe of *Hiera logodon*, with the decoction of Rosemarie.

A Gargarisme.

Take a drag. of Coloquint, Parts tongue two dragmes, Ginger, Galingall, Costus rootes, Greines, of each halfe a drag. boile them together in a pinte and a halfe of water. euen to the halfe; wyng it out hard, and temper with it *Oxymel* of Squils sixe ounces, and let it boyle a while longer: afterwards hold it warme in thy mouth, and wash thy mouth therewith. This will not deceiue thee.

Take *Pithridate* or Treacle two drag. wax of Sage, of *Mariozam* gentle, and Rosemarie, of each three ounces, or which of them you can come by; wash thy mouth with it in the morning and at night, and spit it forth againe: and thus much for the tongue.

Of the Gums and Mandibles. S. 7.



It is sufficiently knowne that children are boine with the Gums and Mandibles, whence first the teeth do grow: wherefore it is first needfull to write of the roote, and then of the tree. These Mandibles haue their situation one nere to the other, called by the Latinists *Presepolia*, that is, little mangers, for so in the old time were the mangers of beastes wont to be parted. In them are the teeth fastened, with veines and sinewes at the bottome.

These Mandibles or Gums are subiect vnto many infirmities, as impostumes, putrifactions, corruptions, aquifications, bleeding, increase and decrease of the Gums, the which are caused of the rheumes in the head, or else of vapors ascending out of the stomacke: of the which, and first of all of the impostume, now shall be spoken.

Of the impostumation of the Gums.

If with this impostumation be great paine admired, so that the impostumated Gums be red, then it is caused of heate. In this case is the head to be purged with water wherein Prunes haue bene decocted, and Rubarbe or Hanna mixed with it, and afterwards to vse milde Clysters: also to open the head veine, and to be let blood vnder the tongue: lastly, to fasten boring cups to the shoulders, and to hold this following in the mouth a good while. Take hony of Roses one ounce and a halfe, Vineger halfe an ounce: when you spit it out you are to take in fresh againe. If then any other sores doe happen vnto them, they are to be opened with a fleame, and then to wash it thrice a day with water wherein Allume, Myrre, or Salt is sodden.

Item, take halfe a pinte of the water of Knotgrasse, Allume halfe an ounce; dissolve it in the water, wash the teeth and Gums with it: Afterwards take Pomegranate pills beaten, dippe a cloth in them, and rubbe them gently with it. In like manner you may also finde in the first S. those things that are very meete for this purpose, because both these infirmities doe procede of one cause.

Item, wash the mouth often with Vineger and Allume; afterwards with the wine of Pomegranates with a little Allume dissolved in it. Looke the description of the frupe of Mulberries in the fourth S. before.

Item

Item rubbe thy gums in the mornings with the vnguent of Egypt, but swallow none of it downe: and gargarise often with hony of Roses and sirupe of Mulberries, of each a like much, mingled with the water of Plantaine.

For all impostumes and corruptions of the gums or teeth, which procure a stinking breath, and if there be much blood and moisture with it, then is the party to be purged according to his abilitie with yellow Picrobolans and solwe Dates, then to open the veine of the head, and to apply a great boring cup in the necke, to rub the gums untill they bleed, and to wash the mouth with this water following.

Take blossomes and pills of Pomegranates, Acorne cups, and Roses of each halfe an ounce, Stauesacre two dragms, boyle them very well together. This following is to be vsed for to heale and to dry it: Take Roses, Cyperus nuts, Bals, and burnt Allume, of each a like much; boyle them together in Vineger and water, ad vnto this decoction as much hony as you please. After the vse of this Gargarisme strew this powder vpon the sores: Take burnt Allume two dragmes, blossomes of Pomegranates, plume Allume, Mirtle seeds, of each one dragme and a half, burnt Harts horne one dragme, mire them well together. He is also often times to be purged with the foresayd capitall pills *Cochia*.

Of the bleeding of the Gums.

This may happen of some outward accident, as of blowes, falls, and such like, the which must be knowen of the patient. The inward causes are either heate or cold of a sharp matter falling downe out of the head, corrodng the gums and the sinewes of the teeth, and making them to impostunate: in so much that if it once begin to inueterate, it sone changeth into the Canker, whereby all the teeth fall out. But if this blood be thin and subtile, then are these solwe things following to be put in practise. First, to take away the corrupted gums: Secondly, to mundifie and cleanse that which is infected: Thirdly, after mundification, to astringe or draw together and heale them: Fourthly and lastly, to confirme and strengthen the gums and iawes, that the matter may not haue recourse thither againe.

First there are many kinde of powders in such vehemencie vsed, that the venime Orpiment is added thereto: but my counsell is to omit it, and to vse this following in stead thereof: Take rootes of Daffodils and Pomegranate pills of each a like much, make them into powder & rubbe thy gums therewith, and an houre after wash thy mouth with warme wine or vineger.

Secondly, you may make this decoction following: Take Olive leaues one lb. and a halfe, *Pieretrum* half an ounce, Ginger, Masticke, Treos, of each one dragme, Hony two ounces, boyle them together in a pinte of water to the halfe, wash thy mouth therewith.

This following is very good for all infections of the gums and iawes. Take hony of Roses three ounces, warme water one ounce, dip a cloth in them and rub the gums with it, & an houre after wash thy mouth with Wine or water wherein dried Roses haue bene decocted.

In like manner this following mundifieth very well: Take water of Cammomill one ounce, hony of Roses three dragmes, temper them together and wet the place infected with it: afterwards wash thy mouth with wine wherein dried Roses haue bene decocted.

Thirdly, they are to be cured with this powder: Take Frankinsence, Aloes, *Sarcocolla*, and Dragons blood, of each one dragme: beate them small, and strew them in the gums.

Item, take *Landanum*, Masticke, Frankinsence, & Corall, of each a like much; make them into fine powder, and apply it to the place infected: it confirmeth, hardneth and clenseth the gums & iawes: and when the sore is well mundified, then it doth also incarnate and ingender flesh.

Fourthly, this following is highly commended. Take Cyperus leaues, or nuts, half an ounce, Well water a pinte, boyle it untill the halfe part remaine, dip a cloth in it and apply it to the grieve: this doth not onely confirme and strengthen the gums, but defendeth them also from all bad rheumes.

Another.

Take blossomes of the Pomegranate tree, Allume, Roses, Wounds tong, Acorne cups, and Plantaine, of each a like quantitie, boyle them all in wine and wash thy mouth therewith: it

It strengtheneth the gummes and teeth, and hindereth the bleeding.
Item boyle Gals, Olive leaues, Lentils, Bugwort, and Pomegranate pills, of each a like much in water, and wash thy mouth with it.

Another that is stronger.

Take *Pieretrum*, Lilly roots, of each one drag. the outward rinds of Gals, and blossomes of the Pomegranate tree, of each two drag. beate them small, and rub the gummes therewith. Take the same ingredience, but in greater quantity, boyle them in red wine, and adde the fourth part of Vineger vnto it, with this thou shalt wash thy mouth.

By all these former things is easily to be seene, that many remedies there be for the former infection of the teeth and gummes, which are also very good for all vlcers and corruption of the gummes.

Of the outward applications.

For both the former infirmities, and for all paine and griefes of the gummes, these things following are very good, which may be outwardly applyed. Take Linseed oyle, Cammommill beaten, Hollihock rootes, meale of Fenegreake, Butter, of each half an ounce, oile of Dill 2 of Cammommill foure ounces, this all wargeth the paine, maturateth and digesteth.

Item, sheepes wooll vnwashed, wet it in the iuice of Roses, of Violets, 2 of Willow leaues: 2 make a bagge the breadth of ones hand full of dyed Roses, decoct it in vineger and water, wring it out hard, and then apply it outwardly.

Take cold water onely 2 vineger mixed with Rose water 2 wine of Pomegranates, and wash the mouth therewith.

Item, vse the iuice of cold herbes, as of Nightshade, of the bigger and lesser Houseleke, of Plantaine, of Puslaine, 2 which of them you can get.

For this purpose serueth all the wine wherein Gals haue bene decocted.

If then neither the paine nor bleeding will cease, then is the same place to be opened with a Lancet, 2 Horsleaches to be fastened vnto it.

But if the gummes be not apt to bleede, not exulcerated nor painefull, nor the face any thing swollen, and that the patient be not well after meate, but when he hath eaten meates cold by nature, then may you easily gesse, that this infirmite proceedes of a cold phlegme. Wherefore euery such patient is to be purged with *Pil. Cochiae*, *Hiera Picra*, evacuated with a little of the troiscies of Coloquint, 2 *Diaturbith*. Afterwards he is to wash his mouth with astringent decoctions, as of the blossoms and pills of Pomegranates, Acorne cups, Allume, Salt, iuice of Rue, and such like. Also for a change he may gargarize with the decoction of Figs, Fennell seeds, and seedes of Lillies.

The rootes of the blew Flower deluce prouoketh the gummes to bleede much, whereby the paine is allwaged. The decoction of Agrimony tempered with Allume is approued to be very meete. Of this matter looke into the first s. where you shall find many good remedies for this purpose.

Of the Fistula in the gummes.

What a bad accident this Fistula is shall be shewed in the first part, for it appeareth in this place, as in all other places, with salt and sharpe defluxions: you shall cure them with those remedies that haue bene described before in the infections of the tounge, and putrefaction of the gummes, so that at this present time I purpose not to write much of it. Take Gals one ounce, Myrrhe half an ounce, make them into a powder, and strew it out the sore. Wash thy mouth often with Vineger of Squils, 2 take Gals, Roses, Lentils, Acorne cups, Bedegar blossomes, and peels of Pomegranates, of each a like much, boyle them all in water, if it proceed of a hote cause: but if of a cold, then boyle them in wine.

If the Fistula be deepe, and the gums corroded, then take the blossomes of Pomegranates, plume Allume, of each a like quantitie, make them into powder, strew it once in thre howres vpon the sore. For this serue also the blossomes of Pomegranates boyled in Vineger and Honie, and the mouth washt with the decoction. Amongst diuers other dentifrices, this that followeth

loweth is the safest. Take the calcined Allume, plume Allume, blossomes and pils of Pomegranates, Ireos, *Pieretrum*, Sumach, Barbaries, Gals, Acozne cups, and Dragon blood, of each a like much, make a powder of them. This powder may also be tempered with Vineger and hony, and wash the mouth therewith, it is very good for all manner of erulcerations of the mouth.

When the fistula is mundified to the bottome, then are you to vse incarnatiues.

Others do commend the vse of actual and potentiall cauteries, but they are nothing commendable but at the last need, and in the greatest extremity.

Of the wasting away and consumption of the Gums.

Take Cinnamon one ounce, Frankinsence, Roses, of each two drag. Dragon blood, three drag. bestrew the gums therewith very often.

Take Pyrhe, Basticke, Shells of Pine apples, Date stones, burnt Harts horne and Iuoy, blossomes of Pomegranates, Roses, Dragon blood, of each a like much, vse it as before: it confirmeth the teeth.

Take Pease meale, make it into little cakes with hony, and dry them untill you can powder them againe, take of this two dragmes, Dragon blood, Frankinsence, Basticke, of each two drag. Aristologie and Ireos, of each one drag. rub the gums therewith.

Of the mollification of the Gums.

For this infirmitie are all those remedies very meete, that shall be prescribed for the wagging or loosnesse of the teeth.

For a conclusion.

Although the gums were altogether corrupted and blacke, yea although all the teeth were loose, yet these remedies following haue done wonderfull much good. Take Worme-eaten Gals, Sumach, Myrtle seeds, Acozne cups, and Plantaine seed, of each one drag. white Vitrioll, plume Allume, of each one drag. and a halfe, yellow seedes of Roses, and refuse of Cloues, of each two drag. and a halfe, beate them all grosse, and let it boyle in a sufficient quantitie of water: when it hath sodden a good while, then adde forty yong buds of the Mulberry tree, and so let them seethe untill the halfe part remaine. Wash thy mouth often with this decoction, afterwards thou maist strew this powder following vpon thy gums: Take Bastick, *Sandaraca*, iuyce of Sloes, *Hippocystis*, of each one scrup. prepared Tutia one drag. white Vitrioll foure scrup. make them into powder.

Of the Teeth. §. 8.



Man hath for the most part 32. teeth, although some there be that haue but 28. or 30. and they are differing in forme. First, there are foure aboue and as many beneath, that are sharpe and broad, therewith to cut and diuide the meate as it were with a knife, for the which cause they are called of the Latiniſts *In-cisores*, they haue but one roote onely.

Afterwards there are on each side of the former foure more aboue & below, which are broad aboue and thin below, & for that they are called by the Grecians and Latiniſts Dog teeth, because they be most like vnto the teeth of Dogs: they haue but one long roote, and are made to breake that which the former haue as yet not sufficiently broken.

Thirdly, there are aboue and beneath on both sides commonly twenty teeth, albeit that some haue but sixtene, and others but fixe on each side, which are called in Latine *Molares*, that is, grinding or chéeke teeth. Their office is to grinde and chew whatsoeuer the former teeth haue not as yet sufficiently broken and chewed. Those that are in the vppermost mandible, are fastened vnto three roots, the lowermost onely vnto two: although that sometimes it befalleth, that the two former of them haue three rootes.

The Philosophers doe wryte, that the foremost teeth are ingendred of a pure and superfluous moisture of the skull; the middlemost of a reasonable good humour; and the very hindermost of a grosse humiditie of the foresaid skull.

The paines and griefes of the teeth are diuers, insomuch that amongst the Physitions there are accounted twelue or thirtene kinds of them, of the which we shall speake hereafter. These infirmities haue all of them sundry causes, to wit, outward and inward: which difference we purpose also to obserue.

Of the paine in the teeth through outward causes.

This is caused through the continuall vse of colozed and astringent things, as vntripe fruits, through much picking of them with pins, and other stinking things that remaine in them; also through falles, blowes and thrusts, sharpe wind, too hot or too cold meates, but especially of those that be drest with hony, which causes must be knowne and inquired of the patient, thereby to order and gouerne himselfe.

Of the paine in the teeth through inward causes.

This kinde of toothach is of diuers sorts, and it hath also sundry causes. First, if it proceed out of the head or braine, then is the patient not without some paine in the head: out of which there falleth continually great store of slime. If this paine be caused of the mandibles and teeth, that doth manifestly appere. But if one doubt which tooth might first haue prouoked this paine, then let the patient bite somewhat betwene his teeth, first betwene two, then betwene two more, and so from tooth to tooth vntill you come to the tooth it selfe where the paine resteth. By this meanes also you may know whether the paine be in the sinewes or no, because the other teeth be nothing painfull. If it proceed from the stomacke, then is there paine felt in the same, after which doth insue vomiting, and especially of a souze and stinking matter. If it be procured by the blood, then may it be knowne by the heate and rebnelle. If of *Cholera*, then is the paine with pricking and shooting. That which cometh of *Melancholey*, is knowne by the great and hard swellings: Of *Phlegma*, by the whitenesse of the face, and by the small paine. If it be caused of many humors, then is the patient heavy headed, with much spittle in the mouth. The paine that proceedeth of drought, is thereby discerned: if of windynesse, then shall you perceiue much heating and stirring with it. Wherefore of these inward meanes, to wit, of the foule humors may this impediment be caused. The Teeth grow hollow and full of holes, they rot, the wormes do spoile them, and the sinewes are weakened, that at the last they fall away, and are so that they may easily be drawne out. How to prevent and remedy the same, shall be shewed hereafter.

How to procure teeth in children without paine.

Not without reason are we to bethinke our selues how to ease the yong and tender babes of that paine and grieve which they do suffer in breeding their teeth, especially if the paine continue long, as it often hath bin seene, that it hath continued thre or foure yeeres.

This is for the most part caused of the debilitie of their nature, or of wormes, which do consume the moisture, whereby the teeth should grow.

When this delay in teeth is caused through the debility and weaknesse of nature, then must the childe be fed with roasted birds, bread dipped in broths of flesh, and such like, according to the age of the childe. They haue also a great laske commonly with it, which must be staied. The mandibles where the teeth appere are to be rubbed softly: and amongst all other remedies that may be inuented for this purpose, the braines of a Hare drest with the milke of a Witch are the best. If you cannot get them, then take butter, oyle of Lillies, the fat of Hens or of other birds, each by it selfe, or mixed all together.

And because that in these remedies following there be many sharpe ingredients, as *Dypiment*, *Præsing wort*, *Coperas*, *Stauesacre*, *Southernwood*, *Henbane*, *Opium*, and such like more (of which we will make mention but little) which are in no wise to be taken downe: wherefore here we will admonish and shew how they ought in the greatest neede with the most safety to be used.

First, they are to be applyed onely to the dolorous and painfull tooth with a peece of Ware couered about, to the end it should touch but onely the place aggreued. Otherwise they might

also harme the good and sound teeth. The patient must also hold his mouth open, and downe-wards, that the spittle and slime might runne out; neither are they to be applyed too hot or cold.

If this paine proceed of cold rheumes, as also of the vse of cold meates, then put the patient into a warme place, couer his head with warme clothes vntill he feele the warmth apparantly. Afterwards annoint his head with the oyle of Cammomill, of Rue, of Behen, of Beuercod, and of Spica, or in place of them with *Aqua vite* three dayes together. A hard yolke of an egge applyed to the tooth is also very good, and afterwards is the tooth to be washed with warme wine: Or take vineger, wherein *Pieretrum*, white Mints, and *Mariozam* hath bene decocted

Item take *Pieretrum*, white Mustard seed, Pepper, Borras and Ginger, of each a like much, make a powder of them, and rub the teeth therewith; or strew it on a litle cotton, and apply it to the very roote of the tooth.

But before you vse any other kind of remedy, take heed you purge the head very well, that you draw not downe more humors out of it vnto the teeth, the which may be effected through the pills or potions which euery where are sufficiently described. After purging you may vse any one of these things following: Take Mastick one ounce, Sage a lb. beate and boile them in eight ounces of wine or vineger vntill the halfe remaine, wash thy mouth therewith.

Item take good white wine sixe ounces, temper half an ounce of *Sandaraca* with it, boile them together vntill one quarter of it be wasted, and hold it in thy mouth warme, and if you adde one drag. of *Philonium Romanum*, then will it be so much the stronger. Or take of the foresaid *Philonium* two drag. red wine foure ounces, and hold it lukewarme in thy mouth. Gals decocted in vineger are also very good for this purpose. In like manner Betony or Plantaine decocted in vineger or water, and vsed warme. Bellitory of Spaine bound vp in a cloth and chewed in the mouth, draweth out much slime.

Take *Asa foetida*, and Frankinsence, of each a like quantity, hold it on the painful tooth. The decoction of Alehoose is also very good for it. Likewise the conserue of Gilliflowers, of Lauander, of Spikenard: Rosemary wine, Sage wine. Item take the rootes of Sperage, boile them in water, and wash thy mouth often therewith. Others do commend Garlicke, Ginger, Agrimony, each by it self, or mired together, and so applyed to the tooth. Also the water of *Mariozam* gentle should be very good for this vse. In like sort *M. Tristrans* water which is described in the fift chapter and first s.

Item take white and long pepper, Cucubes, Saxifrage, the barke of the Mulberry tree, Capers rootes, and rootes of Southernwood, of each a like much, boyle them according to the quality of the paine in water, wine, or vineger tempered together, or each by it selfe: it is very good, and confirmeth the gums.

Pepper, Bellitory of Spaine, rootes of Diptamer, and Licebane chewed together, or each by it selfe, are commonly very commodious for the toothach.

These remedies following are more cooling.

Take a little branch of a Cherry tree, scrape off the outmost rind, take the yellow rind and boyle it in wine, take of this decoction in thy mouth as warme as thou canst suffer it.

In like manner if the rheume fall into the teeth, then boyle Oken leaues in wine, and hold it often in the mouth: it draweth out the slime very well. The water that issueth out of a Vine being cut, is also very good for the toothach, if it be held in the mouth.

Yet more remedies that are approoued.

Take eight ounces of wine, boyle it in halfe an ounce of *Esula*, wash thy teeth therewith three times in a moneth; it preserveth the teeth from paine, but it is very violent and dangerous to be vsed: but this that followeth is safer and better.

Take Roses and boyle them in milke, hold them a good while in thy mouth, and lay the leaues to thy teeth. Take Camfere the bignes of a pease, boyle it in three ounces of vineger and hold it in thy mouth, it is very good for al maner of pain in the teeth. Item take of a Harts horne, to wit, that which hath bin cast off in March, cut it into small peeces and boile it in well water, take

take the decoction into thy mouth warme, repeate it thre or foure times, and after the vse of it (as many men suppose) the paine should not returne againe: Whosoever shall approue it and finde it true, may commend and loue the experiment. Others doe counsell to take of the skin of a Snake that hath bin cast off by her, one drag. and to boyle it in thre ounces of vineger vnto the half, & to take it into the mouth: it should also be an approued remedy. Oyle of Roses lukewarme only held in the mouth allwageth the paine. Boyle a Frog in water and vineger, vntill the flesh part from the bones, & wash the teeth therewith. The iuyce of Beates dropped into the contrary eare of the paine, is also counselled of some men: likewise of Cichory, of Daffodils, and of earth Wormes.

But if this toothach proceed of a hot cause, then hold any of these things following warme in thy mouth, as the oyle of Willow leaues, oyle of Poppy heads, and oyle of Roses (as hath been said before.) The iuyce of Sorrel maketh the heate greatly. You may also annoint the place with the iuyce of Nightshade, of Purslaine, of Lettice, of Endiue. Item boyle the rootes of Nettles and Sage in wine. Henbane seede and *Opium* mixed with the oyle of Roses, do make the tooth insensible.

If *Cholera* be admired, then is the patient to be purged with the Eleduary of *Succo Rosarum*, with Cassia, solye Dates, or yellow Mirobalans.

If it be caused of ouermuch blood, then is the head beine, the beine in the lips, and that vnder the tong to be opened, or the gums made to bleed, & boring cups to be applied behind in the neck.

What else may be vsed for the paine in the teeth.

A Boue in the twelfth chapter and first s. haue I described a good powder, which beginneth, Take Sene leaues, &c. which is also very commodious for this purpose. Item take Myrhe two drag. Frankinsence halfe a drag. Mastick one drag. and a halfe, Cuttle bone, and red Corall, of each 15. graines, Argyle two drag. Glasse small powdered five drag. *Lignum Aloes*, Cinnamon, Cloues, *Sarcocolla*, of each halfe a drag. make them into powder: it confirmeth and whiteneth the teeth, and it cureth the sore gums being rubbed therewith.

Item take Bellitoy of Spaine, Licebane, of each a like much, beate them and temper them with a little white ware, and couer the tooth therewith of all sides.

A wonderfull remedy. Take the liuer of a greene Cuet, and the fruit of Tamariske, roots of wilde Cucumbers, and *Propolis*, which is taken out of the hole of the Bee-hiues, of each a like quantity. This may you vse for all manner of toothach, eyther in washing with it, or applying it to the tooth, or in vsing it outwardly.

Of the outward applications.

PArched Millet applied vnto it is very good. Item take Malloves, fry them in butter vntill they be soft, and so lay it outwardly vnto the paine. Item toast a slice of bread vpon hote coales, and apply it to the cheek where the paine is, and renewing it still being cold with another that is hot; do this eight or ten times together: for when the paine is departing then it is most grienous, wherefore leaue it not off.

But if the foresaid meanes do not ease the paine, then make this composition: Take Beuercod, Pepper, Ginger, red Stozar, *Opium*, of each halfe a scrup. this being beaten, temper it with hony of Roses, and put the quantity of an Hemp seed vnto the roote of thy tooth.

Item take *Opium* the bignesse of an Hemp seed, warme it in thy hand vntill it be soft, and apply it to the painefull tooth, it allwageth the paine.

If you will forbear the *Opium*, then vse any of these iuyces following, to wit, iuyce of Soudernwood, of Henbane, of Poppy, or to vse the *Philonium Romanum*, as hath beene before said: yet are you alwaies to adde vnto them a litle Saffron, Cassia wood, or Cammomils, to mitigate their great cold. For this purpose serueth also Mithridate either inwardly or outwardly adhibited, for it is very good for all infirmities of the teeth.

It is also aduised that the patient abstaine from meate as long as is possible, and that he vse a dyie bath to sweate, and meetely exercise. But if the paine be not mitigated by all these meanes, then is the roote of the tooth to be seared with a hot yron, or to be drawne out altogether.

Of the tooth-ache in the Poxe.

Mixe the iuyce of Wormewood with the white of an egge, and apply it to the paine. For the same vse serueth the decoction Guaiac. holden in the mouth warme; and all those things that haue bene mentioned before.

Of hollow and rotten teeth.

The cause why these teeth ware hollow and rotten, is some stinking matter adiacent vnto the tooth, the which doth putrifie the same. To p̄uent this impediment, is the putrifaction to be taken away; which hath bene shewed before, and shall more largely be declared hereafter. You shall in no wise omit to picke and cleanse your teeth after meales with a toothpicker, and afterwards to wash thy mouth with wine. The remedies that hinder the putrifaction of the teeth are these, namely *Lycium*, Frankinsence, Hints, Mirtle seeds, *Spica*, *Gallia muscata*, Cypress roots, Masticke, Gals, Turpentine, Pepper, Campher, and seeds of *Pigella*, if there be heate with it. This water following should also p̄uent this putrifaction, or (if it were once entred) take it away, and alay the paine. Take of the middle rinde of the Mulberry tree one ounce and a halfe, of the best Ginger one ounce, boyle them in strong vinegar vnto the halfe, and wash thy mouth therewith in the morning.

Item take the ashes of Rosemary, binde them in a cloth, and rub thy black and putrified teeth therewithall. Take Aristology beaten, temper it with hony, and vse it as before. Take the water of wilde thre leaved grasse, mixe as much Allume and Hony vnto it as thou please, and wash thy rotten teeth with it.

Or take the inward part of Gals, and as much Pellitory of Spaine, beate them to powder, and adde some Stauesacre vnto it, and lay somewhat of it on the rotten teeth.

Item Bozas and Stauesacre decocted together, or each by it selfe. This remedie following is no lesse commended than any of the former: Take Pellitory of Spaine one drag. *Ammoniacum* and *Opium* of each one drag. melt the gum, and mixe the rest being beaten small with it: thrust some part of it into the hollow tooth, it taketh away the sence and feeling of the same.

Item take prepared Corall, blow it through a little quill into the hollownesse of the tooth, it taketh away the paine, and p̄uenteth the putrifaction of the tooth. All these things may be mixed with Treacle, and so used. We haue also shewed diuers and sundry remedies before in the 13. Chapter and the 1. S. against the corruption of the mouth, which may also be used very wel in this necessity. Wash thy mouth often with the decoction of Roses, Pep, and a little Pellitory of Spaine.

Thou mayst also put a little of the spirit of wine into thy hollow tooth: also any of the waters of life that shall be described in the eight part of this booke. Some men doe vse *Aqua fortis*, and it helpeth much, but you must deale very orderly with it.

These stinking teeth are oftentimes the cause of a stinking breath. If the tooth be altogether corrupted, then is the only and best remedie to draw it out; otherwise must one wash the mouth alwaies after meales, with water sodden with *Sal Armoniacke*, or otherwhiles with Vineger, wherein hath bene decocted some Pellitory of Spaine, and Stauesacre. Vineger of Squills tempered therewith is also very good. After meales (as hath before bene admonished) is the hollownesse of the tooth to be picked and cleansed of all superfluity. If this paine proceed of cold, then are you to thrust into the hollow tooth a little peece of Galingall, of ginger, of Cloues, of pepper, frankinsence, or of Myrhe. If it be caused of heate, then vse Roses, Sanders, Campher, and such like.

Of the Wormes that are in the teeth.

It is evidently knowne, that if the paine be not ouermuch, but that there be felt a continuall stirring and crawling in the teeth, that the same was wont to procede of Wormes: for if one wash his mouth with warme water, and hold the hollownesse of the tooth vp towards the Sunne, then may the Wormes apparantly be seene to stirre in them. For this thou shalt take
Aloes

Aloes one drag. Myrhe halfe a drag. make them into little pills with wine, and thrust them into the hollow tooth. Item boyle Coloquint in faire water, and wash thy mouth with it. Make a for- mentation of Henbane seede, or (which is safer) of Onion seedes, or of Garlick seedes, then wash thy mouth with warme water, and spit it into cold water, then shalt thou see the wormes swim in it.

Take Myrhe, Aloes, and red Stozar, of each a like much, put a little of it into thy tooth where the wormes are. Or take *Calmus* bruised, boile it in a little wine, dip a little cotton in it, and lay it ouer or vnder the hollow tooth.

In the greatest extremity make a fume with *Opium*, *Beuercod*, and Onion seedes, or with white Henbane seeds or Mustard seeds, receiue this fume through a tunnel into thy hollow tooth: but at one time take but the quantity of a Barly corne to fumigate withall, and take heed the fume passe only into the hollownes of the tooth, although you should get a litle pipe of purpose to put into thy hollow tooth, and to fit it vnto the tunnel. If all these meanes bring no ease, then let it be drawne out, and bleed thoroughly.

Of the grinding of the Teeth in children.

This commonly happeneth vnto children in their sleepe, through the debilitie of the muscles that stirre and moue the iawes: this after a while leaueth them altogether. It may also be caused of wormes that are in the stomack or intestines, but then their grinding of their teeth is not all after the same manner, they rub their noses, &c. Of which thou shalt haue further direction in the treatise of the wormes, where also shall be shewed how this is to be remedied. But if this infirmity doe continue for some other cause, then it is commonly the messenger of the dead palsey, contracture, or of some other affection of the sinewes: for the which you are to vse those things as are thought meete for euery such infirmity. But for this it is especiall good to annoint the cheekes and the whole necke with *Unguentum Martiatum*, or the oyle of *Beuercod*, of *Spikenard*, of *Juniper*, of *Bayes*, and such like.

Of the paine in the teeth that cometh through the application or vse of cold things.

All maner of oyles that are warme by nature, applyed to the tooth, or holden in the mouth, doe ease this paine. Item take Bay berries, *Aristologie*, and *Allume*, of each a like much, boyle them in a sufficient quantity of wine; wash thy mouth with it warme. If thou wilt haue it stronger, adde *Hiera Pitra* vnto it. The same operation hath old Treacle mixed with wine, and a good while after not to take any other moisture in the mouth.

Note also that whatsoever is vsed or applyed to the teeth, may not be hot: for they are thereby corrupted and spoiled.

Of the standing an edge of the teeth.

This proceedeth otherwhiles of a sharpe and astringent fume or rheume, which falleth into the roots of the teeth: or of some other sowre matter that lyeth in the stomacke, and fumeth by into the mouth and teeth; whereby the teeth are set an edge. But for the most part it is caused of sowre and vnrype fruits, as of vnrype Grapes, Limons, Raspes, *Cornia*, *Sloes*, and such other: for this purpose serueth *Burrlaine* with her seed beaten together, and vineger put vpon it, bitter or swete Almonds, *Licoice*, and the iuyce thereof, Salt water, milke of an Asse, to wash the mouth with the decoction of *Aristology* and Bay leaues. These things may you mixe together, vse or chelw them as you please. To hold warme wine in the mouth is also very commodious. Or as soone as euer you doe perceiue this infirmity, then chelw fire of the graines of Pepper, and afterwards wash thy mouth with warme wine, this helpeth immediatly.

This doth also oftentimes proceede of cold, as hath bene before said. For when one will cure the toothach with ouercold things, then will thereby the small heate of them be extinguished, so that they lose their sense and feeling. Now to cure the same, you must take some kinde of Oyle

that is warme by nature, as I haue shewed you before, and also bite the yolks of eggs hard rosted, or hot bread: to annoint the gums with the oile of Spikenard, and afterwards to hold warme wine in the mouth, wherein Cubebs haue bene sodden. Lastly, to chew Masticke in the mouth a great while, and then to wash it with warme wine.

How to confirme and fasten Teeth that be loose.

The cause of this loosenesse of the tēth may be blowes, thrusts, defluxions that fall out of the head into the tēth, that (as it were) resolute and slacken their sinewes, and lose their roots. It may also proceed of a great drought, as it hapneth vnto them that recover of a long lingring disease: the corruption of the mouth and tēth may also cause the same. The signes of this loosenesse of the tēth may be discerned by beholding them diligently.

The cure of this infirmitie is comprehended in two principall points: to wit, in a good regiment or diet, and in the adhibition of good remedies. First, he must take heed not to bite hard vpon any thing, but to vse soft meates: also not to speake much, thereby to eschew the cold aire: also he is not to sleepe with an open mouth; neither are the tēth to be touched roughly either with the fingers or with the tong.

If this loosenesse of the tēth do come of blowes and such like, with an euident heate, then is he to vse the pills and blossomes of Pomegranates, Medlars with their leaues and rinds, Seruices, Quinces, *Lycium*, Gals, Butchers brome, burnt Iuoy, Roses, Saunders, Ambers, Mirabolan stones, Date stones, red *Costus* pills, *Hypocistis*, sealed earth, fine Wole, burnt Harts horne, sea Muscles, and al that may be made and sodden with these things. But if these proceed of cold, then vse *Laudanum*, Frankinsence and her bark, parched Commin seed, Cresses seeds, parched anise seeds, Allume, pitch, Myrthe, parched salt, Cipres nuts and leaues, Mastick, *Sarcocolla*, *Sandaraca*, and all that may be made with it. Here now do follow some things that confirme and fasten the tēth, gums and their sinewes.

Take garden Mints, fresh Oliue leaues (if they may be had) of each an ounce, Roses, Mirtle seed, Butchers brome seed, wood of the Warberry tree: and the fruite of the same, of each halfe an ounce, beate, cut, and boile it in vnripe wine, and hold it in the mouth. Water of Nightshade, of Plantaine, and of Shepheards purse do fasten the tēth; and if in this water and vineger together you boile the blossomes of Pomegranates and Mirtle seeds, then will it be the better.

In like maner you may boile Gals, Medlars, Lentils and Seruices, of each halfe an ounce. For this purpose serue also Cipres nut and leaues, Acorne cups and Sene leaues, al together, or each by it selfe, decocted in wine, and vsed as the former.

Item take Allume, Frankinsence, Masticke, Cipres nuts, Rosemary flowers, of each a like much; boile them together in a sufficient quantitie of raine water and red wine, and wash thy mouth with it very often warme. Item take Harts horne, salt and Myrthe, all of them burnt, of each two drag. boile them in hony, and rub thy gums therewith within and without.

Item take burnt Allume halfe an ounce, Rose buds halfe a handful, Bedegar, red wine one pint; boyle them vnto the halfe, take of this being warme into thy mouth often, and hold it a good while therein, for it is very good.

Another. Take Ireos, Corall and Frankinsence, of each halfe a drag. temper it with hony of Roses to a confection, annoint the tēth therewith, and in the morning wash them with wine wherein hath bene decocted Sage, Rosemary and Roses, of each a like much. Item take Allum, burnt Harts horne, Roses, Dragon blood, Acorne cups, *Hypocistis*, blossomes and pills of Pomegranates, Gals, of each a like quantity, boile them in strong red wine or in vineger, and wash thy mouth therewith.

Vineger and *Oxymel* of Squils are also especiall good for this vse. To wash the mouth oftentimes with Rosemary wine, confirmeth the gums, and fasteneth the tēth.

Of the falling out and drawing of the teeth.

The last and extremest meanes for the toothach, is, that the tēth might either fall of themselves, or be drawne out. To prevent the falling of them is vnpossible to many men, yet are these things following prescribed for it, amongst which this that followeth is very sharpe, and yet for all that very safe and good to be vsed.

Take

Take the barkē of a Mulberrie tree, Caper rootes, *Pieretrum*, the bigger and the lesser *Esula*, red Opiment, rootes of Coloquint, of each two drag. put as much vineger on them as wil couer them, let it so rest eight dayes, and euery day put a little more vineger vnto it, and vse it as hath bene said.

Open the gums round about the tooth as much as is possible with some kind of instrument, then rub them ten times in one day with the foresaid water; it maketh the tooth loose, and separateth the roote. Item open the gums as before, annoint it with Oyle wherein Frogs haue bin decocted: and when the tooth is very loose, then take it out. You may also do as hereafter followeth: Take Bellitoy of Spaine, Scammony, white Helleboze, *Euphorbium*, of each one drag. beate and steape it in vineger, open and lose the gums about the tooth, and rub it often therewith; it is very forcible, and therefore to be the more regarded.

Item take Pettles seeds, roots of the Mulberrie tree, and roots of Celendine, of each a like quantity, boyle them in wine or vineger: this should haue the same operation with the former, and it is much safer.

Another. Open the gums, and lay bare the roote of the tooth, and strew *Euphorbium* in it, this will doubtlesse loose the tooth, that it may be easily taken out: afterwards wash thy mouth with the decoction of Hyrthe, for thereby will the place or hole be drawne together, and all paine abated.

Take the dregs or lees of strong vineger, and apply it to the tooth many daies together: afterwards draw out the tooth. But if it will not stirre, then rub the place with fresh butter or some other grease of birds, and especially with the braines of a Hare sodden, which haue a hidden vertue and operation for this purpose, as before hath bene said.

This remedy following applied to the tooth, maketh the same to fall out without any paine. Dissolue two drag. of *Ammoniacum* in vineger, temper Venbane seeds beaten amongst it, and annoint the tooth and the roote thereof.

Item take the iuyce of *Esula* with the meale, make a dowe of it, temper it well, and let it boyle a while, and apply it to the tooth.

Of the double tooth.

Otherwhiles two teeth grow unnaturally one before the other, which is not onely troublesome, but hindereth also very much; wherefore it must be taken away with an instrument, and with applications. If you will take it away by application, then are you first to loose the gummes from it, and make a little ball of Mace, and mire the iuyce of *Esula* or of Parslewort with it. The same doth also the blood of a lease Frogge. Or take the roote of a Mulberrie tree and Bellitoy, of each halfe an ounce, wet them in vineger, and dry them in the Sun vntill they be as thicke as hony, then temper them with the foresaid iuyce of *Esula*, and annoint the tooth thrice a day with it, and it will easily fall out. The iuyce of the rootes of Pettles mired equally with *Galbanum* should doe the same. In like manner also beaten Fig leaues applyed to the tooth.

To make and to keepe the teeth cleane.

Take Cuttle bone, white sea Muscles, *Spuma maris*, Allumie, Aristologie, parched Barly, Sulfer vise, Cinnamom, and long Pepper, of each a like much, temper it againe with hony, and rub the teeth often therewith. Or take Argoile two drag. beate it small and searce it, wash it with good wine, rub the teeth once a day with it, and afterwards wash thy mouth in the winter with warme, and in summer with cold wine. This following is highly commended.

Take two drag. of Date stones, red Cozall prepared three drag. Lupins, and the rootes of the yellow flowerdeluce, of each three drag. beate all that is to be beaten, and afterwards make a confectiō of it with clarified hony, which must be so hard that you may make small placentes or troiscies of it, dry them in the shadow: when you will vse them, then dissolue one of them in wine or vineger, and wash thy teeth therewith euery morning, when thou hast first rubbed them well with a cloth, & keepe the moisture a good while in thy mouth. Item take burnt Musther shels, and *Sandaraca*, of each halfe an ounce, Ireos two drag. Aristology, Gentian and Centory, of each half

a dragme, vse it as before. It is bitter, but it dzieth and cleanseth much.

Or take one drop of the Oyle of Vitriol, wet the teeth with it, and rub them afterwards with a course cloth: this taketh away all blacknes of the teeth, but it is very sharpe.

The same operation is ascribed vnto the oyle of *Sandaraca*. Take Allume and salt, of each a like much, beate it small, distill it in a glasse Lembicke, and rub thy teeth therewith. These last three things are very strong, and my counsell is to refraine them.

But if one would keepe his teeth cleane, then are not those things to be vsed that doe change the naturall white colour of the teeth into another helw. The causes are both outward and inward, as the long vse of tincting or colouring meates, and the continuall dressing of the same in brasse pots. There groweth also a hard substance to the teeth, which may be called Argoile. The inward causes may be a corrupted and foule stomack, which commonly doth colour them greene, and especially when one hath oftentimes eaten many Toadstoles. The cure thereof is this: if it be caused of bad meates, then must the patient first of all be let blood. If the teeth be pestered with Argoile, then is the same to be taken or scraped off gently. And because this colouring of the teeth doth onely proceed of bad humors, they are therefore often to be rubbed with parched salt, afterwards with the dentifrices or powders that make white teeth, (which shall be described hereafter) and rub them therewith: and last of all with a peece of Scarlet dipped in Hony.

How to make the teeth white.

Take Venice glasse, mole it vpon a marble stone vntill it be very small, adde vnto it white pibble stones burnt, in like sort powdered, and Ireos, of each a like quantity, rub the teeth therewith. Item take burnt Date stones, red Corall prepared, of each two drag. put them mixed together in a peece of linnen cloth, steepe it in wine, and rub the teeth with it: this maketh them white and strong.

Another. Take Pumice stone, Cuttle bone, and red brick, egge shels, the white skin taken out of them, prepared red and white Corall of each half an ounce, Pellitory of Spaine, burnt Allum, of each two drag. and a half, Ireos two drag. *Sandaraca* three drag. Mastick, Myrthe, of each half an ounce, make them into powder, and vse it for a dentifrice. Item take Pellitory of Spaine, burnt Allum, of each two drag. and a halfe, Dragons blood, blossomes of the Pomegranate tree, of each halfe a drag. mire them together, and vse it as before. Some do vse the Cuttle bone only, others onely egshels, they are both very good and safe.

How to preserue the teeth from all accidents.

Many Whisitions do write, that whosoever will preserue and keepe good teeth, he must obserue two things especially: first they do commaund not to vse Milk, Fish, Radishes, dry Figs, dates, sodden hony, and all other meates that be dressed therewith. Also to abstaine from sowre and greene apples and peares, prunes, Seruices, Medlars, Limons and Garlick, all which by nature are hurtfull vnto the teeth. In like manner all things that are very hot or very cold, and especially the sudden change of hot or cold meates.

A good diet is also very commodious for this purpose; vomiting (as before hath bene shewed) is very bad & hurtfull: also to bite on very hard things. The teeth are alwaies to be kept cleane, that nothing remaine betweene them and stinke.

The meanes whereby the teeth are preserued and kept good, are these, to wit, that you rub them often with the barke of Tamariske, with the peeles of Pomegranates, with the rind of an Ash tree, with blossomes of the Pomegranate trees, or with red blossomes of the Peach tree: they cleanse the teeth and confirme the gums. You may also temper white Sugar with Hony, and rub the teeth therewith: in cold causes with the oyle of Behen; in hot causes with the oyle of Roses. Item take the powder of a burnt Hares head, rub the teeth and gummes therewith: or take Hony and Salt, and burne them to ashes: beaten Lupins are also very commendable with any addition. Item beate Myrthe and plume Allume into powder, or temper burnt Allum with vineger, and wash thy mouth with it: or else take burnt Harts horne, seedes or flowers of Tamariske, Cypres rootes, Roses, Spikenard, of each one scrup. Salt halfe a scrup. make it into powder and rub thy teeth with it. Myrthe sodden in Wine, and the teeth washed therewith, fasteneth

fasteneth the tēth, and drieth the superfluous humidity of them. Chew Mastick and rub the tēth and gums with it, it maketh them cleane and strong.

The tēth also are alwayes to be kept cleane and pure, and not to pick them with an iron, but with a toothpicker made of *Lentiscus*, which is the tree whereof droppeth Mastick, which is much commended for the tēth: remember also to wash the tēth after every meale.

The fourteenth Chapter.

Of the Voice.



We haue concluded before in the 13. Chapter, the voyce to be the last part or portion of the mouth, which part is onely proper vnto all those liuing creatures that haue lungs: for although fishes and some other beasts seeme to haue a voyce, yet it is nothing else but a noise: for a true voyce proceedeth of an open breast. Also the voyces of all females are much lesse (except the Cow) then of males. But it is not our intent to speake of any other voyces, but onely of the humane voyce.

Amongst all liuing creatures you shall hardly finde any thing more changeable and inconstant than the voyce. For behold a man or a woman from childhood euen to old age, and you may easily perceiue the mutability of it: and which is aboue all things to be admired, that those children which speake very timely or yong, begin to go very late. It is also no lesse maruell, that this voyce being shut vp and included in something, can neuertheles be vnderstood. As for example, put a long trunk to another bodys eare, speake in it what and as softly as you please, yet shall he perfectly vnderstand every word of your saying. Likewise you may as well knole one by the voyce as by sight: for it is most sure, that if you heare one speak and see him not, you shall as well know him by his voyce, as if you saw him and heard him not.

In like manner the voyce maketh great difference both in words and in names in diuers speeches ouer all the world. It breedeth great delight by abreuating, and extending, by singing high or low, soft or aloud in musicke. And in this it excēdeth all other parts whatsoeuer, and is the only meanes, whereby we may disclose and make knowne our hidden thoughts and secret conceits of the mind vnto our friend: also there is nothing else in which we differ from brute beasts but onely in the voyce.

We will not speake of any weake voyces, which are caused of some long sickness: for we haue already written of them before in the thirteenth chapter. But we purpose only to treat of those things that do corrupt or spoyle the voyce, as of hoarsnesse and such like.

If the voyce be decayed of a cold cause, then drinke halfe a drag. of beaten cucubes at your lying downe, sodden in three ounces of the decoction of Guaiacum.

The common people thinke it a good experiment to steepe Hoarstongue in wine, and to drinke the same.

But the tabulats of *Diaireos* are especially commended, which are made as followeth: Take *Diaireos*. Treos halfe an ounce, Bennitoyall, Hyssope, Licorice; of each three drag. Dragagant, bitter Almonds, Pine apple kernels, Cinnaom, Ginger, Pepper, of each one drag. & a halfe, figs, dates, Currans, of each one scrup. red Styax three scrup. and a halfe, and for every ounce of this powder, take twelue ounces of Sugar, cut the fruits small, beate all the rest and make tabulats, or an Eiectuary of them. This is called at the Apothecaries *Diaireos Salomonis*.

Another. Take Treos halfe an ounce, Sugarcandy, and the abouenamed spices without Sugar two dragmes, Sugar twelue ounces, boyle it in the water of Hyssop untill it be thicke, then make tabulats of it. Both these kinds of *Diaireos* are good for the cough, proceeding of a cold rheume, and for a wheesing breath.

Of Hoarsnesse. S. I.

This hoarsnesse proceedeth of many and sundry causes, but especially of cold and sharp humors that fall out of the head into the throte, and there make it dry, whereof shall be spoken at large when we shall speake of the infirmities of the throte: we will now only shew what

what is conuenient for the roughnesse and hoarsnesse of the same ; for the which Sugarcandy holden in the mouth very often is very commodious: also the confection *Diatragacanthum*, where of there be two sorts, to wit, the hot and the cold, which may be made as hereafter followeth.

The cold Electuary of *Diatragacanthum*.

TAke white Dragagant one ounce, gum Arabeck fine drag. Starch two drag. Licorice, paled Melon seeds, Gourds seeds, Cucumber and Pompeon seeds, of each one drag. Campher five graines, sugar pennets one ounce and a half, beate them to powder. If thou wilt make tabulats of it, then take of this powder one ounce, of the best Sugar twelve ounces, boile it in water of Violets as it behoueth. This confection is also very good for all infections of the lights, and of the breast, which do proceed of heate and drought, and especially for them that are declining to a consumption, and them that haue a dry cough doth it much helpe.

The hote confection of *Diatragacanthum*.

TAke Dragagant, Hyssop, of each two ounces, Pine apple kernels, sweet Almonds, and Linseed, of each three drag. Fenegrake, Cinnamon, of each two drag. iuice of Licorice, Ginger, of each one drag. make it into an electuary or confection as before. This is very good for them that haue a tough and slimy cough, and that cannot get by any thing: also for all them that haue a wheesing and short breath, and that are subiect to a consumption.

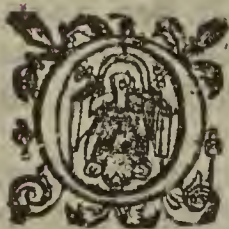
Take Aniubes, boyle them in water, keepe Cotton seeds in it, and hold them in thy mouth a long time : it hath a maruellous operation in all hoarsnesse, drought, and roughnesse of the throte.

Amongst all other things that haue bin found good by experience, the tabulats of *Diatragacanth* are much commended: wherefore euery night when you go to bed shall you dissolue one of them in sweet wine, adding halfe a scruple of Saffron vnto it, and drinke them all together ; this hath cured many men of an inueterate hoarsnesse.

A good potion. Take five pints of water, halfe a pint of hony, five Figs, one ounce of Currans, two drag. of Licorice, boyle one pint of it away, and scum it well, drinke euery morning fasting a good cupfull warme : you shall also temper or mixe your wine with it. This potion is also very commodiously vsed against the cough. Hony of Roses is also very good for all drought and hoarsnes of the throte, for it moisteneth and easeth it. In like manner also the conserue of Roses, oyle of sweet Almonds, sirupe of Violets and Hony water, which commonly allayeth all roughnesse of the throte.

But if this hoarsnesse proceed of a cold rheume, then is Fennell seed very profitably vsed, howsoeuer it be adhibited : but for this purpose are confected Cumin seeds, Carui and confected Almonds much better. Likewise whatsoeuer shall be written hereafter in the second part of this booke for the cough, may also be vsed in this infirmity.

How to make a cleere voice. §.2.



Pions and Garliche, as also the Hyssop wine, are much commended for to make a cleere and good voyce, also the tabulats called *Diaireos Nicolai*.

This electuary following is also much commended for this purpose. Take Cabbage seeds, Hyssop, Elecampane rootes, fole foote, rootes of flowerdeluce, Horehound, of each halfe an ounce, Annis seeds, Fennell seeds, Ameos, Cucubes, Aristology, of each one drag. and a halfe, *Oxymel compositum*, *Sirupus de Prassio*, of each three ounces, Sugar pennets three drag. Pine apple kernels that haue bin infused in *Vine cniel* two dayes foure ounces, Saffron one drag. clarified hony twelve ounces, temper it in a confection or electuary. Take of this in the morning halfe an ounce, with two ounces of the decoction of Pettle rootes. If it be not too much trouble for you, take one halfe of it in the morning, and the other halfe at night, mixed with a little Sugar. This may be vsed for all harshnes and hoarsnesse of the throte. The water may you alter or change according to the quality of the disease. And so we end the first part of this our Booke.

The



The second part of this Practise of Phisicke, Containeth the Breast.

THE *Anatomici*, by diuiding mans body into the outward and inward members, doe affirme the second part of the same to begin in the vpper most part next vnder the Head; thence to extend it selfe downwards vnto the *Diaphragma*, which is a skin that parteth the Heart and the Lights from the Belly. This part maketh shew outwardly of very few members, to wit, of the Necke, of the Breast, Ribs, Shoulders, and vpper parts of the Backe; and containeth inwardly two of the principallest members, as the Heart and Lights: of the which, and of the diseases of the same, and how they are to be holpen, shall now be shewne.

The first Chapter.

Of the Necke.

There is none other disease to be seene in the Necke outwardly, then a swelling or tumor, which is called *Bronchocele*, the which either commeth by nature, or else of some outward cause: the same chanceth also sometimes to swell inwardly, although that commonly depend and is caused of the first swelling.

Of *Bronchocele*. §. 1.

IF any man haue this tumor in the throte by inheritance or descent from his Parents, and naturally is borne with it, as commonly happeneth in *Bintsgaw*, and in many places moe, whereof at this present shall not be spoken: for that all Physicians hereupon conclude, that they are altogether incurable. But that which is not naturall, which proceedeth commonly of flegmaticke or waterish humors; with the which otherwhiles winde is admixed, (by ioyning both together) breedeth knots on the necke. For by experience it hath bene found, that when these Tumors haue bene opened by incision, that sometimes there is found nothing in them but water, therefore is the same called a watery *Bronchocele*. Sometimes there will bee therein a thicke matter like Honey, and otherwhiles a tough ashycoloured slime, as it were snott or smiel. Lastly, it hath also bene seene, that there is but a little water in it, with much winde, which in opening (euen as other winde) is let out and flyeth away. These tumors are caused most of cold raw northerne winds, and of thicke slimy flegme, whereby all such flegmaticke fluxions are increased: also through continual vse of grosse meats that augment *Phlegma*. When as such swellings appeare, then must you not delay and rest thereon, but seeke some remedie betimes, and not follow the counsell of such as doe say, that it will weare away of it selfe.

The order of dyet.

It is first needfull that hee take heede of eating unleauened bread: in like sort of all young sucking Beasts, and that are fat and slimy, as Swines flesh, Fish, and chiefly sod milke, and all that is drest therewith: also of moyst fruits, as Cherries, Peares, Apples, Hazelnuts, and Melons: also of cold and moist hearbs, as Bêtes, Spinage, Lettice, Endiue, Purslaine, Mercuriye, and fresh Butter. But contrariwise, warme and dry dwellings, situate in the East and South, are very good, and not much sleeping, for that increaseth much flegme: also quiet and idlenesse are hurtfull. Therefore are all such patients to endeavour themselves to goe and walke much

much, and to hold alwayes the head vpright. And if that cannot be done, let them be rubbed with hot clothes from their heads downewards towards their feet, vntill the skin be red therewith, and also both their feet. Their heads shall be seldome washed, and then only with ly and Sope after the driest manner, like as you may find a good instruction therof in the discovery of the headach. Their drinke shall be small white Wine, that is old and of a good tast, the which must be delayed with decocted water: in their meates they must beware of all superfluitie, and arise from their meales with appetite: also they must chew their meate well befoze they swallow it.

Now to the remedie of this Tumor, first you shall prepare the humor whereby this swelling is caused, with *Oxymel* of Squils, which is acuated with Pepper and Pellitory of Spaine. This must be continued certaine dayes fasting, taking two or thre ounces mingled with wine. In like maner (if need require) open a veine: afterwards vse this laxatiue powder following, wherby the corruption may be drawne out of the head and out of the stomacke, the braines strengthened, and all humors consumed that run toward the swelling. Take beaten *Hermadaetili*, *Turbith*, of each one drag. Ginger two scrup. *Diagridion* sixe graines, flowers of *Esula* half a drag. mingle them together: you are to giue at once halfe a drag. of this powder or two scrup. at the most, tempered with thre ounces of Beade once euery weeke, and that early in the morning; whereupon he must fast foure houres. And this shall he take continually a whole moneth together,

Prepare also this following, and it will consume the corruption and the wind, whereby the Tumor is caused: Take *Cammomill*, *Melilot*, of each one ounce, *Annise seedes*, Rue, of each one ounce and a halfe, dried Goose and Pigeon dung, *Sal gemme*, of each two ounces, all beaten grossely. Of this compound take a handfull, and steape it eight houres long in Sopers lie, and then let it seeth a little; make a sponge wet therein, and bind it warme on the grieve. Take one of these waters following, the which you can get best, to wit, water of *Aristologie*, of wild Cucumbers and *Rosemary*, make a sponge wet that will couer the same and the places about it, wyng it out, and lay it warme thereon, and renew it often. You must also annoint the part infected and the places about it with warming oiles, and then lay this plaister following.

Take of *Diaculum magnum* (called the *Apostolicon* plaister) *Ammoniacum*, of each a like quantitie, temper therewith *Ircos*, and *Sal gemme*, both beaten, as much as the other, spread thereof vpon leather: thre dragmes of *Opopanacum*, *Litharge* of siluer, *Ammoniacum*, *Galbanum*, of each one drag. *Pyrrhe*, *Miscleden*, *Frankinsence*, of each one drag. and a halfe, *Gips*, *Bolus*, *Aloe*, of each halfe a dragme, the muscilage of *Hollihocke* halfe an ounce, *Turpentine* one ounce, or as much as is needfull: powne all that is to be powned, dissolue the gums in vineger, and temper the powder therein, and then make it into a plaister with waxe. This is also good for *Bronchocele*.

Diuers powders for the same

Take *Hassell nuts*, *Spunges* *Sea-bals*, writing paper burnt all together, *Cuttle bones*, and seeds of *Plantaine*, of each half an ounce, *Pepper*, *Ginger*, *Sal gemme*, *Pumice stones*, *Putmegs*, *Gals*, white and long pepper, *Cinnamom*, black and white *Hellebore*, of each one quarter of an ounce, make them into powder, and giue thereof euery morning halfe a drag. The *Hellebore* or *Aselwort* is somewhat dangerous, therefore this following is safer. Take new *spunges*, and burne them in a luted pipkin or pot vntil they may wel be beaten, and giue him therof euery morning with wine one drag. Another which is much vsed: Take cleane washt *spunges* foure ounces, burne them in a luted pot with halfe an ounce of *Spunge stones*, *Pumice stones* and *Cuttle bones*, of each one drag. red cloth burnt like to the *spunges*, halfe an ounce, mingle them and vse them as befoze. Make also this gargarisme: Take *Oxymel* of Squils one ounce, sirupe of *Calamint* one quarter of an ounce, blew *Ircos* and *Barioram* gentle, of each two ounces, temper them all together, and therewith you are to gargarize morning and euening euery other day. Let him smell to this that followeth: Take *Rosemary* flowers, *Barioram* gentle, and *Spica*, of each one quarter of an ounce, *Lignum Aloes* one drag. and a half, *Pace*, *Ameos*, *Laudanum*, red *Storax*, of each one drag. Amber halfe a drag. powne each a part, and bind it vp in a peece of silke, and let him hold it alwayes in his hand for to smell to.

Capitall powders.

Take Cucubes, Putmegs, *Lignum Aloes*, Rosemary flowers, Swines bread, of each halfe a drag. *Sandaraca* one quarter of an ounce; powne them and temper them together: take euery morning five graines thereof, & strew it on the top of the head. Make a little bag five fingers long and thre broad, and lay it on the head. Take the herbe called Harts tongue, beate it small, mingle it with eggs and meale, bake cakes thereof, and take alwaies thereof before meales, especially one houre or moze before none, about one quarter of an ounce.

If one haue something sticking in his throate. §. 2.



If one haue a great bit of meat sticking in his throate, then are you to clap him behind aboue and vnder his necke, that thereby the meate may be removed, either by vomiting it out, or swallowing it down towards the stomacke. In like maner also, you are to giue him water oftentimes, or rather oyle of Roses to gargarize therewith, and let it downe: for it dilateth the throate, and maketh it slippery, whereby the same bit will sinke down the better. And this is also good for all slimy things, as Raisons and Figs sod in Beade. Item take bread, chew it not too small, and swallow it downe. Do the like with figs, for they are very commodious for this purpose. Item take a bit of hard sodden flesh, bind it on a strong threed, and slide it downe, and afterwards plucke it out againe: if the bone or any thing else that sticketh therein cannot be forced downwards, then with a mullet or other instrument draw it out. But if so be that all those things will not helpe, then may you vse a leaden pipe which is throughout full of holes, somewhat smooth without, and somewhat bent, which you may thrust into his throate to the neather part by force.

Take the muscilage or slime of Linseed, Butter, prepared Cassia, oyle of Almonds, of each a like much, lay them on the throate. The vomiting after meate is also found good for this intent, and is therefore to be moued.

When a Horseleach taken in drinke remaineth sticking in the throate. §. 3.



Ye shall perceiue this, not onely by the place where the same was drunken, but also by the biting and tickling in the throate, and by the cleere blood that he auoideth, and by the wambling and vomiting. For this you are to presse his tongue downwards, and to looke into his mouth whether the Leach can be seene or not; if yea, to take it by the head with a mullet and draw it out; if not, then must you make a gargarisme with Mustard and Vineger, or with Vineger and *Assa foetida*, or with vineger and salt, which you wil, and gargarize therewith. Or you may blow beaten Mustard-seede, and *Pigella* seede into his throate. Also you may gargarize with Onions, or the decoction of Garlick. The ashes of our Ladies thistle blowne into the throate, is commended aboue all the rest. The roote of Gentian beaten, and all that is bitter. When as the Horseleach is fallen away, then see the blossomes of Pomegranates in water, and gargarize therewithall.

To stay the blood, take the blossomes of Pomegranates, Frankinsence, *Sang. Draconis*, and Starch, of each one drag. blow this powder into his throate. Item take the blossomes and pills of Pomegranates, Sumach seedes, and *Sang. Draconis*, boyle them in water, and gargarize therewith. You may also blow the foresaid things into the throate, or boyle them in Wine and drinke it.

Another. Take Garlick, Lupins, and Coloquint, of each one drag. With seeds halfe a dragme, Mustard seeds one drag. and a halfe; boyle them all together in sixteene ounces of vineger til the fourth part be consumed: then dissolue thre drag. of Sal armoniack in it, and gargarize therewith.

But if the Leach be gone downe into the stomacke, then are you to vse the same remedies that

that are prescribed against wormes, and there kill it. Take meale of Lupins, Turbith, Stechas, Pennyroall, Gith, of each one quarter of an ounce, mixe it with the iuice of Wormewood, and make trociskes of it of the weight of a drag, of which dissolue one in three ounces of the decoction of Gith, and take it fasting. It is very forcible, but safer and easier things may be vsed for it.

Of the Squinancie or swelling in the throate. §.4.



This Squinancie haue the learned giuen many kinds of names, and that of the place in the throate where it appeareth, or according to the qualitie and nature of it: as *Angina*, *Cuinanche* or *Cynanche*, which last name the Physicians haue altered, naming the same *Squinanchem* or *Squinantiā*. And with all these names haue they meant but one sicknesse, to wit, a tumor in the throate, euen as they cal *Pleuritis* the pleurisie.

They describe the Squinancie thus: *Angina* is a strong perillous sicknesse, that ariseth about the throate, in the mouth, and about the throate boll, and very quickly stoppeth the breath. Or *Angina* is a flegmaticke defluxion, that sinketh into the outward part of the throate, and there swelleth so that all the inward parts of the throate are thereby shut vp, and the breath hindered.

The causes are diuers: for it is ingendred as wel through great heate, as through great cold, and also through sharpe Northerne winds; but especially when the same bloweth presently after a South wind: Likewise also if one sit bare headed in the Sunnesheine a long time. But this sicknesse doth chiefly come and proceed of defluxions that fall out of the head into the throate, and there cause a swelling; and chiefly in the falling of the lease or harvest, when the rheumes are most of all mingled with sharp *Cholera*, like as the same are in winter for the most part mingled with *Phlegma*. Sleeping also immediatly after meales with hanging of the head increaseth the same. Fat meate, and all that is dressed with milke, Pelons, and violent motions straight after meates, cause also this sicknes. The same doe also venimous things, as blacke Helleboze, and all Loadstones. So are sometimes blood, *Cholera*, *Phlegma* and *Melancholia* occasions of this sicknes, which neuerthelesse do seldome strangle a man.

The signes of *Angina* are a short breath, with bad swallowing; otherwhiles blistering of the toong, so that the drinke taken wil be driuen out at the nose againe: the speech goeth through the nose more or lesse, as the sicknes is of importance.

If the blood be cause of it, then is the pulse strong, the face, eies and toong red, the mouth sweet, great paine and retaining of the breath. If it come of *Cholera*, then is there great heate with little spittle, thirst, blistering, and drought of the toong, bitterness of the mouth, and great paine with it: the breath is not so short as of blood, the toong is yellowish, this is also augmented in harvest, and in summer, and if one be cholericke also.

If this sicknes proceed of *Phlegma*, then is there too much tough moisture in the mouth, sometimes salt, and of an euill tast, the face is bleake and the toong also: then is but little paine, little thirst, and a little tumor.

But if it proceed of *Melancholia*, then is therewith solowzenesse in the mouth, the swelling is hard, his face ashycoloured. Also this Squinancie commeth by litle and litle, and not so sudden as the other.

Now to ease this disease, there is nothing better then to eate and drinke but little: the drinke shall be a Iulep of Roses tempered with Well water, or Sugar water, or any thinne Meade.

Further, he is to eate light meates, as bread mollified in fresh flesh broth, and such like. He shall also oftentimes two houres after meate take *Pillulas Elephanginas*, and let his head be often combed and stroked. And let him gargarize with wine of Pomegranates and barley water mingled together. Afterwards he is to cleanse his mouth with six ounces of Barly water, wherein is tempered one ounce of the sirupe of the outward greene nut shels. Before meate he is to vse water to wash his feete, wherein Woodbind, Bay leaues, Marigold gentle, and Rosemary are decocted, and he shall rub his legs downwards with these herbes. Also he is often to vse three or foure graines of Masticke, and one graine of Cucubus, or *Lignum Aloe*, to chew it in the morning, and to hold it in his mouth.

And

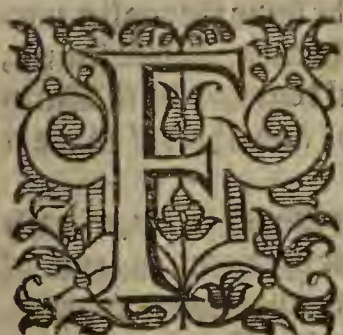
For this infirmity it is also very commodious for one to avoid much filth through the nose.

And as this Squinancie is caused diuersly, so doe the learned also deuide the same into foure kinds: First, when the thzoate and the bulke, with the parts round about them, do swell: Secondly, if about the thzoate there be no swelling seene on the outside, notwithstanding aboue all this, that the bzeath is so short that one would thinke that the patient would be strangled: Thirdly, when there appeareth a swelling on the outside of the thzoate: Fourthly, when the thzoate swelleth as well within as without.

But after what manner soeuer it cometh, it is alwaies a perillous sicknesse, and especially the second kind, for that it is very quicke and speedy, so that oftentimes it dispatcheth one in two or three daies; and commonly it is moze dangerous for children then for aged folke: therefore do the Latinists call this kind of Squinancy *Strangulatore*, which is, Strangler, as it were some what that fell into the thzoate, the which then so stoppt the bzeath, that one must therewith be strangled. For *Strangulation* they say, is nought else but a speedy death, by reason that one can get no bzeath, euen as it hapneth when the thzote is stoppt. And this is the difference betweene them: the Squinancy (as it is said) killeth one very hastily: *Peripneumonia* (which is a sicknes of the lights) doth with a painfull bzeath strangle by litle and litle. But if rheumes fall into the thzoate, then are they a cause of strangling, for that thereby the pipes of the lights in time are stopped.

If in swallowing he feeles a narrownesse and paine that the bzeath be painfully drawne, and that the patient haue scarcenes of bzeath, and is constrained to hold open his mouth, then is the Squinancy at hand, which is great or small, as may appeare by the vehemency of the signes. And for that this disease proceedeth as well of bloud, *Cholera*, and heate, as of cold and *Phlegma*, and so requireth speciall remedies, therefore we will hereafter in particular speake of them.

Of the Squinancie or paine in the throate through
heate. S. 5.



For this Squinancy, regard is to be had to the face and the eyes, whether they be red, and the face puff vp, and whether the patients spittle be sweet: Also whether he (being healthy) hath vsed much nourishing meate and drinke, for when these signes (as is said) do appeare, then it is certain that this Squinancy proceedeth of superfluous bloud and heate, then is the head veine to be opened without all delay on the right hand, and to let out foure or five ounces of bloud, according to the ability of the person, and to vse this Clister by and by after it.

Take Mallowes, Hollihocke roots, Violet leaues, Cammonill, *Adiantum*, of each a handfull, seeth these in sufficient water vnto the halfe part. Take 12. or 16. ounces of this decoction, oyle of Dill, and of Saffron, of each one ounce, oyle of Beuerd half an ounce, *Hieralogodion* one ounce, the iuice of Swines bread (if you can get it) one scruple, *Diagridion* halfe a scruple, salt one drag. minister it warme. If the sicknesse be somewhat tolerable, then within twelue houres after set two great boxing cups on the shoulders hard by the necke very warme, and let them bleed well.

But if the patient be corpulent, then is the Median to be opened on the same side, or the litle veines vnder the tongue. This letting of bloud is not to be done at one time only, but if the patient may well abide it, shall be the oftner reiterated, and the lesse at once, for it dispatcheth and driueth the matter from them.

But vntill the patient be let bloud, Clistered, and boxed, he must be rubbed with warme clothes, and first, from beneath the knees euen to the feete; afterwards from the thighes to the knees; thirdly, from the shoulders vnto the huckle bone; fourthly, from the shoulders vnto the hands: or at the least wise bind the same members hard, and make them loose often, as hath beene said.

Then both before and after purging are presently to be vsed all cooling and astringent gargarismes, whereof diuers are described in the third Chapter and the fourth s.

Make it thus, Lay the seeds of Sumach to sleepe in Rice water, and gargarize therewith. Take Coziander, Sumach, Gals, *Hyppocistis*, Pomegranate pils, of each a like quantity, seeth these in sufficient water vntill the halfe be consumed.

This following is also very good (being vsed within the first three daies.) Take the water of
Burdaine

Purslaine and Plantaine, of each foure ounces, sirupe of greene Butshels thre ounces, tempered and holden long in the mouth.

Item, to gargarize with warme milke easeth the paine. Take sirupe of Poppy heads, and sirupe of Mulberries, of each one drag. Rose water thre ounces, tempered and bled as the other before.

Or take Barley water as much as you will, and mingle amongst it sirupe of Pomegranates. Mulberries, and hony of Roses as much as you will.

Item take small sliced Licorice, Currans, Figs, Fleawort, Quince kernels, and white Poppy seed, of each one quarter of an ounce, barley one ounce and a halfe, seeth it in sufficient water till that the barley breake, put vnto it two ounces of the hony of Roses. This is very good to be used after the purging.

Take Acoznes that be old, beate them small, giue of them to the patient twice a day halfe a drag. at each time, in what you please. This is speciall good against the swelling of the throte: it is also good to take the fume of them into the throte.

Item take dried white Dogs dung, halfe an ounce beaten small, tempered with the sirupe of Mulberries, and giue it to the patient to swallow by little and little: it helpeth and drieth maruellously.

What ought to be vsed outwardly.

Before there be any salues, plaisters, or any other thing laid vpon the outside thereof, you are to scroth and rub the patients armes and legs (euen as before is said) and annoint the same members afterwards with fresh butter, or with the oyle of sweet Almonds. Or vse this following: Take the salue *Dialthea* one ounce and a halfe, muscilage of Fleawort and of Quince kernels, of each one quarter of an ounce, prepared Cassia & fresh butter, of each one drag. Leuen and Dates, of each halfe an ounce, oyle of Violets two ounces, and make a salue of them.

Item take a Swallowes neast, and seeth it in Well water, straine the same throught a narrow sieue, and in this water boyle the rootes of Lillies, Gallowes, Hollihockes, Violet leaues, Bellitozy, Cammomill, *Adiantum*, of each one handfull: stampe them all together with Barley water and Linsede meale, of each one ounce, Cammoimill two ounces, and thereof make a plaister.

Another of *Montagnana*. Take a Swallowes neast, Gallowes and Hollihock rootes, of each one handfull, Cammomill, *Adiantum*, of each two handfulls, Barley meale thre ounces, oyle of Cammomill one ounce, and lay it warme on the throat. Afterwards if any impostume appeare, then take Figs, Fenegreke, and Squils, of each halfe an ounce, seeth them together in a pinte of water till but halfe remaine, temper it with thre ounces of *Oxymel*, and then gargarize with it. And if you thinke that it be too mild, then open the swelling (if you can come to it) and wash the mouth often with wine and hony.

For purging thereof.

This purging must be effected with coole things, as solwe Dates, Prunes, Confections, Cassia and Hanna (as shall seeme good:) also milde Clusters are to be used, as hereafter followeth.

Take Gallowes, Hollihocke roots, Violet leaues and Drage, of each a handfull, of the seed of Melons, Cucumbers, Gourdes, and Pompeons stamped grosse together, of each one drag, and a halfe: seeth them all together in sufficient water, take of this decoction 12. or 16. ounces, Cassia one ounce, salt one drag. minister it warme.

Good heed is also to be taken, that the patient haue a soluble body; and to that end serue suppositoies made of Venice Sope, vsing the same oftentimes.

If the same ach of the head be mixed with *Cholera*, the which may be knowne hereby, that is, if with the swelling there be a pricking and gnawing paine, yellow colour, bitternesse in the mouth: also if that he in time of health haue eaten such meates as augment *Cholera*, then is the sicke body to be purged with the abovesaid things. Rubarbe is also very commodious for it, in this manner following: Take one ounce of Hanna, Rubarbe one dragme or twaine, keepe them in fire ounces of Prune-broth fire houres long; then straine it out hard: afterwards vse the

the Clister which is described in the twelfth Chapter of the first part s. s. for madnes or frenzie which beginneth thus, Take Lettice &c.

Hereupon you are to open the head veine on the hand, and set cups on the necke and shoulders. Use also these aforesaid gargarismes, or this following: Take the iuice of Nightshade that is well settled, five ounces, Roses, sliced Licorice and Fitches, of each halfe an ounce, good white wine three ounces, let it seeth mextly well; then temper it amongst one ounce and a halfe of Cassia, and gargarize therewith often. This helpeth and easeth the paine. In the increase of the sicknesse, there is sometimes vsed Hyrthe sodden with wine. In like manner also the muscilage of Barley tempered with Goates milke, Sugar, Nightshade, and a little Saffron.

Thus may then the bad matter be draue outwardsly: Take Sheepes woll dipped in oyle of Cammomill and Sallad oyle, and lay it vpon the soze. Or (if one can get it) take one quarter of an ounce of Snakes skins, which the Snakes do cast euery yeare, and seeth it in an ounce of oyle of Almonds: then wet a cloth therein, and lay it on the place where the soze is a whole day and a night.

This plaister following is to this end also much commended. Take Fenegræke and Linsæd meale, of each one quarter of an ounce, Hollihocke seedes, Cammomill, Hyssope, of each one handfull. These three last seeth, and stampe to pap, and then mingle it with the foresaid meale, and with two ounces of Cammomill oyle, and two ounces of the oyle of Lillies: afterwards seeth it all together untill it be somewhat thicke, and then lay it warme on the necke.

In like manner are highly commended the swallowes with their young ones, burnt in a pot to ashes, and the same blowne into the throte, or tempered with hony, and the throte anointed therewith, or gargarized, which is a passing good remedy.

But aboue all other is *Oxymel* with Rosewater and vineger in the beginning most commended. Likewise the sirupe of Mulberries and greene Put shels: so that the skillfull Physicians do write, that those three last are the best remedies of all others. Prepare also these pills to hold vnder the tongue: Take *Assa foetida* one drag. Treos halfe an ounce, make them vp with the iuice of Colewortes.

If thou thinke that the patient will be strangled and cannot swallow, then take Hemlocke seede, Radish seede, *Assa foetida*, Bozeas, Hyrthe, *Ammoniacum*, and common Salt, of each a like quantity: of these altogether, or of some of these make a powder, and blow thereof into the throte. A great boxing cup (without pricking or otherwise) set behind in the necke, helpeth that the meate and drinke will be the easier swallowed downe.

But in case that the impostume be broken, then are you often to gargarize with Beade and wine, wherein Sugar and Treos be sodden. Iulep of Violets is very good for these kind of pains.

Paine in the throte through *Phlegma*, and cold taking. §. 6.

If the face and the eyes be not red nor fiery, and that the patient haue his mouth alwayes full of spittle, and is hoarse without great paine, with other signes moe of *Phlegma*: then shall Treacle and Nithidate be vsed, for that they mitigate the paine, expell all swellings, and cleanse all exulcerations wonderfully. Further, you may vse this gargarisme following: Take Treos halfe an ounce, Hyssop, *Adiantum*, of each one dragme, Licorice, Currans, and Figs, of each one ounce, Fenegræk and Linsæde, of each halfe an ounce, Barley one ounce and a halfe, let it seeth together in sufficient water untill the halfe be spent. Also you may make choise out of the last mentioned gargarismes in the 13. Chapter and 4. s. of that shall best like you, and that is speciall good which is prepared of the sirupe of Mulberries and sirupe of greene Put shels, for a foule mouth: for both of these are specially commended for all paines of the throte, as daily experience teacheth. The roote of Diuels bit sodden in water and therewith gargarized, doth maruellously ease the Squinancie.

For to purge are very requisite the pills *Cechia*, *Foetida*, *de Hiera*, and the powder *Medicament de Turbith*, according as neede shall require. And if neede be, let a strong Clister be made and ministred, as you shall finde in the twelfth Chapter and the 17. s. that which is very meete for this, which beginneth, Take Centorie, &c.

There are Troisces also that vsed that are to be holden in the mouth, and are to be made and drest thus: Take Basticke, Frankinsence, raisins, red Stozar, and Pep, of each one quarter

of an ounce, beate them all to powder, and make troscises thereof in waight halfe a drag. The auncient Physicians did vse to take a greene Elderne stick, to shauē from it the vttermost bark, and did take the greene and yelow rinds of it, and strewed them with wheate floure, and so held them in the mouth. They do warme and drie much.

Outwardly you must annoint the necke with Sallad oyle, Cammomill oyle, and oyle of sweete Almonds, or with the ointment of *Dialthea*, and washt Sheepes woll laid vpon it, and afterwards the plaister befoze mentioned in the 5. S. with *Cassia*, or this that hereafter followeth, for that there is small difference betwene them both.

Take the vnguent of *Althea* one ounce and a halfe, the muscilage of Fenegreke and Linseede, of each one quarter of an ounce, *Cassia*, fresh Butter, of each one quarter of an ounce, solwe dough, and fat Dates one ounce, oyle of sweet Almonds two ounces, and thereof make a salve or plaister.

Or take Wheate, Fenegreke, and Linseede meale, of each two ounces, water six ounces, oyle of Cammomill two ounces, seeth them till they be thicke enough, and afterwards spread it on a cloth, and lay it about his necke.

Item, take Goose dung, and Swines blood, of each a like quantity, mingle them, and lay it five times in 24. houres about his necke.

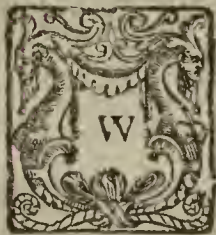
Some auncient Physicians do counsell to take warme Hony of *Anacardio*, *Mel Anacardium*, and let the necke be annointed thicke cleane ouer, that blisters may be raised, whereby the matter might haue an issue forth.

Item, take white dogs dung (of a dog that eateth nothing but bones,) Swallowes dung, or Wolfes dung, which you can get, beate them to powder, afterwards temper it with hony, and annoint the necke therewith. This may you make for a gargisme, or blow it into the throte with a pipe.

If sudden strangling be feared, then are you to clip or shauē off as much haire from the top of his head, that a great boring cup may be set thereon, which must be often fastened, and taken off againe.

In greatest extremity is wont to be made a vent in the patients throte betweene the two gristles, that he throught the same vent may take ayre and breath, the which vent afterwards when the swelling is gone, is to be cured as other wounds are.

Of the Vlcers of the throte. §. 7.



When as then the foresaid Squinancy or any other defluxion hath so annoyed the throte, that thereby the skinnē is broken, and the throte exulcerated, then take Cyper nuts, Calmus, Sulfer blue, burnt Allume, Roses, Pomegranate pils, Basticke, Frankinsence, and *Pieretrum*, of each one drag, and twelue ounces of *Aqua vite*, temper them all together and keepe them for thy vse.

When in the time of neede, take a little thereof, and gargarize therewith, for it drieth, cleanseth and healeth maruellous well. If this be too strong, then allay it with Plantaine water, Knotgrasse water, or *Prunella* water. For this purpose is also good a decoction of *Guaiacum*. In like manner also *Aqua Iohannis*, which is described in the twelfth Chapter of the first part and 5. S. But of all such things that do greatly hinder the same, you shall find good instructions hereafter in the beginning of the description of the stomacke.

The second Chapter.

Of all Rheumes and defluxions in generall.

This Greeke word *Rheuma*, tearmed also in English a rheume, is nothing else but a defluxion which descendeth or falleth from the head into the throte or breast, which doth otherwhiles so stop there the pipes of the lights and throte, that the patient seemeth to strangle or choake. Also these Rheumes do often fall into the nostrils, where they cause the Nose, which is described in the second part the eight Chapter, and 6. S.

And soasmuch as these kinds of Rheumes, according to their seuerall natures haue seuerall

all names, as that which falleth into the nostrils is called *Coryza*: that which descendeth into the breast, *Rheuma*: that which cometh into the throte, *Bronchus*: Neuerthelesse, all tough and stymie defluxions which fall from one member into another, are called rheumes or defluxions; for that they prouoke (as is sayd) not onely the strangling in the throte, but also are both noysome and troublesome vnto the breast; whereof we shall shortly write: therefore it is very requisite that we make mention of them at this present.

First, these rheumes do proceede of diuers causes, like as when the humors of the braine, through the same, through bathes, vapoizing meates; as Onions, Garlick, Mustard, Pepper, and such like, are made thin and fluxible.

Secondly, these are caused of great cold, whereby the parts of the head be thrust and compelled together, and the humors forcibly expelled; euen as water is wrung out of a sponge. In like manner may they be stirred vp of the superabundance of some humors, be it of *Cholera* or *Phlegma*, or of some other outward alterations, as of a sharpe northerly wind, that bloweth sodainly after a South wind.

In fine, the plaisters that are neither too hot nor too cold, are available for all such defluxions; to wit, as followeth: Take Rosin two ounces, *Laudanum* halfe an ounce, Myrre, Masticke, of each halfe a dragme, *Sandaraca* one quarter of an ounce: Beane meale, Pease meale, of each halfe an ounce; dissolue the Rosin and *Laudanum* in one ounce of lye, and let them seeth till they be very soft: then put it into a mortar, & mire the meale amongst it: Spread this warme vpon a cloth, and lay it vpon the whole head. If you will haue it harder, then leaue out the meale, and temper together with the other one drag. and a halfe of Clare. This comforteth the brains, stayeth the rheume, drieth all tough slime that falleth into the nostrils, mouth, and throte, and would choke one. For it is often found, that those that haue bene at the point of death, haue by this meanes bene recovered.

Item take new Barley meale two ounces, *Nigella* seedes, Mustard seede, and Dice dung, of each one ounce, Dregals, or the vyne of a manchild, as much as sufficeth therewith to make a plaister. Or take fresh Bryonie rootes twelue ounces, Wormwood, Rosemary, Marigold, all greene, of each a handfull and a halfe, Barley meale two ounces, Saffron one dragme, Scammony halfe a dragme, oyle of Lillies three dragmes: seeth well all the roots in water, afterwards stampe them well to growt or pap amongst the other herbes, and therewith temper all the rest, except the Saffron which must be also added vnto them. Last of all spread thereof vpon a cloth, and then lay them all warme ouer all the polled head, couering the same warme.

This is also commodious for al old headaches, especially for such as proceed of cold humors: for it consumeth all defluxions and bad vapors of the braines that fall out of the head into the eyes, eares, teeth, and throte: it is twice a day to be renewed.

These two plaisters following are also highly commended to be very good for the same: first, put aboue vpon the head a matty great box or cup bnpickt vpon the same, on the seame of the scul (the haire being cut off before,) & the place that the cup is fastened vnto must be first wel rubbed, til it be red, and let the cup draw it well. Afterwards lay this plaister following thereon: Take *Laudanum*, *Gummi Heleni*, *Sandaraca*, Frankinsence, white and red Storax, and Rosin, of each a like much, melt the *Laudanum*, Rosin, and the liquid Storax together, and temper the other with them: But if it be hard, than make it soft with oyle of Lillies plaisterwise.

The second is more forcible then the first. Take Aloe, wild Mints, and Citron pils, of each a like much; mire them together with *Laudanum* in a warme mortar, with as much iuice of Sloes as will make it soft.

Of Rheumes that proceede of cold. S. 1.

The cause of these rheumes are strong cold northerne winds, and chiefly if there did blow before that, a mild moist South west wind, as hath bene told already. Also to lie bareheaded in the nights when it is cold, whereby the moisture is forcibly driuen together, and chiefly if warmth follow after, as hath bene heretofore shewed of the Sponge. Also moist fruits do cause these distillations, as Cherries, Apples, Peares, Peaches, and such like.

These Rheumes are knowne by these signes following: as wearinesse and heavinesse of the whole

whole bodie, sleepinesse, heauinesse of the head and forehead, palenes of the face, with full beines, stuffing of the head or nose, bereauing of the sense of smelling, swelling vp of the eyes, paine in the throat, motion to vomite, dropping of the nose, and swelling of the Almonds.

In like manner is the head also in the feeling sound cold, and the rheume is neither sharpe nor biting at all.

The which is commonly ingendred and maintained, if the complexion, the time, the age, and the weather be cold.

As for example. If that any one doe runne into the cold ayre bareheaded out of a bath, or after any other great warmth, especially in the nights, and begin to get a tickling in the nose, then is it a sure signe that he hath already gotten a defluxion, and then must the patients head be covered so long with warme clothes, that he feeleth manifestly that his head beginneth to warme inwardly, or in stead thereof he shall lay these things following vpon his head.

Take beaten Millet foure ounces, Salt one ounce, parch them in a panne, and lay this vpon his head as hote as may be suffered. Or take a good quantitie of Salt, poloze thereto as much Wine as is requisite to dissolue the same Salt, and being a little sodden, wet clothes therein, presse them out, and lay them very drie vpon his head, this doeth and is safe. You may also prepare this salve. Take Pigeons dung, wild Rue, Beuercod, and white Mustard seede, of each one drag. oyle of Rue three ounces, *Euphorbium* halfe a drag. Ware as much as will suffice for a plaister, but let the forepart of the head be shorne, and the place annointed therewith where the soze is, it is forcible and dyeth much.

Will you now haue more plaisters and salues for the same? then looke into the first part of the description of the cold paine of the head, for these things are also very commodious for this paine.

Yet note this, that all that is here discoursed, is to be speedily effected: for if this disease be to be mastered, the same must be done at the beginning, when as the patient is incontinently to haue a veine opened on the right hand betwene the thumb and the forefinger, letting out foure or five ounces of blood.

Clifters.

After the full dispatch of letting of blood, minister a Clifter vnto him at night. Take Branne, Gallowes, rootes of blew flower deluce, Bêtes of each one handfull, seeth it all together in sufficient water and then take of this decoction 12. or 16. ounces, confection of Beuercod a drag. and a halfe, prepared Cassia and Tho. Sugar, of each five drag. oyle of Lillies and Cammomill, of each one ounce and a halfe, Salt one quarter of an ounce, mingle them all together, and minister it meety warme. The next morning following giue these pills: take pills of *Hiera composita* two scruples, *Cochia* one scruple, make seven pills and vse them at one time.

Against the evening let him be rubbed with rough warme clothes, even as is said not long ago in the first Chapter and 5. s. of the paine of the throote. And this is to be obserued certaine daies every morning and evening.

If therefore these rheumes be cold, thin, and waterie, then can you not do better, than to make the same thicke, the which may be performed with Mastick, Frankinsence, Cypers nuts, and such like, if one do gargarize oftentimes therewith, or vse this following. Take Pyrre, and Frankinsence, of each one ounce, Cypers nuts, Putmegs, and Masticke, of each halfe an ounce, beate them altogether, and boyle them in twelue ounces of red Wine vnto the halfe, and gargarize therewith.

Cakes to be holden vnder the Tongue.

Take Masticke, Putmegs, Cypers nuts, of each halfe a dragme, red Storax, and Frankinsence, of each one dragme and a halfe, fat Raisins (the stones taken out) Sugarpane, of each one quarter of an ounce, make a dough thereof with Beade, and then make Cakes thereof as big as small Beanes, the which you are to hold continually day and night vnder the tongue.

Sirupes

Syrupes and Purgations.

For a sirupe. Take Sage, Cypres leaues, of each one ounce, *Lignum Aloes* one quarter of an ounce, clarified hony and Sugar, of each sixe ounces, and let them seeth together in a sirupe, as hath bene often taught.

Another. It is also very needfull, that in such diseases the head be well purged, whereto this sirupe following serueth well: Take Elecampane rootes, Ireos, Currans & Licorice, of each one ounce, Hyssope, *Adiantum*, of each a handfull, Mastick, Frankinsence, of each one dragme, Putmegs, Cypres nuts, of each halfe an ounce, seeth this together (as is beforesaid) with Sugar, and giue him certaine daies continually two ounces with thre ounces of this water.

Take twenty Iuiubes, thirtie Sebestes, Currans one ounce and a halfe, dyed Violets halfe an ounce, cut Licorice fise dragmes, and ten figs, seeth them all together in a pinte and a halfe of water, vnto the halfe; afterwards straine it out, and let it settle. You haue also here befoze in the first part of the cold paine of the head, sirupes and other things that serue for these rheumes. For purging these pills following are speciall good, as *Hiera Composita* and *Cochia*.

Thre dayes after purging, there is to be set aboue the buttockes two great boring cups vne pickt, two houres befoze supper, and let them draw well, and the next morning take of this confection following, the quantity of a Walnut: Take Ginger two ounces, Licorice one quarter of an ounce, Cloues, Putmegs, and Cardamom, of each one drag. and 18. ounces of refined white Sugar; temper them all together one amongst another.

Another. Take Cinnamome one dragme and a halfe, Putmegs, red Storax, of each halfe a dragme, Licorice, Currans, of each one ounce, Sugar candie halfe an ounce, refined Sugar fise ounces, make a confection thereof, and take halfe an ounce thereof euery euening when you go to bed. The seuenth day after that the patient hath bene purged, he shall euery day two houres befoze meales, at none and at night, twice euery moneth wash his mouth with water wherein *Costus* and *Asarabacca*, of each halfe an ounce is decocted. Take of this water foure ounces, of *Oxymel Compositum* two ounces, therewith shall he gargarize two daies one after another, till he haue washed it eight times. For this cold rheume is also speciall good the hearbe *Calmus*, as it is described in the eight part of this booke. Thre coynes of white Frankinsence swallowed down befoze he goe to bed are also commended: And if so be that the rheume be wahren a little thicker, then is there no better aduice in the world: for it comforteth and drieth not onely the braines, but stoppeth the rheume also from falling. It is also good counsell after purging euery third or fourth day, thre or foure houres befoze meales, that you take a dragme of Treacle or Mithridate, the which is better for aged than for yong folkes.

Capitall Powder.

After letting blood, you are euery euening two houres after supper, to strew the head with this powder following: Take red Storax, Roses, burnt Iuorie, wilde vine leaues, Cloues, *Sandaraca*, of each one dragme, and make a powder thereof.

Another for to smell on: Take Pigella that is parched on the fire, bind it in a cloth, and smell often thereto. Or take *Lignum Aloes*, red Storax, of each one dragme and a half. Putmegs, Cypers, Frankinsence and Cloues, of each one dragme, parched Pigella seides one quarter of an ounce: Stampet them all together, and binde them in a cloth. The vapo or smell of Sugar is also good for the braines, and driueth away all cold rheumes.

In this behalfe Pomanders may bee made also, as followeth: Take *Laudanum* and Horehound, of each halfe an ounce, *Lignum Aloes*, red Storax, of each one drag. and a halfe, Putmegs, Cypers nuts, Frankinsence and Cloues, of each one drag. Amber halfe a drag. powne all small that is to be pownded, and dissolue the *Laudanum* with Rose water in a warme mortar, and make thereof a pomander. Another: Take one dragme of *Laudanum*, *Lignum Aloes*, red Storax, Frankinsence, of each halfe a drag. Pigella, Cinnamom and Cloues, of each two scruples, Putmegs, Cypers nuts & *Sandaraca*, of each one drag. *Gallia Muscata* one drag. Myrthe, Lauander spike, Masticke, *Costus* roots, of each one scrup. Amber halfe a scrup. *Muscus* thre graines: dissolue the *Laudanum* with a little Ware, and temper therest being powdered amongst it, forme thereof

Pomanders.

pomanders

pomanders as big as you will haue them: afterwards make holes in them, and put into them the Muske and Amber mired with a little Rose water. Such like Pomanders shall you haue moze hereafter in the first part.

You may also make bags with all these foresaid compositions.

For this disease some do counsell to neese, and some suppose it hurtfull: but if these things do helpe the patient, then I counsell that this neeing be omitted, that the braines and the head bee not thereby disquieted.

Plaisters.

Take Pigeon dung, Rue seedes, Mustard seed, Frankinsence, Masticke, Pigella, of each halfe an ounce, mingle the e things with *Oxymel* of Squills, and then put the rest amongst it, spread it vpon leather, and lay this plaister on the top of the head. This plaister drieth the superfluous moisture of the head, and strengtheneth the same, and you may put thereto Stechas, Rosemary, Marioram gentle and Cloues.

Of the Diet in these rheumes.

Every such patient must haue speciall care, that he neuer lye vpon his backe: for if the rheumes fall backwards, then is it to be feared that they will prouoke the cramp or palsey, or might choke one.

His dwelling place or chamber shall be prepared for dryth and warmth, yea in sommer season also: for if he should vse moyst things, then it will be the worse for him, and be in danger of the palsey.

In fine, the greatest care of all must be, that his dwelling be free from all moisture, and if the place be not so by nature, then take fire, and cast therein these things following, (or one alone) therewith to fume his chamber: to wit, *Sandaraca*, *Laudanum*, Rosin of both sorts, Frankinsence, red Storax, and such like. Make also a fire with Juniper wood, Bay tree wood, Tamarik wood, or with any thing of that nature: and the patient must be warme clothed, and haue a speciall regard to his head, and he shall weare alwaies on the brest a soft small cushion, filled with downe or Hares haire, or (which is better) with Squirrels haire, the which he is to keepe about him night and day.

Concerning his meate and drinke, euery such patient must refraine from wine as much as is possible, and drinke onely Sugar water tempered with wine or iuyce of Pomegranates, to wit, the first or seventh part of it. So that nature finding no superfluitie of the meate, may the moze easily worke vpon the moisture of the rheume, and therewithall consume it.

Here is to be noted, that one ought not to eate vnlesse hunger vrgeth thereto: otherwise might one euill light vpon another, and the stomacke thereby be weakened. But when naturall hunger commeth, then may he eate, yet euermoze arise and cease with appetite, and auoide all superfluitie, especially if he feele any distemperature in the stomacke, and drinke not before meate, vnlesse the meat before were passed thorough the stomack, which happeneth at least eight houres after that it is taken.

His bread shall be in winter and in the spring time wheaten bread with the bran: but in harvest and in sommer he may eate boulded bread. Also it were not hurtfull for him in case the same binde him not ouermuch, that alwaies after meate he eate a little Bisket baked with Annis seed, in which bread (be it howsoeuer it will) is to be obserued, that it be baked light, rising or puff vp, and salted a little moze then ordinarie, and that it be not about three daies old.

Concerning his flesh, all kinds are good for him, Aeale, Kids flesh, young Button, and leane Porke, but not too much, nor too often. All old and fat flesh must he shun and forbear. Of wilde beasts, Bucks and Does flesh is best of all. Hares flesh, albeit it be somewhat melancholike, yet neuertheless because it drieth, is not very vnwholesome for him, yet chiefly if it be dressed with Pepper, but he must forbear Conies and Hedghogs.

It is also requisite to shew what parts of the beasts are most wholesome for this sicknesse: to wit, the stomacke, the heart, the skin, the sinewes, the milt, the intrailles, the braines, lights, and such like of the foresaid beasts, are hard of digesture, and their fat is windie.

Other parts are much easier of digestion and warmth of nature: reasonable fat flesh is easie to

to be digested, the wings or pinnions and the legges are good for him at none, being sodden; and at night are good roasted: but fryed in a pan is not for his dyet.

All fowles, as Capons, Cockes, and chiefly Hens, wilde and tame Pigeons which are not fully feathered, and haue bene killed a day or twaine before, and are well drest: these may he eate franke and freely.

Pong Peacocks, Geese and Ducks, shall he also refraine, or at least eate of them very seldom, and that roasted. Of all wilde birds, these are good for him, Partridges, Fesants, and small birds, as also Stares, Finches, Pightingales, Larkes, Sparrowes, Snites, Dishwashers, and such like; by reason that all their flesh is much drying.

Swallowes, Magpies, and Woodpigeons are not to be used: Quails shall he also abstain from, in regard they are hurtfull for the stomacke, and breed lothsomnesse.

No kind of fish is to be used: but in case that he will eate them, the let them be hard broyled; to wit, Roches, Pikes, Gudgeons, Perches, and such like: and they will hurt the lesse if they be drest with Parsley and Mints: and they are alwaies better broyled or fryed, than sodden and stued: also the salt fish is better than the fresh. The Cele, the Tench, and the Creuets are also forbidden. Likewise Milke and all that is drest therewith: but he may eate reare eggs out of their shels, or poched; but hard egges are naught.

Of all manner of Pottages, there is onely allowed of *Panicum*, red Pease, and Rice.

The hearbes that are commodious for this must be in operation drying and warming, as Sage, Fennell, Mints, wilde Thyme, Rosemary, Marierom gentle, Basil, Dill. Contrariwise he must forbear Lettice, Endiue, Spinage, Cherries, and all that are cold and moyst. In like manner also Radish, Leekes, and Onions, (after what manner soeuer that they be drest) shall he forbear.

Rapes or Turneps haue much superfluous moysture, therefore are not to be used: but Oliues and Capers are good for him. He must auoid all cold and moyst fruits, parched Hasell nuts, Almonds, Figges, Raisins, Pineapple kernels: *Pistacium* may he vse without danger. All meats that are betwene soure and swete; in like manner that which is drest with Ginger, Annis seede, Fennell, Parsley, Saffron, Cinnamom, Putmegs, and Pace, are very commodious for him; and the rather if they be sweetned with hony than with Sugar.

Item a Sallad made of Parsley, Mints, wilde Thyme, & Meneger, is very profitable for him. His best drinke is Hony water or Peade, Cinnamom and Licorice wine, amongst which are to be tempered some of the foresaid waters: And if he will needes drinke wine without mingling it at all with water, then is to be taken (as is said) a thinne and pleasant white Wine, the which ought to be drunken delayed with steeled water.

Lastly is the patient after meales to vse somewhat that closeth the stomacke, that the vapors ascend not into the head; as prepared Coziander, toasted bread, roasted Quinces, or such as bee confected with hony.

In the morning fasting, to go or walke on foote, or to ride a horseback softly, is very commodious for these Rheumes. And if the patient be not so strong, then may one vse in stead thereof to rub him with warme clothes, (euen as is oftentimes aforesaid) and after meales to keep him selfe quiet two or three houres.

Of watching and sleeping.

This patient must wholly forbear sleeping on the day time, vnlesse he be otherwise distempered, and must forbear it at the leastwise two houres after meate: first he must lay himselfe on the right side, and then on the left side, and not on the backe; for how hurtfull the same is, hath bene shewed sufficiently before.

The heate of the sunne and of the fire must he auoid, and forbear lowd calling and speaking. And to conclude, touching these cold and stinging rheumes, we will tell how they are to bee prevented, the which may be effected through these meanes following.

And for that this disease proceedeth of a cold and moyst stomacke and braines, all thinges (measurably warme and dry) are good for it, as these confections following.

These Species, *Diatrion piperion*, *Aromaticum Rosatum*, of each halfe a drag. Pace one quarter of an ounce, Cinnamom one drag, and a halfe, Sugar three ounces, Sirupe of Roses five ounces;

the Sugar and the sirupe seethe till they be mately thicke ; afterwards mire the other spices amongst them in a mortar : take euery day foure houres before meales, as much as a Nutmeg. And this must you continue a moneth together, and afterwards thre times a weeke, as long as you please.

Do make this confection to be used after meate, and take thereof thre dragmes at one time : Take *Species Diambre, de xylo Aloe*, of each one drag. and a halfe, Violets, Water Lillies, Sozrell seeds, and Endiue seedes, of each one scrup. Sugar foure ounces, seeth it in water of Violets, and make *Mannus Christi* of them.

A Plaister for the stomacke.

Take *Laudanum* and Rosin, of each five drag. prepared Corall and Puerie, small Endiue seede and Purslaine seede, of each one scrup. The two first you shall dissolue in sharpe Vineger, and put thereto molten ware as much as is needfull, and thereof make a plaister of twaine for the stomacke, and weare them all the winter vpon it.

When these rheumes are diuiding, then must you prepare a dye bath, as hereafter followeth.

Take a sweating tub, make it mately wet with wine and Rosewater, afterwards haile the same ouer a glowing fire til that it be thzough dry: then make the same wet againe with a sponge or cloth, as before : and do this so long, untill that the tub be thzough hot ; and then set the patient therein, and couer the tub ouer with clothes, which must stay vpon the hoopes, yet holding his head without : and let him sit so sweating one houre or twaine.

Hote Rheumes. §. 2.



In the beginning is generally treated of rheumes, so are there also declared certaine causes of the hote rheume, therefore it is needlesse to rehearse the same againe. These rheumes are much prouoked thzough idlenesse, thzough sleeping a daies, thzough superfluous eating and drinkeing. Also if the head be too hot covered, great labour, overheating of himselfe, and such like.

The signes and tokens that one hath the rheume, are these : to wit, the face is red, mixt with bleaknes or pale colour, great heate in the nose, with itchings, when as the mouth and the throate are full of bitternesse and sharpnesse : and if the head bee hote in feeling : the which rheume is thus to be cured.

First, it hath not bene a little disputed of amongst the learned, whether a veine must be opened or not ; but for the most part they affirme it : some would open the head veine, other the median, and some the Liuer veine. But this letting of blood must be effected, according as the rheume falleth more on the one side than the other, and when the rheume is almost stayed. For it hath bene often seene, that they that haue bene let blood in the beginning of the rheume, haue alwaies remained and bene the hotter. But to diminish all such subtile courses of the rheume, and to make it thicke, then must he hold in his mouth these gargarismes and losinges.

Gargarismes.

Take sirupe of Iuiubes, of Violets and Poppie seedes, of each a like much, temper them with Barley water : Do take Iuiubes, Sebestes, Violets, white Poppy seedes, and Quince kernels decocted with Barley water, vse it in the euening after meate ; it is passing good.

Item, take sirupe of Poppy seedes, sirupe of Mulberries, of Roses, and Well water, of each thre ounces, wine of Pomegranates one ounce, make it warme, and gargle therewith.

Losinges.

Take white Poppy seedes, Purslaine seede, and Lettice seedes, of each one dragme, Dragagant, *Gummi Arabicum* and Saffron, of each halfe a drag. *Opium* five graines : poluene all that is to be poluened, and make it with the sirupe of Poppie heads to a dow, then make losinges therof as big as smal beanes, and hold one of these in thy mouth. And for this also are commodious these common losinges, *Diapapauer*, and the cold *Diatrigantha*.

Item,

Item, take *Gummi Arabicum*, Dragagant, Starch, Licorice, Quince kernels, and seedes of Fleawort, beate all these small together, make thereof as aforesaid losinges, with the muscilage of Fleawort, and hold them vnder thy tounge.

Also there may otherwhiles be made for a change the small losinges, called *Bechion*, of *Dia-chodion*, *Diamargariton*, and all the sorts of losinges, which are here worthy to be described.

The preparation of the losinges for the cough and rheume after diuers manners.

The blacke losinges are called at the Apothecaries, *Bichion*, or *Bechion*, the which are made after two sorts; to wit, as follooweth: Take the iuice of Licorice, and Sugar, of each half an ounce, Starch, Dragagant, pilled Almonds, of each one quarter of an ounce, the muscilage of Quince kernels, as much as is needfull for to make losinges with it: these do thicken all subtil rheumes, and delay their sharpnesse.

Another sort: Take Vine apple kernels that haue bene steeped a whole night in Rosewater, and bitter Almonds pilled, of each three quarters of an ounce, iuice of Licorice two ounces, beaten Licorice three drag. make a dow with Rosewater, and then make thereof losinges: they are very good against the Cough, and against all raw swellings of the throte.

The white losinges are thus prepared: Take white Sugar, and Sugar candy, of each a like, Starch the fourth part, beate them all together, and with Dragagant dissolued in Rose water, make losinges of them.

Item, take sixe ounces of white Sugar, Sugar candy, and Sugar pennets, of each two ounces, beaten Treos three quarters of an ounce, Starch almost five drag. beate these all together with Dragagant dissolued in Rosewater, and make losinges of them.

The third manner is this: Take Sugar pennets one ounce, Sugar candy three quarters of an ounce, *Manus Christi* without pearles and with Rose water, halfe an ounce, fine Bolus one drag. and a halfe, white Sugar one ounce and a quarter: make losinges thereof with Dragagant as aforesaid.

If that then neede require that these rheumes must be yet more suppressed and made thicker, then take Starch, Dragagant, pilled Almonds, Beane meale, blacke and white Poppy seede, Gum, and fine Bolus, of each a like much: this must you beate together with the muscilage of Fleawort or Quinces; and make losinges thereof.

For to Purge.

Necessitie also requireth in this sicknesse for to purge: the which is to be begun with the sirupe of *Iuibes*, and *Sebestes*, or with the drinke at the Apothecaries called *Decoctio pettoralis*, the which is thus prepared: Take Burrage, Buglosse, Violet flowers, of each one drag. *Iuibes* and *Sebestes*, of each fiftene, Venus haire, Scabious, Folesote leaues, of each a handfull, Annis seedes two ounces, Figs and Dates, of each five, Licorice cut small three drag. husked Barley halfe a handfull: let all these seeth together in a pint and a halfe of water vntill the third part be sodden away, straine it, and take the clearest of it, and keepe it in a coole place.

Take small cut Licorice one ounce, *Iuibes* and *Sebestes*, of each ten, seeth them all together in sufficient water, and make it as abouesaid. In this manner are there many more made: but these are the commonest.

For purging, take three or foure ounces of the first mentioned decoction, breake therein Cassia and Panna, of each one ounce, mingle them together, and drinke it warme, and you may drinke a good draught of the two foresaid pectorall decoctions.

Another purgation. Take Violets and water Lillies, of each one quarter of an ounce, Damaske Prunes ten or twelue, solwe Dates one ounce, seeth them all together in eight or tenne ounces of water till the halfe part be consumed: you are to take three or foure ounces of this decoction: temper therein one ounce of new Cassia, confedion of *Succo Rosarum*, or conferues of Prunes three dragmes, mingle them, and giue them early in the morning.

The third purgation. Take foure ounces of broth wherein Prunes are sodden, keepe there in a quarter of an ounce of grosse beaten Kubarbe all night, and in the morning straine them,

and temper therewith two ounces of the sirupe of Roses, and giue it fasting in the morning, in the sommer cold, and in winter warme.

But if you had rather haue pills, then prepare them thus: Take the Shales of yellow Pirobalans halfe an ounce, Rubarbe one ounce, Aloe, *Diagridion*, of each fine drag. Masticke and Licorice of each one scrup. beate them all together with the muscilage of Quinces vnto a masse, you are to take thereof a dragme at once.

After Purging.

Hue regard whether the matter be yet waterie and thin, then you are to giue the sicke bodie somewhat that is made with Poppie seeds. For this is also good cold losinges of Dragagant, conserue of Roses and water Lillies, also he must smell to things that are cold of nature, as Rosewater (the which he must also drato vp into the nose) Camfere, Roses, Saunders, Pomanders of cold natures, whereof some are described in the first part. But if the rheume be tough and thicke, then is all that to be forborne that is made of Poppey heads, and make this water following: Take dried Hyssope, Licorice, Venus haire, Figs, Hollihock seeds, and seeds of Malloves, of each a like much, and he shall hold in his mouth Dragagant with a little loch *de Pino*.

Because these salt rheumes haue some communion with the Liuer, then is highly commended for this, strange bathes, that flow from iron or other mines in the ground.

When the patient will go to bed, then is he to take a quarter or halfe an ounce of the conserues of water Lillies, and vse also one of these two capitall powders following: Take Mace one quarter of an ounce, red Corall, burnt Iuorie, red and white Saunders, of each one scrup. *Sandaraca* one quarter of an ounce, water Lillies one drag. and a half, Cloues half a drag. temper them together being all beaten small, and therewith bestrew the crowne of the head, and euery other day when you will strew other powder thereon, brush off the first.

This following is more cooling: Take Roses, Myztle seede or leaues, Corall, and Butchers brome seeds, of each a like much, This being powdered small, vse it as before.

The Order of Diet.

The best meate that this patient may vse (when he is not ouerweake) are paps of Barley, of Spelt, of Starch, of Oten meale, and alwayes adde some Sugar pennets. In like manner may he eate these hearbes following drest or sod with other meates: as Spinage, Drage, Purslaine, Malloves, and Bêtes, also Melons, Gourds, Cucumbers. But if he be weake, then is he to eate kids, Hens, and such like sodden with these foresayd hearbs & mildly salted, reare egges: Oyle of sweet Almonds, and all small birds are very meete.

The best that he may vse for drinke is Barley water, or Sugar water, and both hauing Licorice sodden in them. Item cleane fresh Well water tempered with sirupe of Roses or Violets. He must wholly forbear wine: but if that will not be, then must he vse a thin wine tempered with a little veruice,

It is also good counsell for all rheumaticke persons to sleepe as little as is possible, and that with the head vpright. The which together with the whole body must be well recovered, and in the meane whiles if any sweat follow, he must let the same haue his course.

It is also thought good, that the forehead, the temples, and the whole brest be annointed with oyle of Violets, water Lillies and Roses, mingled together, or with each apart: Or that his brest be annointed with oyle of sweet Almonds and fresh Butter. When as the sicknesse is declining, then is the patients head to be washed (if euer he used the same) with cleare lye, wherein is decocted or steeped Marioram gentle, Roses, Cammomil, and Melilot, and afterwards he is to be combed, and dried with warme clothes.

Of Rheumes with agues. S. 3.

If in case that throught the foresayd remedies the rheume will not be stayed, which happeneth often throught the abouondance of humours, then befallerth oftentimes a cough and ague to follow it, whereby one may well guesse, that the same proceedeth of a cholericke humour, that lyeth still hidden in the veines. Therefore the letting
of

of bloud very needfull for this, and especially in the liuer veine. Afterwards you must purge the body with Cassia and Panna, or concerning the same take the counsell of a learned Physitian.

For this also must continually be vsed those Losinges wherein is no Treos. And for to take away this hurtfull matter of the rheume, it is especially aduised, that the same be deuied from the best into the nose where the same may be the better euacuated.

To this end, take *Ammoniacum* halfe an ounce, small beaten Bellitory of Spaine one quarter of an ounce, make this with the iuice of blew flower deluce into dow, and thereof take a little on a knife, and put it in the nose, and soorthwith you shall see the water to run out of the nose. This is a secret. Item, take the iuice of the roote of blew flower deluce one ounce, beaten Stauesacre and *Pieretrum*, of each one drag. make some cotton moist herein, and so put it warm into his nose.

He must also be preuented and kept from eating of flesh, and drinke of wine as long as the ague and the cough endure. Barly water tempered with Iulep of Violets and sirupe of Violets must be his drinke: for this suppléth, moistneth, and coletth the breast, and maketh the matter thicker. But if it proceede of cold, then are you to boile Venus haire, Hyssope, and Licorice amongst them.

When as then the ague and cough begin to cease (which one may feele as the drouth and spettle beginneth to cease) then are you to prepare this water following: Take fine rat frigs, ten Iuites, twenty Sebestes, Raisins (the stones taken out) one ounce and a quarter, Licorice cut small fine drag. let them seeth well together in sufficient water. Afterwards straine it, and take thereof three ounces, sirupe of Violets fine drag. temper them all together, and you shall gine him this potion, if the rheume proceede of heate: but if it proceed of cold, and the flegme or spettle will not be loosed, then seeth Venus haire and Currans with the foresaid things, and leaue out the sirupe of Violets.

If the Rheume would not passe through the nose. S.4.

To conclude, we are to adde this following to the rest. If so be this rheume do stop the nose a great while, and that there is no heate with it, then are fumes to be vied for it. And heede is to be taken, that if the moisture that issueth out at the nose be subtil, sharpe or yellow: make a smoake with a little Sulphur, that hath bene steeped in a little vineger, and is dried againe, or with husked Barley or Beans peeled, that were also steeped in vineger and are dried againe, and beaten to powder. For this also serueth Saunders, and the fume of Sugar. Or you may prepare this following: Take grosse beaten brimstone one quarter of an ounce, seeth it in 8. ounces of red Vineger, and receiue the vapoꝝ of it into your nose. Or sprinkle the Sulphur with Wine, and lay it on a hote stone.

Item, make a vapoꝝ of sodden Barley, water Lillies, and white Poppie seede. Also you may sprinkle vineger alone vpon an hot Iron. For this is also good the vapoꝝ or smoke of Partridges feathers. But if there be no heate nor rednes in the face, then make a fume of Costus rootes and Frankinsence. Or take Gith seede steeped in wine, and so sprinkle it on a hote stone. Take also *Lignum Aloes*, Basticke and Frankinsence, of each a like much being powdered together, and receiue the vapoꝝ thereof. Likewise is commodious for this, *Sandaraca* steeped in vineger, and the same sprinkled on a hote stone, and the vapoꝝ thereof receiued into the nose. And for as much as there is very much written at this present of this rheume, and shall be more discovered thereof in the description of the rheume, of the cough, and pursuenesse: therefore will we here make an end of this Chapter.

The third Chapter.

Of the foremost part of the Breast, Thorax.

That which we generally call the Breast, hath his beginning there where the neck endeth, downewards vnto the lower rib; albeit that Aristotle ascribeth the whole body from beneath vnder the necke without the armes, euen to the priuities below, vnto it: yet this Thorax includeth the foremost and hindmost part of the body, from the necke euen to the midriff.

midriff. The foremost part is in the middle of it downewards, somewhat lower and heightened againe where the breasts or paps are; even so in the hinder part downe along the backe bone it is lower, and on both the sides higher towards the shoulder blades and ribs. This place is not altogether bony like to the scull, nor of one piece, but very orderly the one with the other intermingled, and filled with bones and muscels: so that the ribs comprehend and defend behind and before the inward parts, even as it were with a bulwark. And even as this part of mans body is outwardly defended with bones: even so are also the inner parts with veines, arteries, & strong sinewes ioyned together, and fashioned very formally, thereby to take aire into it, and to yeld it out againe, whereby the lights, and other parts should be refreshed, and preserved in their estate.

Also the breast (like as other parts of man) is subiect to many kinds of maladies: as partly may be sene in the description of the rheume. For when these mischievous rheumes fall vpon the breast, then do they harme the lights, stop the wind pipes, make a man pursue, stinking breathe, much coughing, and anguish: so that at the last they rid matter and filth, with many more such accidents, whereby the lights are perished and hurt, whereof afterward more at large and plainly shall be parcelwise discovered. And to follow our wonted method, we will first speake of the outward parts of the Breast.

Of womens breasts, milke, and of their diseases.



The womens breasts are by nature indued with two kinds of wondrous works: The first, that through their meanes the new borne child receiveth his food, to wit, from the bloud, which through naturall warmth is altered and brought into milke.

The second, that they are a defence and couer of the heart, whereby when they warme them, they are also in like manner kept warme of the said hart. Even as our body warmeth the clothes, so do the clothes also keepe the body warme. And this commeth more to passe in women than in men, by reason that their breasts are bigger by ods. The substance of womens breasts is a soft flesh, by nature spongiouse, thereby to draine much moisture vnto it. Contrariwise, mens breasts are hard and clung together, especially in them that are not overcharged with fatnesse: both of them haue their nipples in the midst of their breasts: The which in women are very mate & comely instruments for to giue their new borne children their said sustenance. Otherwhiles also mens breasts do giue milke: but this is a token rather of vnable humors than otherwise. Thus to proceed with womens breasts, they are subiect to diuers and sundry accidents, otherwhiles they grow a great deale too big, the which seemeth not onely ill, but is also sometimes an occasion of other diseases. But this commeth rather by nature or inheritance, and according to that one woman is fatter and corpulenter of body than another. But by nature (as it hath bene said) they are vessels of milke, whereby in some women it is too little, and in some too much. Therefore it is very needfull to seeke remedie, how in the one to lessen them, and in the other to augment them. For where milke is too aboundant, there prouoketh it many kinds of diseases, to wit, that it doth cold and congeale in the breast, whereof hardnesse, heate, swellings, canker, worms, and such like do ensue.

Mans milke.

In like manner the nipples do also chop, which bringeth thereby great anguish to them that giue sucke, and infect the children that sucke the matter and bloud into their bodies, with sundry sicknesses.

Of the ouermuch growing and hanging downe of the Breasts. S. I.

When as this superfluous and ouermuch growing of the breasts hapneth in hail, young and plethoricall women, there shall (in my best opinion) the nature bee suffered to haue her free course, least by taking them away, some greater mishap be procured: yet some do counsell for a sure remedie, that if one annoint the breast with the gall of a Hare, that then they will not grow too great. Item, take Barley meale, and Goates milke, of each a like much, vineger halfe so much, let them seeth well, and be laid on the breast: it is taken for a certaine remedie: in like manner frye Gallolues in Sallad oyle, and lay it ouer the breast.

These things following are yet stronger: Take *Hypocistis*, the pills and blossomes of Pomegranates,

granates, Acorne cups, and burnt lead, of each three drag. Allume, Ceruse, the iuyce of Sloes, and roasted Lentils, of each one drag. Snailles with their houses burnt, and Southernwood, of each two drag. and a halfe: Make a Salve thereof with the iuyce of Plantaine, and therewith annoint the bzeast. Item, take Frankinsence, Mastick, of each one ounce, Sea Mussels one drag, and a halfe, temper them together with red vineger.

All that is taught here doth not hinder onely the growing of the Bzeasts, but also that they be not loose or hanging downe: these things may also be used against the falling downe of the Mother, even as in the third part shall be further declared, in the description of the diseases of the wombe or mother.

Pilles.

TAke Ferne rootes, *Sarcocolla*, and Allume, of each one drag. *Sandaraca* halfe a drag. make five pills thereof with the iuyce of Ireos, whereof take one, and fast foure houres after it. These pills do not onely consume all superfluitie, but also the naturall fatnesse of mans body, if they be oftentimes used.

Secondly, he or she may (if they will) strew beaten Amber vpon all their meate: and if you will haue it worke better, put the powder in wine; for the wine carrieth the force of it very quickly into the veines.

Thirdly, take beaten Bals, Cyper nuts, of each sixe ounces, Allume prepared, Iron drosse, of each three ounces, sethe them together in a good deale of Tanners lie, and wash therewith metely warme, and make often wet therewith the hands, feet, face, and bzeast with a sponge. The like are you to doe also on the priuy members: Or take stamped Venbane seede, sethe it in wine, and then lay the wine ouer the Bzeasts. But I cannot counsell you to take this by reason of his great cold.

Of Milke in generall. §. 3.



As much as this wonderfull alteration of the red blood into so faire & white a colour, daily happeneth in women and also in beasts, therefore is their force and might accounted the lesse: neuerthelesse hath God ordained it for all creatures that are borne aliue, for their first and most requisite nourishment. Of the difference of women and beasts Milke, it is not our meaning here to discourse: but concerning womens Milke, the yellow is alwaies better than the white; so is also the same more forcible in browne women than in white. In Ponto by the Riuer *Asteo* it is said that milk in women and in beasts is blacke. But without any circumstances, we will only discourse of the Bzeasts of women, and of the accidents vnto them.

Of the want or scarfity of Milke. §. 4.



If women that giue suck haue want of Milke, then must we search out the cause thereof: This may proceed sometimes of some hot or dry, or of some cold qualitie of the Bzeast, that the blood which should alter into Milke, be dried out. Likewise both these infirmities may also be caused of some infection of the liuer, yea and sometimes of the whole body; that if their complexion be too dry, then the increasing of Milke is not to bee effected, but of pure blood. Item, the want of Milke may also bee caused by want of meat, or by the vse of such meats as make not much blood: as if they be cold and dry. Much blöding (be it by what meanes soeuer it will) and the bad digesture of the stomacke and Liuer, soze labour, or if the childe sucke too litle, may be a cause of the want or scarfity of Milke.

The signes of this infirmity are euident and apparant: as when the Bzeasts are wrong, and the Milke doth not issue forth. Also if the childe haue not enough to sucke. Item, whensoever that the mother which giueth suck be fretting by nature, be leane, be not long since recovered of some long sickness, sweateth much, and is without all exercise. But if the infirmity doe proceede of bad meates and drinks, it is then good counsell that they do eate good wholesome meate, that is light of digesture, as Hens, Partridges, Capons, young Putton, Eggs, brothes

of good flesh, and drinke good wine : Some women are accustomed to increase their milke, that they drinke a good draught of milke wherein Fennell seede hath beene steeped.

But if the infirmitie be through too much bleeding, by what means soeuer that the same come to passe, then are you to preuent the same through meete and necessary remedies, as is sufficiently shewed in their proper places. But if the women be of a hot nature, as full of *Cholera*, then are they to drinke Barley water, and Almond milke, and to eate Cocks, Hens, and Partridges dressed with Lettice : also to vse colefruits and their seeds ; fish of running waters, Burrage, Spinage, Goats milke, Cow milke, Kids flesh, and Lambe sodden with Heriuyce : they are also to refraine from wrath and sorrow, and to be alwaies merrie.

But if these mothers that doe giue sucke, be flegmaticke of nature, and haue lacke of Milke, then is their foresaid meate to be dressed with Saffron, Cucubes, or Cinnamome, and other spices : also to eate it being sodden with Fennell rootes and seeds, *Pistacia*, and Pine apple kernels.

Whether the malady do then procede of heate or not, it is alway needfull that the stomacke be comforted : for the which these things may serue, as Annis and Fennell seeds confected ; but chiefly Caraway and Comin also confected. To eate Fennell seede greene, helpeth also greatly for the augmentation of milke. Likewise Caraway seede, Annis and Fennell seed sodden in water, are very commodious for this purpose : also to eate greene Pariotam fasting in the morning is much commended for the same.

And I cannot here pretermit to rehearse diuers other remedies moe, that are prescribed of others for the increasing of Milke, like as hereafter may appeare : Take ten earth wormes, wash them in Wine, seethe them in flesh broth, straine them, and in the morning giue thereof a draught to drinke. It is also holden for certaine, that if these wormes be dried and beaten to powder, and if you giue to the patient halfe a dragme to drinke in flesh broth, that thereby the milke will be much increased.

For this also you may take this Plaister following : Take Parsley rootes, and the hearbes, Dore selwet, of each halfe an ounce, red Storax three dragmes, nelo Oyle of sweete Almonds three ounces, Barley meale one ounce and a halfe ; let the roots seethe well, and stampe them to pap, and then mingle the rest amongst it, and lay it warme vpon the Pipples, for it increaseth the milke.

Item, take beaten Annis seeds two dragmes and a halfe, temper them with the broth of Colewoorts, and giue it to the partie to drinke when she goeth to bed. Item, take Barley water, seethe therein greene Fennell and Dill, make it sweete with Sugar, and drinke thereof at your pleasure.

The like doth Linsede sodden in the broth of fresh meate and drunken. Some beleeue, that if a woman do drinke a dragme of fine powdered Chrystall with Hony or Barley water, that thereby the milke will maruellously increase. Some impute the like operation to be in the prepared Sapphire stone, if the same be tempered with water, and the breasts wetted therewith. I account neither of them good : but they that will may try them, for they cannot be hurtfull.

Against the superfluitie of Milke. S. 5.

It cometh oftentimes to passe when women haue lien in, that their Breasts doe happen to swell through the aboundance of milke, and doe bring moe inconueniences with them ; namely, that sometimes the whole body thereby wasteth : for the greater abundance there is of Milke, so much the more blood is thereby consumed : if it be not sucked out, then doth it clod and congeale, hardneth and turneth at the last with great paine into an impostume.

The causes hereof are superfluous blood, much eating and drinking, and especially such kinds of meate as ingender blood. Therefore must the same be in the beginning preuented, and those kindes of meates refrained ; and to eate and drinke but little. And in case there be much superfluous blood, then is the mother veine to be opened, that thereby the blood may be drawn downwards. Otherwise, there be two meanes to take away this superfluous blood : The first meane is through the vse of Rue, and chiefly of wilde Rue with their seeds, Basil and Comin stamp together, if one take of them every day one quarter of an ounce, the same drieth the milke.

The

The herbe *Rapistrum* is very forcible for the same, the which may appeare in Swine: for when they eat of this herbe, then are they rid and quit of all their milke, whereby the Pigges are constrained to sterue. You may also lay these hot things on their Breasts. But these following are moze sure: Take Rosin as much as you thinke good, temper it with the Creame of milke, spread it on a cloth, and lay it lukewarme ouer the Breasts.

Item, take eight ounces of Hony, and two pints of water, let them seeth well together, and scum it well, and then wet therein a threfolded cloth, and lay it on the breasts; and when it is cold, take another: this driueth away the Milke.

Item take Chickweede, let it seeth in Goates milke, or in water, lay it ouer the Breasts. Also the water of Knotgrasse or Venice sope water, are both very good; vied as before.

Item take one drag. of Saffron, eight ounces of Palmisey, wet a cloth therein, and lay it on the Breasts, as aforesaid. Item take greene garden Mints. Stampe them and mire them with oyle of Roses, and do as before. And for this purpose is the oyle of Mints also very good.

Item, take Beane meale mingled with vinegar, and sodden to a pap or grout, tempered with oyle of Roses to a plaister, and lay it on the Breasts.

Take Beane meale foure ounces, oyle of Roses and red vinegar as much as needeth for to make a plaister. Or Beane meale and of Lentils, of each two ounces, Saffron one quarter of an ounce, oyle of Roses as much as is needfull: all which foresayd things do drie vpon the milke.

For the clotted or congealed Milke in the Breasts. §. 6.



This congealing of the Milke in the breasts may procede as well of heate, as of cold: Or that the Milke is too grosse, and cannot haue passage through the veines into the Breasts, or cannot be sufficiently sucked out, and there congealeth, hardeneth, putrieth, and impostumateth. The tokens thereof are manifest, as hardening, inflammation, and paine in that place where the milke is congealed, that if one do dralle or wring the Breast, yet doth it giue no

Milke at all.

To preuent therefore this congelation, women must keepe themselves very sober in eating and drinking, vse moist meates that may make subtile milke. For this is requisite, Mints, Parsley, Saffron, and Cinnamome in their meates, and their drinke must be neate white wine, and vse commonly this following for the congealed milke.

Take grated white bread as much as you will, new Milk, oyle of Roses, of each a like much, for to make pap thereof; let these seethe together, and lay it warme vpon the breasts; it dissolneth knots and swellings that procede of congealed Milke. Item, if the milke do paine any bodie, then take Coyke, kinde it well, and then powne it to powder, temper it with oyle of Roses and a little Vineger, and therewith annoint the breasts. Or take of the fat of a Kid one ounce and a halfe, liquid Sytyax one ounce, Wormewood one ounce and a halfe, Comin and Dill seeds, of each one drag. Annis seedes halfe a drag. Barley meale halfe an ounce, oyle of Wormewood one ounce and a halfe; temper the rest amongst it being beaten small; and lastly put a little Saffron to it, and vse it as aforesaid.

This salve following is very good for to dissolue the congealed milke: Take Dares sewet three quarters of an ounce, liquid Sytyax one ounce, Wormewood, Comin, and Dill seeds, of each one ounce, oyle of Wormewood, Duckes grease, of each one ounce & a halfe: make an oyntment or plaister thereof, and at the last adde a scruple of Saffron to it.

If this congealing of milke be with an inflammation, and that it were needfull to cole moze: then mire the muscilage of Fleawoort, of Fenegræke, and Purslaine seedes together, of each a like much: make of them with molten Ware an oyntment, and therewith annoint the Breasts. Item, take Chickweede without bruising it, apply it warme to the Breasts. Item, take the iuice of Colewoorts, of Nighthade, and of Coriander, of each a like quantity: This being mingled together, lay it with a cloth warme vpon the Breasts. Also beate Rose vineger and oyle of Roses together, vse it as before. Likewise Colewoort leaues or their iuyce mixed with Saffron easeth the paine. Take Fenegræke meale, and make a plaister of it with oyle of Violets and Vineger.

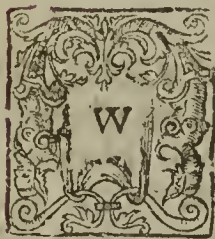
But

But if the Milke be augmented by extreme cold, then take water and wine together, and lay it on the Breasts: or boyle Cammomill, Helilot, Fennell seeds, Annis seeds, Dill seeds, Fenegreke, Linseds, Southernwood, Ginger and Basil, which you will, and vse it as hath bin said, especially if there be not an ague with it. That which is sodden mayest thou beate, and with the oyle of Cammomill make a plaister of it, and so apply it. The Weuercod and his oyle is very good for the same purpose.

An especiall good plaister, Take the crums of white bread, Barley meale, Mustard seeds, Fennell, and Hollihocke rootes roasted vnder the ashes, of each a like much, powne them well together, and with the oyle of Cammomill, make a plaister of them, and apply it warme on the Breasts: it softneth the hard knots, dissolueth them, and suffereth them not to congeale againe.

Item take Hints, and make a plaister thereof with white bread and Vineger. But if so be that this congealing grow to an impostume, then make the Breast moyst againe (as is already declared with warme wine & water, also with the foresayd pap of Hints and crums of white bread, or Myrre mixt with Saffron and Bread. But if this impediment happen to breake, then cleanse it and heale it as you do other tumours; whereof shortly hereafter you shall haue a sufficient declaration.

For the hardnesse and inflammation of womens
breasts. §. 7.



Whereas the Breasts, not through the congealing of the milke, but through other occasions chance to be hard and inflamed, the which may sone be felt with the hand, or discerned with the eye: then may you vse for the same any of these things following, which you will.

First lay Rice about foure houres long to steepe in wine, afterwards seeth it well, and lay it on the Breast, Or temper Rice meale with oyle of Violets, and the white of an egge, putting thereto a little dissolved Dragagant. Itē take sifted Beane meale and Barly meale, of each one ounce, Linsed meale & Fenegreke meale, of each halfe an ounce, temper it to a salve with oyle of Roses: Lastly, add thereto one scruple of Saffron, spread it on a cloth, and so lay it ouer the hardnesse and the whole Breast. Item take Barly meale & Beane meale, of each thre ounces, beaten Comin halfe an ounce, oyle of Violets one ounce, Dæres suet one ounce and a quarter; make thereof a plaister with the water of Sorrell: and for this is also to be vsed that which is described in the first §. of the congealing of milke through heate.

This plaister following is exceeding good: Take the flowers of Mallowes, Violets, Celandine, Daisies, and Cinquifoile, of each a handfull; let them seeth together in sufficient water, vntil there remaine eight ounces: then straine it, and mingle it with wheaten meale, to the consistence or perfection of a thicke pap, then temper with it Hens grease, or Swines suet, and so let it seeth together vnto a plaister. This must you spread on a cloth as thicke as a finger, and lay it morning and euening vpon the inflamed and sore Breast.

Another. Take Beane meale and powdered Hints, of each thre quarters of an ounce, powder of red Hints half an ounce, prepared Coriander and Pease meale, of each one dragma, Roses halfe a dragma, two ounces of fresh butter, muscilage of Linsede one ounce, muscilage of Fenegreke thre quarters of an ounce, Sheepes suet and Ducks grease, of each one ounce, the yolke of an egge, oyle of Turpentine halfe an ounce, Saffron thre graines: temper them all together and make a salve thereof. Item take the crums of two or thre white loaves (according as their bignesse is) Sallad oyle thre ounces, powdered Hollihocke rootes one ounce and a halfe, Fenegreke meale halfe an ounce, two yolks of eggs, oyle of Roses and of Cammomill, of each one ounce, mingle them all together, and lay them vpon the Breasts.

Item take earth wormes as many as you will, wash them with wine, & burne them to powder in a tight stoppt pot, temper this powder with oyle of Roses and of Lillies, and therewith annoint the Breast, and couer it ouer with fattie Sheepes woll wrapped in cloth. This maturateth very well and swageth the paine. This powder is also highly commended, taken with some swete things, against the wormes in the belly, the waight of a dragma and a halfe, and is in like sort very good against the yellow Jaundies.

Of the tumors or swelling of the Breast. §. 8.

Take broad Plantaine and Purslaine, of each one handfull, stampe them to pap, Cammimill, Melilot, of each one ounce, Barley meale foure ounces, temper them being small with oyle of Violets and Roses amongst the iuyce, untill it waxe to be a thicke salve. And lastly, mingle amongst it halfe an ounce *Gummi Heleni*, dissolved in strong Vineger, spread it on a cloth and lay it on the swelling.

Item, take Sallad oyle and Cow dung, mingle them and straine them through a cloth; then put Fenegreake meale amongst it, untill it will serue for a plaister.

Or take Peach leaues onely; or as much Rue with them; stampe them to powder, let them seeth in water untill it be a pap: lay it on the swelling: it easeth the paine, and openeth the impostume.

This salve is also highly commended: Take Plantaine and Gallolues, of each one handfull, the lesser Honslecke five handfulls; let all be sodden greene untill it be a growt; straine it out, then adde vnto it thre ounces of the oyle of Roses, beaten Cammimill and Melilot, of each one ounce, Barley meale foure ounces, *Bdellium*, dissolved in Vineger one quarter of an ounce: let them seeth together vnto the consistence of a plaister.

Of the Impostumation of the Breasts. §. 9.

These impostumations do proceed of two speciall causes: First, of congealing of the milke whereof is written already: Secondly, of other bad rheumes that sinke into these parts and there putrifie, breeding there diuers accidents: as namely, the Canker, Ringworme, Cancrene, and such like. According to the nature of the foresaid rheume, it happeneth also quickly, in women which haue not their Termes, that their Breasts do impostumate by reason of the abundance of blood, that taketh his course thither.

The signes of this grieve are, that the woman hath not conceived nor can giue sucke, that this swelling doth not deuide it selfe into many places, but remaineth in one place onely. If it be caused of blood, then is the Breast full of paine, with beatings and rednesse. Or if it come of Cholera, then is the paine greater, the breast redder, and yellowish, and with greater agues and more heate than that which proceedeth of blood. If it be of *Phlegma*, then is there small paine, and no ague with it: the Breast is white, with a small tumor.

For to remedie this must the cause be knowne: If it proceede of blood, then first of all open the mother veine on the same side where the soze is, for to withdraw the matter thereby. But if there be any want of the Termes or flowers, then are they to be prouoked by all meanes possible; and in the augmenting of the swelling must the liuer veine be opened, or at leastwise the Median: afterwards temper oyle of Roses with Vineger, and wet a cloth therein, and lay it foure times a day vpon it: You may also seeth Cammimill therein. Of these things following you may vse which you will.

Take Beane meale, Fenegreake meale, Linsede meale, and crums of white bread, of each one ounce, Myrhe halfe an ounce, Saffron one drag. and a halfe, roasted Hollihocke roots foure ounces, foure yolks of eggs, oyle of Violets, and Linsede oyle, of each thre quarters of an ounce: if it be too hard, then make it softer with water, and vse it till that the swelling be ripened. Or make this folloving: Take five ounces of clarified hony, Barley meale two ounces and a half, two yolkes of eggs, Myrhe and *Sarcocolla*, of each halfe a dragme, let the hony and the meale seethe together untill it be mextly thicke, stir then the yolkes of the eggs amongst it, and at last the powder. But if you will haue it more cooling, put thereto thre ounces of the oyle of Roses, and hony of Roses foure ounces, and five ounces more of Barly meale. This is a wonderfull plaister for to consume and cleanse all swellings, not onely of the breasts, but also of all other members.

Item, take Ireos, as much as you please, cut it small, then put as much oyle of Roses thereon as will couer the Ireos root, let it seeth very well, and straine it; afterwards put one half ounce of Ireos vnto it, oyle of Violets foure ounces, Cerules, Ware, and Masticke, of each one drag. and therewith annoint the Breast.

*Vnguentum de
Apio mundi-
ficatium.*

When as then this Tumor is sufficiently matured, and will breake out, then make pap of Wheat meale, Sallad oyle, and common water. If it will not breake out of it selfe, then is it to be opened with a Lanset, and afterwards cleanse it with Hony, the iuice of Smalage, yolks of Eggs and Turpentine, and a saluemade thereof. Take the common salve *Vnguentum de Apio mundificatium*, the which is thus to be prepared: Take clarified Hony, & the cleare iuice of Smalage, of each one ounce, Wheat meale thre quarters of an ounce, temper them together: This is also good for all Fistulaes and Carbuncles. This Salve is to be vsed for any kind of soze, with a Tent or Lint for to cleanse the same.

But if this Tumor be caused of cold, then are all warming oyles to be vsed thereto, as of Lillies, Spike, and Beuerod, and such like: And you may lay thereon water of Hony suckles, whereby diuers are holpen: but washed with water of *Cardus Benedictus*, and the powder of the same strewed thereon, helpeth aboue all others.

All things that are ordained in the first part, the 13. Chapter and 1. S. against the vncleannes of the mouth, are also commodious for this. For to mature, take fire fat Figs, greene Cresses, Dock rootes, Hollyhock rootes, Lilly rootes, Fenegræke meale, and Linsæde meale, of each one ounce, let them seeth well to a pap, stampe it well together, and temper it with thre ounces of Barrowes grease, this swageth the paine, and ripeneth exceedingly. When as this impostume is sufficiently ripened, open it with a Lanset in the lower part of the same, or with a Corsie, afterwards cleanse and heale it, as you do all other impostumes.

For the Canker in the Breasts. S. 10.



hitherto hath only bene spoken of the impostumes & tumors of the breasts wher- of otherwhiles do spring and grow the Canker, Fistulaes, & other inconueniēces: but here will we only discourse particularly of the Canker, woyme and Fistula of the breasts. For the soze which the Chirurgions call the woyme, this is their common plaister: Take Rye & Wheat meale of each a like much, temper amongst it about one third part of burnt Copper powdered small, and make a dough thereof with Rose water, spread it on a cloth, and lay it warme thereon; but this auaileth not much, a better way must be taken to cure this maladie, and so to withstand this Canker or woyme. First, it is very needfull that the patient at least thrice a moneth be purged of melancholicke humors, that he keepe a good dyet in meate and drinke, and vse alwayes such things as are somewhat coling, & very much moistening. Also he must eschew all sharp, salt, windy, and fat things, and such as are some corrupted in the stomacke, & chiefly from all that increaseth *Choleram*, and *Melancholiam*. For to preuent this, prepare this drinke following.

Take *Thymus* one quarter of an ounce, the rootes of Polypody and Sene, of each one dragme, the seedes of Gourds, Cucumbers, Pompeons beaten, and Violets, of each one dragme and a halfe, Cinnamon, yellow Rapeseede, of each one scruple, let them seeth altogether in eight ounces of Hopwater euen to the halfe, straine it, afterward take of this cleare decoction and temper therewith thre ounces of the whay of Goates milke, and so drinke it warme, and fast fire holwers after it.

Secondly make this plaister following: Take Fenegræke and Barley meale, of each two ounces, Hallowes 3. handfull, of great Housleeke 8. handfulls, of small Housleeke 4. handfulls, of the oyle of Roses six ounces, brayed in a leaden mortar: seeth the herbes in whay, afterward beate them altogether to pap, and temper the other things amongst it. Then let it seeth againe in six ounces of the water of Nightshade untill it be sodden away. The patient is first to anoint the soze with oyle of Roses that is brayed in a leaden morter, and afterwards let him lay this plaister following vpon the soze, and the foresayd oyle must be also prepared.

Take one pound of the oyle of Roses, put it into a leaden morter, and bray it with a leaden pestle thre or foure houres long. This plaister cooleth, swageth the payne, and preserueth one from all other corrosion.

Thirdly, if this Canker corode any further, then must it by two manner of wayes be hindered: first, by laying somewhat on the soze: secondly, by applying somewhat about the soze. The first shall be prepared as followeth.

Take Barly meale foure ounces, of the oyle of Violets, oyle of Roses, prepared with lead,

of

of each three ounces, foure whites of Eggs, prepared Tutty two ounces, Bloudstones that bee stamped ten times in a leaden morter, with the water of water Lillies one ounce, afterwards bray the whites of Eggs a great while with the oyle tempered amongst the Barley meale: and lastly, the Tutty, and Bloudstone, and then therewith annoint small raints, and lay them on the soze.

The Second.

Take of the foresaid oyle of Roses prepared with Lead one ounce and a halfe, the iuyce of Nightshade two ounces, Starch one ounce, fine Bolus one ounce and a halfe, sealed earth two ounces, temper them all together in a leaden morter, and therewith annoint round about the Canker or disease of the breast.

Of the Fistula of the Breasts. §. 11.

If this or any other soze of the breast would turne to a Fistula, then looke what hath bene said in the first part of the seventh Chapter and 11. §. of the Fistula of the eyes: likewise that which is written in the third Chapter and fift part, of the impostumes of the arsegut, where in you shall finde sufficient remedies.

Of the Clefts or Chops of the Nipples. §. 12.

Take fresh molten suet of young Lambs powdered on water, and afterwards washed with water of Roses as much as you please, and therewith annoint the Nipples.

Item, take Gumme of the Cherry tree, and Frankinsence, of each one ounce, Ware and Gumme of each halfe an ounce: melt the Ware with one ounce of fresh butter or Barrowes grease, then mingle y^e rest amongst it, and vse it as aforesaid.

Take oyle of Violets and oyle of Eggs, of each three dragms, Harts sewet and Goats sewet, of each one quarter of an ounce, make as much as is needfull for a salve.

Heere before in the first part, the tenth Chapter and 1. §. there are set forth two good salues, that doe also serue well for this purpose.

Take a white Lilly leafe out of his oyle, and lay it on the Nipples, it is very good.

All these foresaid meanes cannot hurt the child, although it do sucke at the same breasts.

What the haire on the Breasts doth signifie. §. 13.

The Philosophers doe agree all together in this, that all they that haue no haire on their breasts, or very little, are moze timorous, fearefull, and much slower of nature, than they be that haue much haire vpon their breasts, who are at all times moze manly, stout, and courageous.

The fourth Chapter.

Of the Backe in generall.



The vpper parts of the Kump is the backebone, which (as is said) standeth deepe into the body about the shoulders and ribs: but on both the sides is the back somewhat higher. This begins at the neck, and reacheth downwards euen to the fundament. Foure and twenty sundry bones are impus-
ted vnto it, the which the Greekes do call *Spondyli*, and the Latiniſts *Vertebras*, and in our language, the chine or Backebone. The necke hath seven, which are lesse than al the rest.

The back hath twelue: five stand also close to the loynes, whereon the last and vtmost peece of the back bone is fastened, which is called the Kump, in Latine *Cauda*, or the Tayle, which is ioyned together of three peece, and is a Gristle or Tendrell.

The foresaid peeces of the backbones are all hollow within, filled with marrow, the which is not much vnlike the braines in substance, and yet an offspring and beginning of all hard sinewes.

This substance of the braines may be assimilated to a plentiful fountaine, whereof many small brookes and diuers streames do flow, which we call Sinewes, whereby we haue both motion and feeling.

These Sinewes are about threescore, which doe come all of them (each through his owne passage) from the backbone, and spreade themselves into all the members of mans body, where they cause both mouing and feeling.

From them doe the hands and fete, all parts of the face, and the bowels (the instruments of the voyce onely excepted) receiue their sinewes, whereby they doe moue and are holden together.

Therefore doth it also happen, that whensoever any of these Chinebones, through the which the sinewes doe passe, are wrinched or bruised, either by falling, striking, or any other way, some parts are thereby lamed, lose their sense and feeling, and otherwhiles deadly diseases are thereby procured, euen as it is mentioned in diuers places of this booke, so that we purpose not to discourse hereof any other thing, but of the paine or ach in the back, and of the crookednes of the same.

Of the paine in the Backe. §. 1.



This paine in the backe proceedeth of Rheumes that fall into the sinewes of the muscles, or of great labour, and such like occasions, for the which these things following are good.

Take Mugwoort, Melilot, and Cammomill, of each one handfull and a halfe, Melilot seeds heated in a panne, foure lb. the hearbes and flowers chopt small, mixe them all together in a little bagge, and lay them warme vpon the backbone, vse it often and that fasting.

Afterwards, annoint the backebone with this salve: Take oyle of Spike, oyle of Lillies, of each halfe an ounce, oyle of Cammomil and Dill, of each one ounce, Saffron, Lauander spike, Gadder, and Agrimony, of each one dragma, Mastick and Squinant, of each one scruple, Wax as much as is requisite for to make a salve.

Item, seeth Pep in your meate, which draweth the noysome and grievous matter out of the necke, it driueth also away all paine in the shoulders and backbones maruellously, if it be stewed in the said broth.

In like manner take Siluermountaine seede, seethe it in water, and drinke thereof twice or thrice a weeke, euery time three or foure ounces, for it is very good against all wearinesse, and paine in the backe and reines.

Annoint the backbone with Beares grease: Also the oyle of a Fore is effectually against all paines of the backebone, reines, kidneies, and Gout, the which is thus to be prepared.

Uncase or fley off the skinne of a young Fore, take out his bowels, and cast him in fountaine water, and sea water or salt water. Put thereto three pounds of Sallad oyle, Salt three ounces. When it is almost sod, then put vnto it Dill and Thymus, of each twelue ounces; let it seeth together till the flesh fall from the bones, and when all the water is sodden away, then straine it.

The oyle of Wickses, which is described in the first part, is also passing good for this, either by it selfe, or when it is tempered with some other things.

Of the paine in the backbone that proceedeth from the kidneies, of the grauell and other things moe, shall be spoken elsewhere.

Of the crooked Backe. §. 2.

There are three sortes of this: The first doth come before, the second behind, and the third groweth on the left or right side. Children are more subiect to this disease then aged folke, by reason that their bones be sabler, easier to be wrested and wrung out of their naturall place. This happeneth of inward and outward causes. The outward bee falles, blowes, stripes, ill handling of young children, racking and such like

Oyle of a
Fore.

such-like bad dealing with young tender children. The inward causes doe come of the Cramp, contraction of the sinewes, abundant wind, rheumes, swellings & such like, that settle themselves in the backe bone, and do thrust and wrench awry the young weake bones.

The signes of the Crampe, that cometh through great inanition, is manifested and apparant by the consumption and faintnesse of the whole body. The signes of the windinesse are, if the patient that hath the crooke Backe haue much griping and contractions in the Backe. If there be any impostume approaching, then is there great paine in the backe, or in some certaine place of the same, with a strong Ague and vehement pulse. But if there be but one of the backe bones wrested out of his place, then must it needs follow, that the Ribs which are fastned therein, be also drawen ouerthwart, whereby the body must be crooked, and the shoulder blades raised, the which maketh an unhandsome breast and uncomely body, as daily experience teacheth vs.

How to prevent this mischance betimes, it is first counselled for all yong folkes and children, as followeth: so that at all times according to the age (as much as is possible) euery one may know how to frame himselfe thereafter.

Take Comin, Caraway, Fennell, and Annis seedes, of each two handfuls, Rue seedes three handfuls, Bran sixe handfuls; make it all together very warme in a pan on the hot ashes, put it then all together into a dry bag, & lay it vpon the place where the paine is: and when the place is well warmed, then annoint it with this salue following. Take muscilage of Fenegreek and of Linseed, of each one ounce, oyle of white *Camelina*, oyle of swete Almonds, oyle of blew flower deluce, of each one ounce and a halfe, Plaster de *Muscilaginibus*, (which in the first Part the first Chapter and seuenth s. is described) foure ounces; melt this with Ware as much as is needfull: Lastly, adde vnto them two scruples of Saffron: do this foure daies together. Afterwards must the crooke Backe be bounden together with bolsters and other things, as need shall require, and renew the binding euery morning: Or else without putting the child to paine, do this sixe daies one after another; and this being done, returne to the laying on of the bag, and annointing with the foresaid salue, which shall be also used foure daies together: afterwards lay this plaster following vpon the Backe bone and shoulder that is wrenched.

Take of the foresaid plaster de *Muscilaginibus* two ounces, *Oxyrocei* plaster one ounce and a halfe, spread these vpon a cloth or leather, and lay this plaster thereon, binde it very carefully as aforesaid, and let it lye so sixe daies without opening of it. The *Oxyrocei* plaster is also good for this by it selfe, and profitable, which you may also finde alwayes ready at the Apothecaries, like as is here described after three manner of waies.

The plaster of *Oxyroceum* is thus prepared: Take Ware, Pitche, Rosin, Saffron, of each one ounce and a halfe, Turpentine, Galbanum, Ammoniacum, Myrhe, Frankinsence, and Mastick, of each halfe an ounce, Vineger one ounce, dissolve therein the Ammoniacum and Galbanum, then seeth them so long untill they become thicke, and untill that the Vineger bee sodden away, then melt herewith the Ware, Pitche, and Turpentine, but the Masticke, Frankinsence, and Myrhe shall you temper herewith first beaten small; when this is mingled all together, then strew the Saffron therein, and mingle them all together very well.

Item, take Ammoniacum, Sagapenum, Galbanum, of each halfe an ounce, Pitch foure ounces, Rosin, Ware, of each sixe ounces, Mastick, Frankinsence, and Myrhe, of each one quarter of an ounce, Turpentine three ounces, and Saffron halfe an ounce; and make it by as aforesaid.

Oxyroceum Vigonis.

Take eight ounces of Sallad oyle, Hollihocke rootes, the lesser *Consolida* roots, of each halfe a handfull, Myrhe, Frankinsence, of each one dragme, Roses one dragme and a halfe: you are to cut and seeth the hearbes and rootes in red wine and water untill halfe be consumed: straine them hard out, and in this decoction boyle the oyle, put thereto also Bucks suet two ounces: afterwards seeth it againe so long untill all the moiffure be sodden away, then put thereto three ounces of Lytharge of gold, Bolus, sealed earth, of each two ounces, red Lead one ounce and a quarter, Ware one ounce, and whilst it is hot adde vnto it two ounces of Turpentine, Masticke one drag. and lastly, whilst it is soft, put thereto one ounce & a halfe of powdered Saffron, as is aforesaid. This last is maruellously used of the Chirurgians. They are all

of them not onely good against the crooke backe, but also for all fractures, and other members which are pained, and they mollifie and consume all hardnesse.

It is also good for these children sometimes to drinke the water of Southernwood, of Hollie hockes, of blew flower deluce, of each one ounce tempered, and to vse three daies after one scruple of this powder following: Take halfe an ounce of the seedes of Smallage, one dragme of Comin, Parsly seedes, Annis seedes, and Licorice mixed, of each two scruples.

And you may giue the patient to eate after meate, a peece of the Confection of *Pistacium* or Cinnamome.

And there is to be strewed vpon his meate some of this powder following: Take halfe an ounce of good Cinnamome, Licorice, and Hollihocke seedes, of each halfe a scruple, Saffron one scruple, Stamp them all together, and mingle them one amongst another.

If this patient be but ten or twelue yeares old, then were it very good twice in a weeke, alwaies before supper, that hee swallow one of these pills following: Take prepared Aloe one dragme and a halfe, *Edellium* halfe a dragme, Smallage seedes halfe a scruple, and make seuen pills of a dragme.

But if on an aged body there grow a crooked backe, then must he vse the pills of *Hermodactylis*, *Fetide*, or *Cochia* to purge with all. All the meats that he is to vse, must be hot vnto the second, and drie in the first degree, therefore must his Chamber be alwaies kept with a fire of Fir wood, Juniper wood and such like, that must burne therein, and to fume the same with Bay leaues, white Hints, Penniroyall, Syzar, *Laudanum*, Cypers wood, *Gallia Muschata*, *Sandaraca*, *Lignum Aloes*, Frankinsence, Masticke, and such like, each alone, or tempered together. He must forebeare cloudy weather, raine, and dewes, and vse no exercise: also he must not sleepe much, nor lie much on the same side of the crooked backe, and he must restraine lying vpon his back, that his breath be not thereby painefull to be drawne: watching is also ill for him.

Further, he must forebeare all that is made of meale: but kids flesh, Mutton, Hares, Roe Deere, and young Beares flesh are very good for him, and specially if the same be drest with garden Hints, wilde Hints, wilde Thyme, Parsly, and Balme.

Of fowles these be good for him, Hens, Capons, Pullets, yong Pigeons, Fesants, Partridges, Turtle doves, and wilde Pigeons, either boyled or roasted, being vrest with the foresaid herbes. He may also eate roasted Duckes, and also all field fowles: but Quails (by reason of their moysture) he shall leaue. Fish is not good for him, and especially those that be sodden, except they be drest with the foresaid hearbes: but being roasted they are for his disease most meete, except Eeles, Crabs, Husels, Oysters, the which very seldome are to be used: and he must forebeare all Beanes.

All hearbes of cold natures are hurtfull for him, as Lettice, Burrage, Purslaine, Spinage, &c.

Of all seedes he may vse them that are of a warme nature, as Comin, Caraway, Annis seedes, Parsley seede, Cardamome, and Greines.

Touching rootes, the wilde and tame yelloe Rapes or Turneps, and also all other Turneps may he vse: but he must beware of Onions, Garlike, and Radishes.

No hearbes of cold natures are meete for his Salads, neither yet Capers; but *Rapunculus*, Sperage, Hop springs, may passe well enough, drest rather with wine than with vineger. Salted or powdered Heriuyce, the iuyce of Limons, and iuyce of Drenges be tolerable: but he must beware of eager vineger, and Pomegranate wine. He may vse all manner of spice (but soberly alwaies in his meate) he must forebeare all cold and new fruite, as Apples, Peares, Cherries, Peaches, &c. but in the stead thereof he may eate Raisins, dyed Figges, Almonds, and Wasell Nuts.

His drinke must be small Beere, or some thin well saouring wine, he may water the wine with some water wherein Cinnamome or Licorice hath bene decocted. But aboue all other, it were good for him (if he can come by it) for to vse from the middell of September to the middell of March, this drinke following, or at leastwise temper his wine therewith.

Take Well water seuen quarts, cleare Hony foure and twenty ounces, Ammy flowers, and Marioram gentle, of each one drag. Basill seede halfe a drag. Artichoke rootes three drag. Rue seedes two scruples, Hauing of Licorice and Annis seedes, of each three drag. let the water and Hony sethe together till there be about two quarts sodden away, letting it remaine still all a night

a night, and in the morning make it hot againe, and straine it through a cloth, preserve it being kept close, for it will do him good.

The learned do giue counsell accordingly, that euery such patient must purge twice a yeare, to wit, in the beginning of Sommer, and beginning of Winter, and that according as a learned Physitian shall aduise him.

Further, for this disease of the crooked backe are two things to be regarded: first, that it do not increase: secondly, how to take away the same. For which, this plaister following is to be made.

Take oyle of Cammomill, oyle of Lillies, and *Albea salue*, of each one ounce, oyle of *Fores* one ounce and a halfe, oyle of *Spike* one quarter of an ounce, soft *Stirax* one quarter of an ounce, *Cypers*, *Sage*, *Mario* gentle, *Squinant*, *Stechas*, *Wormwood*, *Delilot*, and *Linsæde*, of each halfe a handfull, prepared *Earthwormes*, and *Putmegs*, of each one ounce, *Hollihockes*, halfe an ounce, seth these all together in a pint of *Wine* vnto the halfe, then straine it through a cloth, and make a hard plaister thereof with *Mare* and *Turpentine*.

But befoze this plaister is to be laid vpon it the crook back must be well fomented with this following: Take *Hollihockes* two handfulls, *Calmus* halfe an ounce, *Hallowes*, *Cammomill*, *Dill*, *Linsæde*, and *Delilot*, of each one handfull, *Spike*, *Squinant*, *Fennell*, *Comin*, *Wormwood*, and *Stechas*, of each halfe a handfull, cut them small, and let them seth well.

And it were also very good that he vsed these pills all the yeare, take prepared *Aloe* one ounce, *Opopanacum*, *Sagapenum*, of each halfe a dragme, temper them all with the iuice of *Roses*, take one pill thereof about the fourth day euery euening befoze meate: and if so be that he doe take twice a moneth the waight of one dragme of these pills one houre after supper, it is very good for him and good aduice.

These confections following shall also be prepared for him: Take *Betony*, *Stechas*, *Mario* gentle, *Bdellion*, *Masticke*, *Rue* sæde, and *Cinamome*, of each one quarter of an ounce, powdered *Calmus* three dragmes, rootes of *Artichokes* one dragme and a halfe, red and white *Behen*, *Saffron* and *Putmegs*, of each three scruples, *Licozice* foure scruples, *Hony* of confectioned *Ginger* twelue ounces, and white *Sugar* two ounces, whereof take throughout the whole yeare befoze meate the quantity of a *Putmeg*. And this is a speciall meane whereby this disease may be holpen. But if the patient cannot take of it euery day, yet is he notwithstanding to vse the same euery thirde day, or twice a weeke.

An especiall remedie against the crooke backe.

Many things commodious for the crooke backe.

Secondly, all these things following are good for this crooke backe, *Zeduary* chewed, or laid vpon the outside, likewise *Calmus* be it confectioned or otherwise vsed, *Centozy* is very good for all infirmities of the sinewes, howsoever they be.

Gumme *Sagapenum* in manner of a plaister laid thereon, or annointed therewith, is very forcible for it. *Muscilage* of *Fenegræke* made with lye, and the shoulders and all the backbone rubbed therewith. *Sulphur* baths alone haue oftentimes brought that to passe, through a hole whereby the vapor may come against the backe. The decoction of *Sperage* being drunken, is very good for this.

A good salve. Take oyle of *Wicks* one ounce, oyle of *Costus* halfe an ounce, the plaister *Ceroneum Nicolai* three ounces, temper them together, and therewith annoint the backbone for the space of one whole moneth when one goeth to bed: then couer it with sheepes woll.

Betony sodden in all meates is very commodious, or a dragme thereof powdered drunken with *Hony* water. The rootes of *Bryony* sodden, and the decoction thereof vsed for *Clitters*, is also very good, and the whole backbone fomented or bathed therewith.

Of the shoulder blades. §. 3.

The shoulder blades do suffer sometimes great paine, and that through many kind of causes, like as through any cholericke & flegmaticke humors that be mingled with some bloud, and fall downe into the shoulder blades, and there prouoke paine, that spreadeth it selfe afterwards into other members, which is knowne by feeling and handling of it. For this,

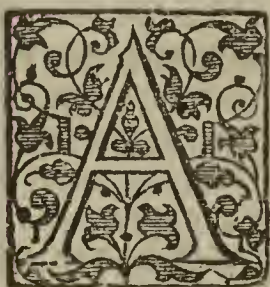
make

make this salve following: Take oyle of yellow Violets one ounce and a halfe, of *Costus* one ounce, burnt Iuorie, red and white Saunders, and Roses, of each one dragme, Starch one ounce and a halfe, Saffron one scruple, yolks of egges two scruples, stampe all small that are to be stamped, and temper it in a mortar.

Item, take muscilage of Fleawoort, Starch, of each one ounce and a halfe, Saffron one scruple, Roses, seedes of Plantaine, Sorrell, and small Endiue, of each halfe a dragm, and the yolkes of two eggs; stampe all these small together, and then make them into a salve, and when you will vse it, then let the shoulders be first well rubbed, and warme the salve. These things be also very good for all paines of the backbone and of the kidneis. For this also serueth the salues of *Aragon*, and *Marciaton*, oyle of Saffron, oyle of Foxes, and Badgers grease, of each a like much tempered together.

In like manner also the oyle of *Pieretrum*, Oyle of *Euphorbium* tempered together, or each apart, doe serue well for all old paines, for they are very hote. Further, all that is very commodious which purgeth the head; Cupping, or bores set on the shoulders, being annointed with this salve following: take vnripe Sallad oyle one ounce, oyle of *Euphorbium* halfe an ounce, parched Salt beaten small one quarter of an ounce, and temper all together. If there come any such paine with any behemency whereby the sleepe is hindred, then take oyle of swete Almonds, oyle of Cammomill, of each halfe an ounce, oyle of yellow Violets one ounce and a halfe, Duckes grease, Badgers grease, and Saffron, of each one dragme, make a salve thereof with Ware. Item, take Cammomill, Helilot, Dill seede, *Ameos*, Balme, and *Harioram* gentle, of each one ounce, let it seeth well, and put it together in a bladder, or (which is more commodious) into a sponge, and so lay it warme vpon it. Or take Colewoort leaues, Betony, and Balme, of each three handfuls, Beane meale two ounces, Wheat meale and Linsede meale, of each one ounce and a halfe, Saffron one dragme, and two yolkes of egges: Seeth the hearbs untill they be soft, then stampe them all together, and lay them on all together, as is done with other plaisters.

Of the Ribbes. §. 4.



After the said backbone and shoulder blades, there followeth amongst the outward members of the vppermost parts of the body the Ribbs, whereof by nature there are twelue on each side, which is together foure and twenty. The vppermost foureteen doe meete together, whereby they ioyne themselves in the backbone and on the bzeast, and become as it were one bone. The lowermost five of each side are named the short Ribbs, and there is not one man amongst a thousand, that hath 11. or 13. ribs in one side.

When as then the Ribbes through any outward cause, shall bee thrust or broken out of their naturall places, or else rotten through any long continued impostume, the Chirurgians must be entertained for them, vnto whom I commit them; yet notwithstanding, these two remedies following are highly commended. If then any body haue broken or sprung a rib, then take Clecampane rootes, rosted amongst the ashes, beate them to growt, raw Hony, Butter, Hogs grease and *Althea* salve, of each a like much, let it seeth well together: Secondly, vse one of the foresaid plaisters of *Oxyrococo*, and lay it ouer the ribs. Under and about the ribs commeth the most perillous sicknesse *Pleuritis*, which is the *Pleurisie*, of *Pleura*, whereby the Greekes call the ribbes, whereof we will now write.

Of the Pleurisie, *Pleuritis*, a sicknesse, with great pricking in the side. §. 5.



This sicknesse is described by *Galen* as followeth. *Pleuritis* is a paine of the side or of the ribs, which is spread abroad in the skinne that couereth the ribs, euen to the shoulders, with Agues, pricking paine, cold, short bzeath, and cough. Hee doth further describe the same sicknesse in another manner, saying: the *Pleurisie* commeth in the skinne that couereth the ribs, with an inflammation of all the muscles thereabouts, with a strong Ague and with such paine, as though the whole ribs were thrust through with bodkins, with shortnes of bzeath, slow pulse, which afterwards

wards increaseth, with a vehement cough, sometimes without auoiding any thing, and other whiles by casting out of bloudie matter.

These manners of Pleurisies the learned do call *Incoctas Pleuritides*, which is, vnripe Pleurisies. It seemeth also sometimes that this paine doth stretch it selfe even to the throate, and is alwaies with a strong ague and pricking in the side, whereby there followeth of necessitie a shortnes of bzeath. But this Pleurisie bringeth with it no spettle, and there is no other difference betwene it and the other Pleurisie, the which may be only differenced thereby, that at the last nothing is coughed vp.

All they then that haue the Pleurisie without spetting, they will be plagued with a drie cough. Their pulse is faint, and sheweth no inflaming in the bzeast, and there is no strong ague, nor any combzous bzeath therewith: and when one doth wring the patient in the place of the paine, then will he feele paine; and by reason that there is no humoz which may be enflamed in the bzeast, from the beginning, but in the outward muscles only, which humoz being afterwards ripened, sheweth it selfe outwardly as an impostume, the which may be opened outwardly. Thus much testifieth *Galen* in this matter, whereby his successors do conclude, that there be two kinds of Pleurisies, to wit, a right, and a bastard Pleurisie: Of the true Pleurisie hath here bene spoken: the bastard Pleurisie is called that, which is opened on the outside. But we will in these and moe other subtill descriptions not vse many circumstances.

First, there are many causes of these Pleurisies. The outward causes may be vnaturall heate or cold, much exercise, Forthen winds, euen as these sicknesses do raigne moze in winter than sommer, superfluous drinkeing of cold water or wine, carying of heauy burthens, falling, straining, striking, and after great heate to come suddenly into the cold, as also by drinkeing much Husk. The inward causes procede by repletion of the whole bodie, and alwayes most (above all other humors) through *Cholera*, afterwards of blood, thirdly of *Phlegma*; and very seldom of *Melancholia*.

In like manner, wind may bzeade this false Pleurisie, the which may hereby be knowne, to wit, through anguish of the side without coughing, or with some small cough: and if the place be wrung or touched, then will it cause paine, that so swelleth otherwhiles and rankleth, that it bzeaketh outwardly, or that it must be opened on the outside.

The true tokens of the Pleurisie you heard out of *Galen*s owne words: but that it may be knowne of what humors it procedeth, is to be marked by these words following; in that of *Cholera* the vrine is yelloiw and thin, the pulse hard, swift, and continuing, the pain is great and pricking, the whole body yellowish, the spettle mingled with a little rednes, there is much thirst appproching, with bitternesse of the mouth, and no sleep, with diuers other accidents moe, which *Cholera* commonly causeth.

But if the Pleurisie do proceed of blood, then is the vrine red and thicke, the spettle ruddie, the veines full, the pricking paine is not so big, but there is drouth and anguish with it, the mouth is alwaies swete, the sozehead and eyes are alwaies heauie, the patient is young of yeares and full of blood.

The tokens of *Phlegma* are, when the spettle is white, when the paine is not too great, when there is but little thirst, and much sleep therewith, the vrine is bleake, slow pulse, and other signes moe that *Phlegma* accustometh to bring with it. The *Melancholia* causeth the spettle to be a little leaden coloured, wherewith is no sozenesse or continuall paine.

In like sort, there are certaine tokens of life or death. The signes of death are these, when no remedies will helpe, and all accidents, as paine, pricking, shortnes of bzeath dayly increase: and contrariwise, it is a token of life, when all they diminish. Commonly the stich in the left side is moze perillous than that in the right side, for that it is nearer the heart. But to come to remedies, then will we first take in hand the Pleurisie which procedeth of heate and blood.

Of the Pleurisie of heate and blood. §. 6.

When as any body getteth a pricking paine about the ribs in the side, with a cough and an ague, then must he first vse this Clister following: Take 16. ounces of bzoeth wherein a Lambes head or Calues scote be sodden. Put therein one ounce of Right Sugar, the yolke of one Egge, two ounces of Sallad oile, Salt one dragme and a halfe, temper them

them all together. If neede be to make a strong Clister, Take Pompeon seede, Cucumber seede, and Gourds, of each half a handfull, Purslaine seede & Lettice seede pownd together, of each one dragme, Mallowes, Bêtes, Violets, and Mercurie, of each halfe a handfull; seeth them together in sufficient water even to the halfe part; then take of this decoction twelue or sixtene ounces; and temper therein oyle of Violets thre ounces, *Electuarium de Psyllio* two ounces, Cassia and Tho. Sugar of each halfe an ounce, Salt one quarter of an ounce, and set it warme.

In like manner it is needefull to let blood with speede. Wherefoze is the liuer veine to be opened, and that (like as all learned and also *Galen* himselfe teacheth) in the same side where the paine is: for this helpeth very soone, and the other very slowly. But *Rasis* maketh this difference: If that the patient be full of blood, then first must y^e veine be opened in the side where there is no paine, and that not onely once, but also oftentimes, even as the sicknesse doth require, and the maladie doth continue, the which may be forty dayes continually. But if there be great weakness or any other occasion at hand, that one durst not open the veine, then at the least set cups or bores vnder the paine with much picking, as the cause importeth. And after letting blood, then annoint the place of the paine or Stitch with oyle of Cammomill, oyle of Dill, or with this salve following, the which is stronger: Take oyle of swete Almonds, oyle of Violets, and vn-salted Butter, of each one ounce, Althea salve halfe an ounce, Husilage of Hollihocks, and of Frankinsence, of each halfe an ounce, Ware as much as is needfull: annoint the place there with where the Stitch is, and afterwards lay this plaister thereon: Take roasted Hollihocke rootes thre dragmes, Violets and Cammomill, of each one quarter of an ounce, Barley meale thre quarters of an ounce; Temper them together with the oyle of Cammomill and Violets, as much as is needfull for a plaister, and lay it warme on the place of the paine: It swageth the paine, and the Stitch that proceedeth of hote Cholera.

Another that is also verie good.

TAke dry Violets, red Saunders, Barley meale, the seedes of Mallowes, Bran, Cammomill, and Melilot, of each a like much, powne all that is to be pownd, and make it with oyle of Cammomill, and Ware to a plaister, And if therewith the paine do not cease and swage, then put Beane meale, Fenegræke meale, and Linsæde meale vnto it, of each one quarter of an ounce, and one Fig or twaine: and vse this so long, vntill the paine (as may seeme to the eye) be delayed and swaged, and vntill the spetle auside more easily.

The order of dyet.

Albeit that the abstinence from eating and drinkeing is very highly commended of all old Physicians, who haue commaunded for the first thre or foure daies onely Barley water to be vsed: yet is the custome of our countrey and nature, not to obserue it so strictly: but (according to their commaund) to keepe all possible abstinence, is very good aduice, yet in such manner, that nature, aswell throught such great abstinence, as by reason of the sicknesse it selfe, be not ouerthrowne. Others do prescribe as followeth: If the sick body the first or second day do cough vp no flegme, then is he to be kept with Barley water onely: But if he hath bene purged and let blood, then shall he at none drinke Barley water, or the decoction of red Pease: At night he is to be fed with the crum of white bread, that is steeped in sugred Almond milke, and after it to drinke a good draught or twaine of Almond milke. When as he cougheth vp much flegme, then may he eate well of a sugred Pomegranate, and so moderate himselfe thre or foure dayes. Afterwards, when the flegme beginneth to be white or red, and to come easily, then may one let him sup vp a little broth of a Pullet, with a little Saffron, which strengtheneth the hart and ripeneth flegme. Is the matter cold: then let a little Hyssope and Parsly rootes be sodden therein. For a cold Pleurisie a little wine may well be afforded, the which in a hot Pleurisie is not to bee permitted. After the seventh day must his meate be the broth of Pullets, Barley pap, Stued Raisins, Figs, Pines that are alwaies drest with a little Saffron, or Parsly rootes. Sometimes also are good broyled river fish, and roasted Pullets or Chickens permitted.

And when as the Ague hath cleane forsaken the patient, then may he eate measurably Pullets, Partridges, Capons, Turtle doves, Pigeons, Rabets, & reere eggs, vntill he haue throughtlie recovered

recovered his health. He must also keepe himselfe alwaies warme, and to sweate a mornings: he may otherwhiles for pleasure eate Raisins, Figs, Pine apple kernels, and also two, or thre Dates, yet he must alwaies haue regard that he keepe a soluble body: & to this end these herbes following are to be dressed and used; as Spinage, Dage, Burrage, Lettice, Violets and Malloves, with Almond milke, the which is good also for all hote toughes: Sheepes feet sodden very mellow are passing good for him. His bread must be wheaten or barley, well baked; soppes of bread and Almond milke with Sugar pennets, are very meete for him. Contrarily, he must abstaine from Vineger, Heriuiue, and all sowre and salt things; and likewise from eating and drinking too much. Also from smoake, wind, loud crying, wrath and sorrow, and aboue all, is carnall copulation hurtfull. Hereafter haue you yet many moe potions that serue for such hote Pleurisies. Wine must be for this vtterly forborne, and in stead thereof he must be cherished with Almond milke, or with sugred Barley water, the which for all Pleurisies is much used and commended. And it is principally to be dressed in this manner: Take pilled Barley one pound, wash it very cleane, afterwards powre nine pound of water vnto it, and let it seeth euen to the halfe; then straine it through a cloth. This is good for all infirmities of the breast: it loo-
seth flegme, and withstandeth the Ague.

Barley water.

Some do seeth with this barley water, Figs, Iuiubes, Currans or Licorice, and such like, euery one according to his owne pleasure. Some doe take vine Snailles out of their shells, and seeth them with the Barley water, which cause the tough slime in the breast to auoide and driue it out. For dainty folkes you may prepare this decoction: Take a Hen or a Bullet, seeth there- with a good handfull of Barley vntill the flesh go from the bones, straine it and temper it with the foresaid Barley water. Item, take white bread crums, bind them in a fine cloth, steep them in Barley water, straine them often thorough, and put thereto as much Sugar as you please.

Item, take pilled Barley halfe a handfull, Iuiubes, Sebestes, of each ten, or in their stead five Figs, one ounce and a halfe of Raisins, Licorice and Currans, of each halfe an ounce; cut all that is to be cut, and seeth it by a milde fire in as much water as you thinke good. Or take Licorice cut small thre quarters of an ounce, Currans two ounces, Sugar candy one ounce. Barly a good spoonefull, and a pint of water or as much as you will, let it seeth till about the third part remaine, and vse it as aboue.

To euery such patient is not onely forbidden wine, and other things, but also spices, Mustard, Garlick, hard and old flesh, Eggs, Cheese, Milke, and all that is dressed therewith, he must forbear all fruites and hearbs, except such as be soluble and do open the body. In fine, all that warmeth and hindereth the ripening of flegme, like as all sowre and cold things do.

Here follow many things against the Pleurisie.

Soone as the common people find not speedy amendment of the expert Phisitions, then will they be incensed therewith and discontented; and will goe seeke for other counsell: therefore are these things following very well to be used, where there is any great heate approaching: Take Cozne roses one quarter of an ounce, stamp them, and wyng out the iuice, and drinke it with Violet water in the beginning of the sicknesse: it is a very good remedy.

This following is commended for an especiall mastrie in the Pleurisie: Take the red skinne out of the Hasell nut and their shales, make them very dry, stampe them, and giue them to the patient twice or thrice a day with *Cardus Benedictus* water, or Endiue water. But if you will haue it stronger, then vse the red skin alone, take out that which is in the shell, and leaue the shel, and giue him thereof a scruple, which sufficeth at one time.

Some doe counsell for to take the water of water Lillies before the Pleurisie be full posset, for a preseruatiou of the Pleurisie. But I cannot well agree thereto.

A Wonderfull remedie that might be tried.

Take a tooth of a wilde Boare, file from it two scruples, and drinke this powder with Scabious water or Well water: And you may also take it with two or thre ounces of Sweet oyle of Almonds; for the oyle of sweet Almonds (taken with Sugar candy) is a blessed medi-

medicine for the Pleurisie. This is also good for it, conserve of Violets, and of water Lillies; and both these sirupes, to wit, the sirupes of Endiue and Pomegranates, and especially the cold Dragagant lozenges which are described in the first part, the 14. Chapter and 2. s. In like manner the confection of *Diapenidion*, *Diapapauer*, and conserve of Roses, and in great distresse and weaknesse Pearle Sugar, which is called *Diamargariton Frigidum*.

These waters following are also very good for this sicknesse; as water of *Carduus Benedictus*, of *Dandelion*, of *Leuisticum*, of *Cicozie*, Violets, Burrage, Buglosse, and all that is made with all manner of Sugar candies, Sugar pennets, and Licorice.

And heede must alway be taken, that the patient in the time of this sicknesse haue alwaies an open body, the which may alwaies easily be brought to passe, through the common Clitters and Suppositoies, whereof we haue here before mentioned twaine, the which may be made stronger or weaker, according as neede requireth.

Likewise it is very commodious also to giue the patient two ounces of *Manna*, within three ounces of broth, wherein were sodden Iuiubes and Violets. And if so be that the sicknes be not too vehement, and ouerthroweth the patient not too soze, then may he vse these sirupes, to wit, sirupe of Violets one ounce, sirupe of Licorice halfe an ounce, Barley water, wherein Violets or Licorice were sodden, three ounces; giue him this in the morning early, and vse it certaine dayes one after another. For this serueth also the sirupe of Poppey heads, although it were but to prouoke sleepe.

Another. Take Endiue, small Endiue, Liuerwoort, Lettice, and Venus haire, of each a handfull, peeled Melon seedes, Gourd seedes, Cotton seedes, Violets, water Lilly flowers, of each one ounce, Sugar twelue ounces, make a sirupe thereof, and vse it as is afore said; whereupon, take this purgation, to wit, new *Cassia* two ounces, of the foresaid broth foure ounces, and giue it him in the morning early very warme. You may also put thereto halfe a dragme of Rubarbe, and halfe a scruple of *Spica*. But in case that the patient be very narrow in the breast, as it often happeneth in this sicknes, then take *Manna*, and new *Cassia*, of each three quarters of an ounce, and make thereof a drinke with the foresaid broth.

For this, are also these confectiions following to bee vsed: Take *Diapenidion* without spices, and two ounces of the conserues of Violets, mire them together, and vse it often. Take sirupe of Iuiubes, and sirupe of Violets, of each three quarters of an ounce, temper them with the water of *Folewote* and of Buglosse, take this also once a day when you please. But of the narrownes or passions of the breasts, you shall afterwards in this Chapter find many good remedies.

An expedite cure of the Pleurisie.

As soone as the pain of the Pleurisie is felt, shal bores be fastned on the place of the paine, for this helpeth maruellously. Then open a veine on the contrarie arme, and the next morning in the same side where the griefe is. Afterwards thou shalt giue him this sirupe following; as you find the sicknesse to be either hote or cold. And when you find that the matter ripeneth or digesteth a little, then apply this plaister following vpon the place affected: Take Hollihock rotes, Dallowes, Violet leaues, and Cammomill, of each one handfull, drect them in water, and beate them to growt, adde as much oyle of Almonds as shall be needfull. But if the flegme will not be raised and spit forth, then set bores on the place againe as before, with picking, and let them draw well. Also adde to five ounces of his drinke, two ounces of *Oxymel* of Squils, for that it breaketh the tough flegme, and casteth it forth with ease.

Of the Pleurisie of Cholera. §. 7.



If the Pleurisie proceed of Cholera, then are soluble medicins to be vsed at first, like as hereafter follow: take Endiue, small Endiue, Lettice, Liuerwoort, white *Diptamus*, Venus haire, (all Greene if they can be gotten) of each a handfull, peeled Melon seed, Pompeon seed, Cucuber seed, Gourd seed, seedes of Hollihocks, Burrage flours, of each halfe an ounce, pilled Barley one ounce, Licorice, Cucubes, Iuiubes, Sebestes, of each one drag. Violets and water Lillies of each half an ounce seeth them all together, and with twelue ounces of Sugar make a sirupe thereof, even as we haue

hane taught befoze. And the common sirupe of Iuiubes is also good for this. Item, in stead of the foresayd things may you vse this following.

Take sirupe of Violets thre ounces, sirupe of Poppie heads, of Venus haire, of each one ounce and a halfe: mingle these together with sufficient water of Endiue, and so drinke it at twice, afterwards take this purgation: Take Violets, Borage flowers, and Buglosse flowers, of each halfe an ounce, Prunes, Iuiubes and Sebelles, of each ten, Spikenard halfe a dragme, Licorice and Currans, of each five dragmes, let them all seeth well together: then take foure ounces of this decoction, and steape therein halfe or a whole dragme of Rubarbe; let it so stand in a warme place all night, and drinke it warme. This being done, lay vpon the affected place a sponge that is made wet in warme water, wherein Cammomill, Violets, and Dill are decocted. But if these herbes be not to be gotten, take warme Wel water, and wring out the sponge metely well, you may do the like with a bladder that is filled with warme milke and Linsæde oyle, and so lay it ouer the place of the paine. Or you may vse this: Take a pinte of milke, and two pintes of hony tempered well together, and laid with towe vpon the place. Item take Mallowes, and Hollihocke rootes, of each one handfull, chop them well together, and fry it with butter or Sallad oyle, and so lay it vpon the paine. This following is good to expell the blood: Take Bolus and Salt, of each a like much, make them to pap with hony, and bind it on the place where the paine is.

Hereafter follow Plaisters, Salues, and such like.

Take crums of white bread about foure ounces, fresh Butter or Sallad oyle, thre ounces, Hollihocke rootes two ounces, Fenegræke halfe an ounce: cut, stampe, and seeth it well in Goates milke, mellow to pap: and when it is almost cold, then stir amongst it one dragme of beaten Saffron, and so lay it warme on the paine. Item, take beaten Hollihocke rootes, Mallow seedes, and Barley meale, of each a like much, let it seeth together in Goates milke vntill it be thicke inough, then put thereto sufficient oyle of Cammomill, and spread it on a cloth. You haue here befoze in the fift §. of the pricking of the pleurisie two plaisters of roasted Hollihocke rootes, the which are maruellous good for this. This also following is very excellent for the great stich and oppression of the breast: Take halfe a pound of Cassie taken out of pipes, as is taught in the Preface, temper amongst it one ounce of the salue of *Althea*, oyle of swæte Almonds, and powdered Hollihocke rootes, of each two ounces, spreade them on a cloth, and make thereof a plaister, and lay it on the stich. Item, take foure ounces of white bread crum, soften them one howze in Goates milke, afterwards powne them well, then put thereto one ounce and a halfe of Cassie, thre whites of egges, Saffron ten graines, and oyle of Roses as much as is needefull for a plaister.

Of the Pleurisie of *Phlegma*. §. 8.

If the Pleurisie procéde of flegmatick humors, and that y paine draw down ward toward the lowermost rib, then is the patient to take oftentimes halfe an ounce of the conserues of Hyssope, tempered with *Carduus Benedictus* water, and a little Saffron.

Other do take a sweete Apple, which they make hollow, and fill it with Frankinsence, & then stop the hole againe with a pæce of an Apple, cleated to round about with dow, & so let it rost a while. This Apple is eatē as a preservative against the Pleurisie, that people might not be taken with it, although they be subiect to it.

Item, take a sweete Apple, cut a pæce out of it, and put therein one scrup. of beaten Mastick, close it againe with the same pæce. Rost this Apple in hot ashes, and so eate it. Take the vppermost creps of Nettles, seeth them in Wel water, and straine out the iuice through a cloth, giue him therof at two or thre times in the beginning of the sicknes, thre ounces at one time. For purging of this flegmaticke matter, prepare these sirupes following: Take Hyssope and Venus haire, of each two handfuls, pilled Melon seedes, Pompion seedes, Gourd seedes, Cucumber seedes, Butchers brome seade, Sperage seedes, Linsæde and Fenegræke seedes, of each one drag. good vineger half an ounce, cut and powne all that is to be cut and powdered, let them seeth

all together. To this decoction put three ounces of clarified Honie, nine ounces of Sugar, then make thereof a sirupe: this is passing good when the *Phlegma* is thicke and tough. But if you will not make a sirupe for it, then take common sirupe, to wit, of *Venus* haire, of *Licozice*, or *Hyssope*: but the sirupe of *Licozice* is maruellously commended for this.

For a purgation: take *Violets*, *Buglosse* flowers, and *Burrage* flowers, of each one ounce, *Licozice*, *Currauns* of each two ounces, two or three *Figs*, *Agaricus* one dragma and a halfe, let all these steepe and seeth together, take foure ounces thereof, and temper therewith three dragms of the confection *Elefchoph*, and then drinke it at one draught.

When you haue purged, then annoint the paine with the oyle of *Dill*, or oyle of *Lillies*; afterwards seeth *Cammiomill* and *Venus* haire in water and vineger in a bag; straine it out, and then lay it warme vpon the paine. Item, take *Barley* and *Pease*, of each one ounce and a halfe, *Brannne* or handfull; beate them grosse and make thereof a bag of a quarter of a yard broad, seeth it, and vse it as aboue. Thirdly, take *Hyly* and *Salt* as much as you will, warme it together in a pan, put it into a bag, and lay it warme thereon, especially if the matter be windy.

Of the Pleurisie of Melancholia. §. 9.



At if this disease proceed of *Melancholia*, (which chanceth seldome) then straine the iuice of one handfull of *Burrage* and *Buglosse*, and being clarified, giue it him with the foresaid sirupe. For purging, take black *Helleboze*, *Thyme*, *Epythymus*, the rootes of *Polipodie*, *Sene* leaues, and such like, euen as in the description of *Melancholie*, in the first part the twelfth Chapter and eight s. is taught.

When as the sicke person beginneth to cough vp phlegme, then it is necessarie that he vse to drinke for it euery day of common *Barly* water a good draught, of the decoction which here before in the cold *Rheume* in the second Chapter is expressed, and beginneth thus: Take twentie *Inibes*, &c. which cleanseth the bzeast. And if the great pricking and shooting remaine, and he do cough with paine, then is the patient to drinke of this potion following three or foure mornings together: Take tenne fat *Figs*, fat *Dates*, *Smallage* seede, *Fennell* seedes, *Venus* haire, *Licozice*, *Hyssop*, and *Dalloses*, of each five dragmes, seeth them all together in fire and thirtie ounces of water to the halfe, and trouble not your selfe therein, albeit the patient should cough vp matter or corruption.

Of the bastard or false Pleurisie. §. 10.



We haue medtioned heretofore of the false Pleurisie in the fifth s. and made her nature knowne. If the patient haue plenty of bloud, then is his *Saphea* or liuer veine to be opened. Afterwards, set vpon the place of the stich, a cup or bore or twaine with pricking, or according as the humors in that sicknesse do raigne, as bloud, *Cholera*, *Phlegma*, or *Melancholia* do excede: and afterwards purge and vse stronger Clifters than for the true Pleurisie were prescribed. But in case that the patient feele this stich about the *Diaphragma*, then open the Median, and vse the foresaid warming things, that deuide the matter: let the place be often rubbed with a hand or cloth that thereby the pores may be opened. This being done, then lay this plaister following thereupon: Take two ounces of *Fenegræke* meale, and *Pitch* three ounces, *Waxe* one ounce, melt them both, and mingle the meale amongst it, with oyle of *Cammiomill* to a plaister, which you may spread on *Leather*, and couer it with silke, and so lay it on the stich. But if the ague be not too big, then may you vse thereto the *Oxycroceum* plaister. Item take the ashes of *Coleworts*, tempered with *Bullets* or *Swines* grease.

But if the anguish shew it selfe outwardly, and yet wil impostume but slowly, then must the same be opened, be it with an hote iron or with a *Lancet*. What doth loose phlegme, that shall be set downe hereafter in the description of the cough, of the shortnes of bzeath, whether it proceede of heate or cold. But if the phlegme that at the first shall be coughed vp, be blacke and yellow together one amongst another, and that the Ague end not on the seuenth day, then it is a very bad signe, if therewith be any heauy ratling in the throte, with rednes of the cheekes, lead coloured and darke eyes, then is death at hand.

VVhen

When the Pleurisie sheweth it selfe outwardly.

If the Pleurisie shew it selfe outwardly; with any rednesse, and the partie feeleth great paine in the touching of it, then it is a certaine token of a false and Bassard Pleurisie, that is settled outwardly on the ribs. For the same, is a cup or bore to be set thereon, or to lay a blistering plaister of Figs and Mustard seedes, and let it lye thereon so long, vntill the place begin to impostume, and then open it; and heale it like as other impostumes. But if the matter ware hard, then it is to be maturated with this plaister following: Take Hollihocke leaues one handfull, Cammomill, Melilot, and Violet leaues, of each halfe a handfull, Fenegræke seede, and Linsæd beaten small, of each halfe an ounce, Beane meale, and Barly meale, of each two handfulls, oyle of swæte Almonds, oyle of Dill, and of Violets, of each one ounce, then temper the one with the other, and so lay it on the place. Hereafter follow plaisters and salues that asswage the stich and paine, be it of whatsoeuer occasion it may be. Take Gallowes, and Hollihocke rootes, of each one handfull, seeth them together to pap, and then stampe them together with oyle of Violets, and Barolues grease, and so lay it on the soze: but let it not lie too long thereon, that the matter be not maturated too soone. Item, take Oyle of yellow Violets two ounces, of the Oyle of swæte Almonds, and oyle of Cammomil, of each halfe an ounce, fresh Butter one ounce, Saffron one dragme and a halfe, white Ware one ounce and a halfe, Dill seede, Cammomill, Duckes grease, of each halfe an ounce, and three yolkes of Egges: make thereof a salue or plaister. This poultis following, doth much asswage the paine: take Branne as much as you please, seeth it in Wine vnto a pap, and put thereto a little Salt.

Another. Take vnripe Sallad oyle three ounces, foure fresh yolks of Eggs, Saffron one dragme, new oyle of Roses one ounce and a halfe, seeth it a while, and set it on warme ashes, and stir well amongst it the beaten yolkes of Egges: put afterwards vnto it Starch and Barly meale, of each one dragme, and a halfe, and last of all the Saffron: if you will haue it moze forcible, then put fresh Butter to it, and Bdellium, of each one dragme, and seeth it with decocted swæte Wine, as thick as you desire it. Use this following.

Take Cammomill, Dill seede, Venus haire, Hollihocke seedes, and Folefoote, of each two handfulls, Currans three handfulls, sixe Poppie heads, sixe ounces of fresh Butter, xxxvi. ounces of swæte sodden Wine, put vnto it (when all is well sodden and brayed) one dragme of Saffron.

A good salue. Take *Althea* salue, and Butter, annoint the place therewith where the paine is, and strew thereon beaten Comin, and lay a warme Colewoort leafe thereon.

When the Pleurisie taketh a woman with
Child. §. 12.



If it then chance that a woman be in doubt of bearing the space of two moneths, were brought a bed before her tyme, and brought a dead child into the world, or were much inclined to the same, and so be taken with the Pleurisie, she must not be let blood, but she must haue cups set on her buttockes, and be picked well, whereby to draw the blood downward. But women that are wont to miscarie in hast, they may well be let blood, yet alwaies taking good heed to their strength. But for a generall rule, all women (albeit they miscarie or not, or that they haue conceived) are to haue the liuer beine opened.

But if it be not the right Pleurisie, then make a bag with warme Millet and Bran, and lay it where the stich is felt, and annoint the backe with *Althea* salue.

But they that are not with child and haue the Pleurisie, it is much counselled, that their Termes be prouoked as much as is possible, whereof in the fift part is very largely discoursed. And the other (euen as is already said) are to be holpen (according as they be of strength) by other medicines.

Rules for such as are recovered of the Pleurisie, that they fall
not into it againe. §. 13.



First, all they that be subiect to this sicknesse, are to shun all dwellings (and principally in winter season) that are situate in the North and West, & neare the water. They must also forbear all tough slimie meates, and all that is made of dough, Chæse, Milke, and such like: also from vineger, solwe and sharpe, and all kind of tart things: Capers and Gallad oyle are also enemies vnto him. Item from all pottage, except of red and white Pease, and Beane broth, which be good for him; and dresse Hennes, Pullets, Weale and Pigeons with it. All cold fruits, as Apples, Peares, Chelnuts, &c. are hurtfull for him: but Figges and Raisins are very meete; sodden Coleworts, and all sorts of Rapes and rootes, as Parsneps, Parsley rootes, and such like, are very good for him: and all Barley paps also.

His drinke must be thin, white, and sweete wine, or common Beere which is very cleace. To drinke water, is for this streightly forbidden: but if the patient desire to water his wine he may doe it; yet with water that is decocted with Cinnamome or Licorice. After his meale tide is he to keepe himselfe quiet one or two houres. Watching is very hurtfull for him: but to sleep long is very good and needfull.

In eating, hee must also beware of swallowing downe meate not well chewed, and of ouercharging his stomacke with meate and drinke, that there follow no harme to the stomacke. He must looke well to all these, and that he be alwaies merrie and of a light heart.

Secondly, he must take good heede for to haue alwaies an open bodie; and before he vse these pills following, he must first vse these potions: Take of the water of Fole-sote five ounces: Sugar one ounce, drinke it euery morning fasting at one time. The pills are thus to be made: take prepared Aloe one quarter of an ounce, *Opopanacum*, *Bdellium*, and Coloquint, of each one scruple, make pilles thereof with sirupe of Roses sire of a drag. then take euery foure daies one or twaine, according as you are bound, and in the euening one before supper.

A Salue.

Take *Asarabacca*, Hyssope, Malloves, and Rosemary, of each thzee quarters of an ounce, *Sandaraca* thzee drag. *Spica nardi* one quarter of ounce, Dragon blood, and the iuyce of Sloes, of each one drag. Starch five dragms; powne each apart as small as may be, then temper it with Malmsey, and keepe this stopped tight: Herewith are you to rub the backe bone and shoulders softly, and afterwards a fore case bound thereon. And the patient must haue his veine opened on the right hand besides the little finger, and let it bleede foure or five ounces of blood.

These are the most principall meanes, whereby these perillous sicknesses may be prevented: but we will adde somewhat moze to the rest.

Certaine seuerall remedies against the cold Pleurisie. §. 14.

For the true Pleurisie do serue these compounded Confections and losinges: which are prepared two manner of waies, *Diaprasium*, *Diaphysopum*, *Diaireos Solomonis*, & *Loboch de Pino*. Item all that is prepared against the cold cough, as confectioned Elecampane rootes, Treacle, Bithridate, sweete sirupe of Pomegranates, and Parsley roots sodden in wine, tempered with a little vineger, and thereof drunken often. Also *M. Triframs* water, and other moe *Aqua Composita*. But by reason of the ague some cooling things must alwaies be tempered amongst it.

For the common drinke you haue heere before in the first §. a speciall Barley water: mollifie crums of white bread therein bounden in a clout, straine it often out and mingle some white wine amongst it. Hony water quenchech thirst, it prouoketh also the tough humors and flegmes to auoide, and it is good for all coughes. Thin wine tempered with water is tollerable for this, if the ague be not too strong. Item, take *Cicera*, Venus haire, as much as you please: let it seeth with a little

a little Licorice. For common things, these following are very good for the cold Pleurisie; as *Assa fetida*, Pettles with their seede, Balsam wood, with their fruits, Ireos, Pyrrhe, the right Acoznes, for which some do take Calmus, or great Galingall and Starch.

The fifth Chapter.

Of the Lights or Lungs.

We haue hitherto spoken of the outward parts of the Brest, and discoursed of their infirmities: now we will write of the inner parts, and will begin with the Lights, for that they are made as a separation betwene the pipes of the Lungs and the Hart: also as an instrument of the breath, ordained of God for the vse of the body, thereby to draw in the outward ayre, thereby to coole and quicken the heart and all inward parts, where with to forme also and effect the voyce and speech in all that hath receiued life. Therefore hath nature made the substance of the Lights light, and like a sponge, formed with many pipes, whereby they might be the more meet to draw the breath out and in. Some ancient Philosophitions are of opinion, that they were without blood; but it is not so, they haue their blood too, and are full of it: but as soone as it commeth out of the Brests, the bodie is void thereof. What great difference is betwene the Lights of men and of Beasts, is not here needfull to be written. In like manner, that the smaller the Lights be in ones body, the more swiftly can they indeuour and bestirre themselves.

This noble and necessarie member is subiect to many grievous and deadly sicknesses, whereof we will speake hereafter: But first of all we will begin with the Cough.

Of the Cough. §. 1.

Fras much as the Cough is a messenger of all the diseases of the Lights and of the Brest, and that through the grossnesse, drouth, moisture, spittle, and other excrements, whereby men may easily adiudge how the brest and lights are made within: therefore it is aduised first of all to write thereof. The auncient Philosophitions doe write thus of the Cough: The Cough is a naturall motion of the Lights; the which by the ayre and mouing vertue of the muscles that are within the Brest, is made and made for to cough vp all that which hurteth the Lights. The mouing and breathing in the brest is appropriated by nature; as the needling for the braines, and the digesture for the stomacke. But before we goe any further, we will speake first of the Rheume, the which prouoketh the cough most of all.

Of the Rheume or Catarrhe which falleth vpon the Lights. §. 2.

Here before in the second part, the first Chapter, and 4. s. and afterwards in the description of the Squinancy, there are written many things of this Rheume of the Lights, which may as well be understood of the Rheume in the lungs as of the Squinancy. For the perill of striding is euen as much, whether the lights were stoppt, or the throte were shut vp. Such things happen oftentimes through a tough slimie matter, which falleth out of the head vpon the lights, and into the brest, the which is very ill to be gotten out, and there resteth and abideth. We will therefore first shew by what meanes all such stoppings of the lights are to be remedied and cured. And for that these Rheumes are more incident to children, by reason of their moisture, therefore we will expresse certaine necessarie things that are requisite for the said young children.

Take Linscede which is beaten, mollifie it in cleare honie, giue it to the child to lick thereof: it driueth out the slime, it separateth it, openeth the brest, and purgeth mildly, whereof giue him five or sixe times, according as it purgeth much or little: but if so be that the child will not eate any thing at all, then is there no hope of health to ensue. But then rost an Onion in

warne ashes, wzing out the iuyce, put thereto as much Venues and Capons grease as there is iuyce, and temper it by a soft fire, and annoint the childe's breast therewith. Item, take Mastick, Frankinsence, and Citron pilles, of each a like much, and make thereof a powder, and rub the Child softly therewith aboue vpon the suture of the Scull. Also you may let him lick Dyle of swete Almonds, tempered with Sugar candie, for it mollifieth the breast, and looseth it. These losinges following are not onely very good for children, but for aged people, whether the same be vsed in losinges, or in forme of any confection, R. *Agarici albi* ʒ. 18. *Spec. Diambre* ʒ. 5. *Diaireos Solomonis*, drag. 1. *Spec. Diatragacanthi*, scrup. 4. *Polypodii quercini*, ʒ. 1. *Omnia in puluerem redacta, cum Saccaro incorporentur ad placitum.*

But with men in yeares it hath another respect. They that be sixteene or eightene yeares old, who are infected with this disease, they shall rule themselves according to this regiment following.

Concerning the order of dyet, you haue heere befoze in the first Chapter and 4. S. and good aduice and instructions afterwards. Also it is very good that the Liuer veine be opened, and five ounces of blood letten out. Afterwards two scruples or one scruple of the pills *Cochie* to bee taken, and to sleepe one houre after them, and five houres after that to drinke a draught of sugred Barley water, and then to eate somewhat. This so done, he must vse this Potion following warme in the morning: Take sirupe of Endiue, Hone of Roses, and sirupe of Stechas, of each halfe an ounce, water of Cicozie, and of Endiue, of each one ounce and a halfe, tempered together.

But for this accident are Clusters more profitable, like as these be following, which are recited and put for an example. Take Poppie heads, small Housleeke, Malloves, and Bran, of each halfe a handfull, *Asarabacca*, and Betonie, of each halfe so much, seeth all together in sufficient water, then wzing it out well, and take of this decoction twelue or sixteene ounces, oyle of Violets and of Saffron, of each one ounce and a halfe, *Hiera Picra*, and S. Thomas Sugar, of each three quarters of an ounce, Salt one quarter of an ounce: these Clusters are you to vse befoze noone. He may lay rosted Millet, with Salt and Cammomill vpon his head, and to set oftentimes cups or bores vpon his shoulders and buttocks (without picking) is highly commended. Or if that the partie be full of blood, then ought they to be picked. Also if by nature he bee subiect to the Piles, then ought they to be opened by rubbing with rough clothes or Fig leaues; so also is the Dre gall very good for them. Afterwards must he be washed euery day with sharpe Ley, and therefore vse conuenient Sope, and let him bee well dyed, continuing this ten dayes together, but in the meane time shall he take the pills *Assaiaret*, and restraîne the cold ayze, and keepe his head well couered.

This Salve following is very commodious, if the shorne head be annointed therewith, it raiseth many blisters, and thereby draweth out all the moisture from the bzaines, and strengtheneth the head exceedingly.

Take one ounce of Pep, Beane meale, and Pease meale, of each three ounces, stamped roots of *Costus* and *Pace*, of each halfe an ounce, Mustard-seed one drag. Pigeon dung two ounces, *Mariozam* gentle stamped three quarters of an ounce, seeth these together in sufficient water to pappe, and vse it as is said: for this purpose serueth also oyle of Masticke. Item, take oyle of sweet Almonds, and Vens grease, of each halfe an ounce, Saffron one scruple, and therewith annoint the throte and the breast. To this end may also this sirupe following be prepared: take five Poppie heads with the seedes of *panis diui Iohannis* clesed from the kernels, one ounce and a halfe, Pyzle seeds halfe a dragme, prepared Licozice one ounce and a halfe, seeth them in a pint of water, vnto two parts, wzing it out and straine it, and put afterwards thereto Sugar candy, and Sugar pennets, of each two ounces, seeth it as thicke as hony. And if the rheume fall vehemently on the breast, that it seemeth to strangle one, then take halfe an ounce of *Agaricus*, letting it sleepe 24. houres long in five ounces of the water of *Venus* haire, afterwards wzing it out, and put as much Sugar vnto it as you please. And seeth it to the thicknesse of Hony for your daily vse: whereof is to be taken halfe an ounce at a time.

If this Rheume come with heate, then make these pills following, and keepe them one day and a night in your mouth. Take white Poppie seede, Purflaine seede, and Lettice seed, Sugar candie and Sugar pennets, of each one dragme, Saffron one scruple, and make them all to pills with dissolued Dragagant.

But

But if the Rheume be with cold and a great cough, then take red Styax, Cipers nuts, Frankinsence, *Laudanum*, iuyce of Licorice, and Amber, of each one dragme, Raisins (the stones taken out) one drag. and a halfe, Sugar candy three dragmes, make pills thereof with sirupe of Hyssope, and vse them as before.

This powder following is approued for staying of the Rheume: Take *Spica* of the Indies one quarter of an ounce, Cinnamon one quarter of an ounce, of the skull of a man that dyed through violence, three quarters of an ounce: take euery time it cometh one drag. after meate in Wine, or any decoction. You may also make this in losinges with Sugar, or to a powder. Further, you may take and receiue a somentation for this Rheume, as in the first part the third Chapter, and 2. S. Item, take Frankinsence and *Sandaraca* (which are very requisite for this,) the water of *Consolida regalis* is also very meete for this vse. Certaine auncient Phisitions doe highly commend Barley water mixt with Iulep of Violets. Item, take cleare and wel washed Turpentine one quarter of an ounce, beaten Licorice one dragme: put thereto seething hot fleshy broth, and stirre it still about untill the Turpentine be dissolued, and drinke it when you goe to bed. Other doe take also washt Turpentine, tempered with Hony, and beaten Licorice: both these are maruellous good, and specially if the patient therewith be troubled with the infirmitie of grauell. Item, Hony and Vineger wherein *Agaricus* hath bene steeped, taketh away all danger of choking. Likewise for this is very good the sirupe of greene nut shels, which is described in the first part of the thirteenth Chapter, and 4. S. looke for it there. It is also here before oftentimes mentioned, that as men will go to bed, they are to swallow three or foure grains of Frankinsence, for that they do strengthen much the braines, and do dry and stay cold Rheumes.

If so bee that through this Rheume the Pleurisie is feared, the which is thereby oftentimes caused, then take foure ounces of new made Oyle of Almonds, and small filed bones of a Boze ten graines, tempered together, and so giuen the patient to drinke.

And if so be that through all the aforesaid remedies the Rheume be not remoued, then doe the learned giue counsell for the last meane, which is to cauterize on the seame of the skull, the which any may do very well, if one be afraid that the patient be in danger of stifling.

What is commodious for the obstructed Lights. S. 3.

For the obstruction of the Lights (which prouoketh the cough, the shortnesse of breath, and many other diseases) is all that highly commended which causeth to rid much phlegme, like as hereafter more amply (where we shall speake of the Cough) you shall see: yet are these things following vsed against this present stopping, to wit, conserue of Fumitorie, and all that is made of that herbe: it openeth the obstructions of all parts. In like manner, Conserues of Marigold gentle, Sage, oyle of bitter and swete Almonds, oyle of *Wormewood*, sirupe of Violets, of Vineger, and *Acetosus compositus*, which do separate and loose these Rheumes that are impacted in the lights. In like sort *Oxymel* of Squills, and *Agaricus*, haue a speciall operation for to loose all tough phlegme from the lights, for which this confection following is highly commended: Take Frankinsence, Myrthe, Licorice, Saffron, and Cassie wood, of each one dragme, beaten small together, and Hony (sodden with Malmsey somewhat thicke) foure ounces, tempered all together. This confection is speciall good for this maladie.

But euery one ought to know whether this Rheume doe proceede either of heate or of cold, thereby to rule and direct himselfe, and may make choice of medicines that may be commodious as well for the one as the other.

Remedies for the Cough. S. 4.



What the Cough is, and how it is described of the learned, is declared before in the 1. S. But as much as concerneth the inconuenience of the Cough, we will diuide it into two sorts, to wit, a drie and cold sort, both proceeding eyther of inward or outward causes. The outward are, when as any thing cometh into the throte, be it powder, dust, any pestilent ayre, or any other bad ayre, dry, moist, or hote ayre, wherewith the Lights be infected.

In like manner smoke, sharpe meates drest with Pepper or much Salt, Medlars, Vineger, Meriuyce, Limons, or such like, which passeth through the throte, be it through meate or drink, which doe slide into the vnright throte (as the common people vse to say.) The inward causes are tough flime, and rheumes, (whereof before hath bene written) that fall into the breast and the stomacke. And when any vapors come into the Lights, be it of an infirmity of the stomacke, Milt, Liuer, Mother, and such like: the which infirmities bring with them their owne signes, and shew whereof they spring and sprout, which would be too long to bee rehearsed at this present.

But to come to the remedies of both these sorts of the Cough, it is to be marked, whether the Cough be dry or no; for when it is so, then cometh it of heate: And if so be that the patient be full of blood and red in the face, then according to the permission of his age, of the country, of the time, he is to be let blood without delay, especially if the partie be dry and leane. But if it last long, it is to be feared that it will come to a consumption (which is *Phthisis*.) For this are good all cooling and moist things, as conserue of Violets, stewed Barley (which is *Ptisana*) and such like things.

Against all dry Coughes. S. 5.



That which at the first of the stewed Barley and other things hath been said, the same is also good for this dry Cough, whereas little or nothing at all is coughed by: But this drinke is especially commended for it. Take sirupe of Violets, sirupe of Poppie heads, and sirupe of Iuiubes, of each a like much, water wherein Barley, Violets, Licorice, Raisins, and Sebestes be sodden, as much as you thinke good, tempered with Sugar. Purging is not onely commodious, but also needfull, the which is thus to be effected: Take of the said decoction, seeth therein Runes of Damask, and sowre Dates, of each halfe an ounce, pilled Melon seede, Pompon seede, Cucumber seede, Gourd seeds, and Venus haire, of each one quarter of an ounce; take foure ounces thereof, and temper therein one ounce and a halfe of Cassie, for it cooleth and openeth. The ancient Physicians do praise pilled Beans; it is possible indeed, for that it will make the water thick. In like manner do they commend fresh Butter wherein Almonds and Sugar are mixed, stewed Gourds, Iuiubes, Spinage, Endiue, Lettice, Purslaine, oyle of sweet Almonds, kids flesh, Bullets, and such like.

It is also good that the patient alwaies keepe somewhat in his mouth, sometimes one thing and otherwhiles another, to wit, losinges of Dragagant, Sugar pennets, Licorice, the iuyce of Licorice, Sugar candy, or such like: and for this you may prepare this confectiō following: R. *Specierum, Diapapauere unciam unam, Diatragacanthi frigidi, Diapenidionis sine speciebus, ana dragmam unam, Sacchari violarum uncias duas, Species Diaireos unciam unam, fiat mixtura.* Or take that which followeth: Take Poppie seede beaten small one ounce and a quarter, Starch, Dragagant, and Gum, of each halfe an ounce, pilled seeds of Gourds and of Quinces, of each three dragmes; then make thereof a powder. Item, take Sugar pennets seene ounces, seeth it with water of Folefoote vnto the thicknesse of Hony, or somewhat stiffer, and take thereof oftentimes in the mouth. Item, take a little pan, and drie Currans therein, stirring them still about, that they burne not; and eate thereof euery morning a full spoonefull. Item, take halfe an ounce of Hanna, dissolve it in fresh oyle of sweet Almonds, if there be any drest therein, straine them thorough oftentimes. For this also is nicete a bath of faire water, wherein are decocted Violets, Mallowes, and Hollihocke roots.

Because that this kinde of dry Cough hath neede of moisture and mellowing potions, for which these things are noted downe: Take of the blacke losinges, and temper them with the sirupe of Violets, and with the foresaid decoction, and drinke thereof as often as you wil, it is marvellous good. And you may also vse it with the sirupe alone. Item, take new milke, temper it with sweet butter and sugar, and drinke when you goe to sleepe, it easeth the Cough aboue all measure. Or take foure pintes of water, and the fourth part of a pint of hony, sixe figs cut small, one ounce of Licorice, seeth them together vnto a pinte, scum it well, and drinke thereof euery morning a good warme draught, and delay also the patients wine therewith. This is also marvellous good against all hoarsnesse.

Another

Another. Temper faire Well water with any of these sirupes following, and drinke thereof, to wit, with sirupe of Violets, of Poppy heads, or of water Lillies. Item, take Barley water one pint, seeth therein foure or fve Crabs, according as they be big, or in their stead hedge Snayles, for they are speciall good against drie Coughes.

This pottion following is called at the Apothecaries *Decoctio pectoralis*, and is much vsed and had in all the Apothecaries shops at *Ausborough*, and also very commodious: for it scoureth the stomacke, melloweth the Cough, cleanseth the tough slime in the bzeast, and moisteneth also the same. Take new figs half an ounce, Dates and Iuiubes, of each one quarter of an ounce, Malloves, Hyssope, Currans, sliced Licorice, Annis seede, Fennell seeds, and Barley, of each one quarter of an ounce; seeth them altogether in thre pints of Barley water vnto the second part: but if there be much flegmaticke slime with it, then let there be sodden therewith one ounce or twaine of Hony. The like remedy haue you also here before in the second Chapter, and the second s.

The pectorall decoction.

Of that which may be vsed outwardly.

Take Cammomils alone, or with Roses and Thyme sodden together, and receiue the vapor or fume thereof into your nose.

Hereafter follow diuers Salues, and such like.

Take the muscilage of Dragagant, and of Gumme, of each one quarter of an ounce, oyle of sweet Almonds, and of Violets, of each one ounce, Hens grease and Calues marrow, of each halfe an ounce, Ware as much as is needefull to make a salue. Or take oyle of Violets foure ounces, as much white ware as will make it thicke, spread thereof vpon a cloth, and then lay it vpon the bzeast. Item, take the muscilage of Linsede, and of Hollihock rootes, oyle of Lillies, and Goosegrease, of each halfe an ounce, Saffron ten grains, and a little molten Ware: make a soft salue of them, and therewith annoint the whole bzeast. This is speciall good for young children, and not vnprofitable for people in yeares. The things hereafter following are exceeding good to annoint therewith the bzeast, if so be it be vsed alone, or tempered with other things, like as the oyle of Cammomils, oyle of yellow and blew Violets, oyle of Lillies, and Poppy heads. Item, all fat of Hens and Ducks, of which two fats take one ounce, of Saffron one scruple tempered together, and the bzeasts annointed therewith.

There are at the Apothecaries two kinds of bzeast salues, which are called *Vnguenta Pectoralia*: Take muscilage of Fleawort, Dragagant, Gumme, Linsede, and Fenegreke seede, of each one dragma, Hens grease, marrow of Calues bones, fresh Butter thre quarters of an ounce, washed together with the water of Violets, oyle of sweet Almonds, and of Violets, of each halfe an ounce, Ware as much as neede requireth, and so tempered altogether into a salue.

This swageth not onely the Cough, but also the paines of the bzeast. Another. Take oyle of Violets two ounces, oyle of sweet Almonds one ounce and a halfe, fresh Butter two ounces, Ducks grease one ounce, Muscilage of Hollihocke rootes, Linsede and Fenegreke, of each halfe an ounce, let these seeth all together vntill that the muscilage be consumed. Take molten white Ware as much as is needfull for a salue, but stirre it well about vntill it be cold: this hath the same operation with the other.

Of a moyst and cold Cough. S. 6.

When the Cough commeth with much slime and moisture, and will not be removed, and that therewith be no Ague nor Laike, then are these losinges following to be giuen him, with water wherein Venus haire and Hyssope is sodden. Take Fennell seede, Smallage seede, iuice of Licorice, Venus haire, and peeled Almonds, of each a like much, make trocisces or losinges thereof with the muscilage of Linsede. You are also to prepare these Sirupes following, which are passing good.

Take Ireos and Elecampane rootes, of each one ounce and a halfe, Hyssope and Venus haire, of each two handfuls, white Mints, Pimpernell, Malloves, Marioram, of each halfe a handfull, fried Linsede one ounce, raw Barley one ounce and a halfe, Licorice & Currans, of each

two ounces, Hony and Sugar, of each sixe ounces, make of them a sirupe.

For this is also met the vsuall sirupe of Licozice, alio *Stechados*, *Oxymel* of Squils, and sirupe of Venus haire thre or foure daies one after another, with water of Venus haire or Scabious drunken. When as then the matter is prepared with the foresaid things, then purge the patient with pills *Cochia* and *Anree*, of each halfe a drag. Or take one ounce of Cassie, *Agaricus* one drag, and a halfe, *Turbith* also one dragme, *Salgemme* and Ginger, of each thre graines: giue it him with foure ounces of water, wherein are sodden Venus haire, Hyssope, Scabious, Licozice, and Violets.

After purging, some doe giue Mithridate and Treacle for old coughes, thereby to consume the matter. Also for old Coughes the Treacle *Diateffaron* is to be vsed, but take what you please giuing him a dragme at one time, according as the person is young or old, with a little Warley water. The Bzeast is also to be kept warme, and the same to be annointed, whereto this following serueth: Take Muscilage of Fenegreek, and Lineseed, of each two ounces, fresh butter one quarter of an ounce, oyle of swete Almonds one ounce and a halfe, Ware as much as is needfull. For this is speciall good the salue *Althea*, and when you haue rubbed the bzeast warme therewith, then couer it with carded Shepes wooll.

Further, these things may be vsed outwardly: to wit, that in the morning there be laid on his head a bag of parched Milletts and salt, or a bag with Benniroyall, Marioram, and Mints laid vpon the head: Or in the stead thereof, Styxar, wilde Mints, Myrthe, & *Sandaraca*, of each a like much beaten to powder, and cast vpon the fire, and the vapo: or fume thereof receiued into the nose and mouth. For this is also good *Nigella* seede, or *Sandaraca*, each alone. Item, take Rose-marie, Benniroyall, Cammomill, white Mints, and Sage, of each a like quantitie: let them seeth together, and receiue the vapo: or fume. You may make also of these things following a cap, and weare the same continually on the head: it is very commodious for old folke. Take *Stechas*, *Amaranthus*, Cammomill, Melilot, *Agnus castus*, and Rue, of each a handfull and a halfe, Annis seede, Fennell, Comin, prepared Coziander, of each halfe an ounce: then lay this Cap vpon a hot stone, which is sprinkled with wine, and so set it warme on his head.

The patient is also to hold Myrthe a long time in his mouth, and afterwards swallow it downe, for it hath a maruellous operation in all cold coughes. A bath to wash the fete is also very commodious for this: take for the same Thyme, Roses, Cammomils, and Salt, of each one handfull: let them seeth together, and put the fete therein euen to the knees. This may be vsed thre daies long, and then renew the same.

Other things moe that are very requisite for this purpose.

For this is also good all that warmeth the bzeast, whereof there are many sorts, as two kinds of *Diareos*, the which in the first part, the 14. Chapter s. 1. are described: Likewise *Diatragaganthum calidum*, which is also there described in the 2. s. Heade is also very good against the cold Cough, and all diseases of the Lights, which is taught to be prepared diuerslie in the eight part. What pectorall potions the Apothecaries haue in vse, the same is shewed in the second part, the second Chapter, and 2. s. Elecampane Wine taketh away al cold diseases of the bzeast. The same doth also oyle of Lillies, of swete Almonds, oyle of Poppie heads, trocisces of *Diapenidion*, *Looch de Pino*, which is a confection of Pine apple kernels, *Looch sanum*, and chiefly *Looch de Scilla*, toasted Figs, Dates, the decoction of an old Cock, with wilde Saffron seed, wherein Hyssop, Ireos, Raisins or Nettles seeds is decocted. Elecampane, Saffron, and all that is prescribed for the cold rheume. And because that these Losinges, *Looch*, or confectiions are many times rehearsed in this our booke of Physicke, therefore it cannot be misadvised that we describe them and other such like here, and begin first with *Diapenidion*, which is made thus. Take Sugar penets two ounces, sweet and bitter Almonds, and white Poppie seed, of each thre dragmes and one scruple, Cinnamome, Cloues, Ginger, iuyce of Licozice, Dragagant, Starch, Gum, seeds of Melons, of Gourds, and Cucumbers, all pilled, of each one drag, and a halfe, Camfere seuen graines, make thereof small powder being all beaten and chopt, and with an ounce of this powder, 12. ounces of Sugar, and seeth it away with water of folefoote vnto losinges, and then let it melt in your mouth. This Sugar is very good for all old coughes, for hoarsnesse, for digestion, and coughing vp of phlegme.

Diapenidion.

Looch

Looch de Pino is thus prepared: Take fresh *Pingels* fiftene dragmes, steepe them all a night in the water of *Folewote*, sweet *Almonds*, parched *hasell Nuts*, *Dragagant*, *Gumme*, *Licozice*, *Starch*, *Venus haire*, and *Ireos*, of each one quarter of an ounce, 17. or 18. *Dates*, one ounce and a half of bitter *Almonds*, *Hony* of *Roses*, fresh *Butter*, and white *Sugar*, of each one quarter of an ounce, 18. ounces and three quarters of clarified *Hony*, cut and powne all that is to be cut and pownded, and then temper them together with the sayd *Hony*, this is passing good for all cold *Coughs*. There is also another *Looch* or confection, the which is called *Sanum & expectum*, which is haill and approued. Take *Cinnamon*, *Hyssope*, and *Licozice*, of each one quarter of an ounce, *Iuibes* and *Sebestes*, of each fiftene, *Currans*, *Figs*, and *Dates*, of each one ounce, *Fenegræke* two ounces and a halfe, *Venus haire* halfe a handfull, *Annis seede*, *Fennell*, *Ireos*, *Linseede*, and white *Mints*, of each one quarter of an ounce, seeth them together in 24. ounces of water vnto the halfe part, then straine it out, and put to this decoction twelue ounces of *Sugar pennets*, seeth this together againe vntill it be throughe thicke, afterwards mingle the other things therein cut and beaten small, prepared *Pingels*, one ounce and a quarter, as is afore sayd, peeled *Almonds*, iuice of *Licozice*, *Dragagant*, *Gumme* and *Starch*, of each one quarter of an ounce, rootes of *Violets* one dragme, stir them well together vntill it be white. It is very good against the *Cough* and hoarsenesse that cometh of cold: it melloweth and emptieth the breast of all phlegmatick matter.

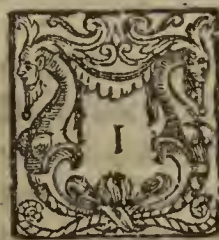
Looch de pino.

Looch Sanum & expectum.

Looch de Seylla which is of *Squils*, is very forcible to cleanse the *Cough*, *flime*, and *phlegme* out of the breasts, and to separate the same: it swageth all paine and smart of the breast, and it may be thus prepared: Take the very best and purest part of a *Squill* parted asunder with a wooden knife, stampe it with a wooden pestell, and wring out the iuice: take so much *Hony* as there is iuice, and seeth it together vntill it be thicke inough.

Looch de Seylla.

Of an old Cough. §. 7.



If the *Cough* be wahren old, and so fierce that it will not let one sleepe, then both *Rasis* ordaine to take *Myrrhe*, *Styrax*, and *Opium*, of each a like quantity, and to make pills thereof, and take one or two. of them. It is often shewed befoze how hurtfull the *Opium* is; whereby euery man may know how to deale therewith: this following is safer: Take *Syrupe* of *Poppie* heads halfe an ounce, or more; or eate a little *Poppie* seed with *Sugar*, both of them make the *Rheume* thicke, and do stay the same that falleth into the breast. Item, take a handfull of *Hyssope*, cut *Licozice*, and *Currans*, of each three ounces, *Fenegræke* and *Linseed*, of each one ounce and a half, beate them and seeth them in two pintes of water vntill two parts remaine, couer the pot with a funnel, and receiue the vapour or reke at the mouth.

And for that the *Cough* is a very common disease, therfore will it not be amisse briefly to comprehend what things are comodious for this *Cough*. First, if it procede of heate, then are good for it the *Violets* and *Sebestes*, *Dragagant*, *Gumme* of *Arabi*, *Starch*, white *Poppie* seedes, *Iuibes*, *Bulberries*, muscilage of *Barley*, of *Fleawort*, of *Quince* seedes, peeled *Melon* seedes, *Gourd* seedes, *Cucumbers* seedes, *Purslaine*, *Endiue*, *Lettice*, *Melons*, *Almonds*, *Sugar pennets*, oyle of *Violets*, of water *Lillies*, and such like. Conserues of water *Lillies* do coole and moysten the breasts, the throate and the tongue, and chiefly the sirupe of sweete *Pomegranats*.

If the *Cough* proceedeth of cold (and if it be growne old) then are these things following very profitable, *hasell Nuts*, with *Hony*, do ripen the *Cough*, *Smallage*, *Hyssop*, *Venus haire*, *Mallowes*, *Scabious*, *Betony*, wild *Thyme*, white *Mints*, *Mariozam*, great and small water *Mints*, and *Chamedrios*: of roots, *Licozice*, *Ireos*, *Squils*, *Lillies*, *Clecampane*, the rootes of blew *Floure deluce*, *Garlicke* boyled *Calmus*, *Seseli*, *Bease*, *Fenegræke* seedes, *Pettlesede*, *Annis* seede, and *Fennell* seede, *Linseede*, seeds of *Verbascum* peeled, and seeds of *Hollihocks*, which are both good in heate and cold. Of fruites, *Figs*, *Dates*, *Bayberries*, *Kaisins*, sweete and bitter *Almonds* prepared with *Starch*, are speciall good for all *Coughes*, swate oyle, *Pingels*, sweet *Pomegranats*, and *Iuibes*. Of all Spices is very comodious *Pepper*, *Cinnamon*, *Saffron*, and *Cardamome*. Further also of *Gummes*, *Bdellium*, *Assafoetida*, *Myrrha*, *Galbanum*, *Mastix*, *Sagapenum*, *Sarcocolla*: Likewise *Sulphur*, *Hony*, *Sugar*, and all that is sweete, *Sugar pennets*, *Sugar candy*, *Agaricus*, *Hony combs*, swallowed downe or mixed with salues, and fine *Bolus*.

Of Compositions, are Losinges, Barley water, many confectiōs, Sirupes, and *Manns Christi*, whereof one that hath vnderstanding and knowledge, is to make choice of such as he shall see to be requisite for the cause.

In like manner is highly commended for this the Conserues of Rosemary: all *Oxymels* are good for the Cough, specially they that haue *Agaricus* in them: notwithstanding in grievous Coughes is to be vsed the aduice of a learned Philition. For the Cough in children Bathing is hurtfull: the drinke of their Purses shall be water and Sugar. Also it is very good for to put alwaies Sugar, or the powder of Licozice in their pay.

All soure things are ill, and contrary to the Cough, as Vineger, Meriuce, all soure drinckes and meates, and all that is cold of nature, or in any wise sharpe, are streightly forbidden.

What ordinance or gouernment of life is to be obserued (be it in cold or hote Agues) you may see aboue in the second part, the second Chapter, and 2. s. where it is at length described. But this is only yet to be therewith annexed, that in all moist phlegmaticke Coughes, whether they proceede of heate or cold, reasonable walking, standing, and watching is most meete, by reason that the matter which causeth the Cough, doth alwaies fall more into the breast sleeping than waking.

What is good for coughing vp of Phlegme. §. 8.

Albeit we haue told here befoze what raiseth the Phlegme, and is commodious for the losing thereof, yet can it not be but expedient to rehearse here againe certaine of the forementioned things, and to adde other remedies more thereto, whereby the phlegme might be furthered and brought vp. The Sirupe of Licozice is one of the most precious remedies for the Cough: after that the sirupe of Horehound, *De Prassio*, and of Hyssope, *De Hyssopo*. If there be much tough phlegme at hand, then is *Oxymel* to be tempered and drunken with Barley water. Waters of Folewote and Elecampane are passing good and forcible to lose the phlegme: likewise *Manna*, and Sugar pennets.

Will you then haue good Tabulates for this? then take Starch, peeled Melon seede, Gourd seede, Cucumber seede, and Pompeon seede, of each (being all peeled) halfe an ounce, Dragagant and Gumme, of each thre quarters of an ounce, Licozice one quarter of an ounce, Sugar pennets two ounces, Saffron foure graines, Sugar candy two ounces, Violets one quarter of an ounce, seedes of white *Sesamum* halfe an ounce, of the sirupe of Violets twelue ounces, dissolve the Sugar therein untill that you (with other things therein tempered) may cast Tabulates. If you will make a confectiō thereof, (like as it will best frame vnto it) then seeth not the Sugar too hard.

And you are to annoint the breast with these things following: Take Duckes grease one ounce, fresh Butter halfe an ounce, oile of *Sesamum* and of Violets, one ounce and a halfe, Saffron one scruple, Grayes grease and Ware, of each thre quarters of an ounce: melt them together, and wash it twice with Barley water wherein some Saffron is sodden, then mingle Saffron amongst it, which is then put amongst it because it is speciall good for the breast, for all manner of coughes and heauie breath, therefore is it to be vsed at all times in their meate.

Will you haue the salve more maturating? then temper amongst it the muscilage of *Sesamum*, and Fenegreke, of each one ounce, with a little molten Ware. And if so be that the belly, the fundament, the priuities, and all parts round about them be annointed with it, then wil all Rheumes be stayed therewith. Item, the breast annointed with the salve *Althea*, ripeneth Phlegme, and riddeth it very much. The like doth also the pectorall vnguent described in the end of the 5. S. In like manner also a stomachicall powder, which is expressed in the first part the 13. Chapter and 1. S. of the Demorie, the which is also good for the Cough, and for the Lights. Item, *P. Tristrams* water, and many other remedies that are also discovered befoze in the six S.

And for that there is lozitten much of the Rheume or Catarrhe befoze, whereof the sayd Cough is moued, and there is likewise much hereafter to be said also of the shortnesse of breath, the which infirmities are to haue one and the selfe same kind of remedies: therefore we will proceede now and speake of other maladies which the Breasts and Lights are subiect vnto, and how they are best to be cured.

Of a short panting Breath. S. 9.

Of this heavy and panting breath hath bene mentioned before: that the Lights are by nature ordained an instrument, dwelling place, and distributors of the breath, therefore (albeit they be subiect to many diseases) yet can there not a more dangerous accident happen vnto any, than that the breath be hindered, or cannot be drawne or yelded forth againe, for that whensoever this chanceth, then will the affected party be quickly choked. Yet doth it come to passe oftentimes, that if any do get a short panting breath, of which if he be not soone rid, death must needs ensue; therefore are all Phisitions full of care and trouble in the cure of the same.

And whereas this maladie proceedeth of many kinds of causes, therefore haue the Phisitions giuen it many kinds of names, and specially the Grecians, which difference we are also (as much as is possible) for to imitate and follow.

That we may therfore first speake of the pursuenesse or shortnesse of the breath, and whence the same proceedeth, we will indeed first of all describe thre sorts of pursuenesse, as *Dyspnea*, *Asthma*, and *Orthopnea*.

Dyspnea is, when the breath is drawne painefully and out of course, and therefore all that are so affected be called *Dyspnaici*, who doe draw their breath with great labour through the narrownesse of the breast and of the lights, and they are more troubled in drawing it in, than in letting the same out againe.

Asthma is an vneasie drawing of breath, where there is more grieve in letting out the breath than in taking of it in, so that this hapneth with a strong wheeasing and noise, yea with such narrownesse of the breast, that it seemeth that the party would thereby yelde vp the ghost, and depart this world.

Orthopnea hath both these accidents, that cometh commonly so strong, that the sicke person (if he be as feeble as he may) must yet notwithstanding be alwaies vpight for feare of stifling: and these persons do finde indeede, that when they are vpight, then they draw their breath in, and let it out the easier: so that *Dyspnea* is caused onely through the feeblenesse of the drawing in of the breath; *Asthma*, for lacke of this force that ought to drive out the superfluous vapors out of the lights, and *Orthopnea*, where that there wanteth vigoꝝ to draw the breath in, and againe to let it out.

But these thre infirmities of the Lights are very nigh of condition the one to the other, yet haue they their severall signes from what humors they procede, which are chiefly caused of blood and phlegme, but lesse of *Cholera*, and very seldome of *Melancholia*. The cause of this pursuenesse may procede as well of outward cold, as of unnaturall heate, as also of falling, thrusting, and striking, whereby any of the inward parts of the throte be fainted or pained, as Sinewes, Arteries, Muscles, Pecke, and such like, ioyntly or particularly, whereby the breath is hindered, even as the same may be prouoked by some sudden strong stirring of the body, pestilient ayze, vapor or damp of Quicksilver. The inward causes are phlegmaticke matter throughout the whole body, or in any part thereof, the which for the most part infecteth the head and the lights, long and continuall vse of any choking and binding things. Item, if there were any impostume in any part about the breast, as in the throte, pipe of the lights, as in the Squinancie, paine of the stomacke, suffocation of the mother, and such like. Also when as any Rheume falleth into the lights, which is comprehended vnder the foresaid parts.

The outward causes must be vnderstood by the patient himselfe, to wit, whether he haue led an vnruely life, whether he haue eaten much fruite, much Swines flesh, much Beefe, or haue bene fed with much Meriuyce, Vineger, Medlars, or Chestnuts, all which do breed a short breath: but if this shortnes of breath do come of the Squinancie, looke for the signes of the same, and likewise for other incident sicknesses, as for the signes of the Pleurisie, inflammation of the lights, suffocation of the mother, superfluity of phlegme, even as of either of them is sufficiently spoken in his place.

Concerning the remedies for these sicknesses, we will first of all shew in what manner the patient is to behaue himselfe, for that helpeth much, and chiefly, for that these diseases do many times so murther and plague people (for the space of many yeares) that they can neither liue nor

die. Because then this pursuenesse, coughes, and shortnesse of breath are caused of all humors of a mans body, which is blood, *Cholera*, *Phlegma*, and *Melancholia*: therefore we will for breuie tie sake, declare no certaine rule of liuing, to the end that euery one of discretion might know to rule himselfe according to the nature of euery patient, and other circumstances, as also by many other instructions that are described here and there in this booke. Notwithstanding to frame an introduction thereto, this is the beginning. If in case that this pursuenesse proceede of tough flegme that obstructeth the breast, you shall know it by this, to wit, if the patient be plagued with a grieuous and pinching shortnesse of breath, and that most at all times when as this tough flegme shall be remoued, to wit, two houres after midnight, euen vntill the morning. And if that hee through want of sleep, can scant come to himselfe through weaknesse of wit, with a strange pleasant taste of his mouth, and casting out of salt flegme, whereby that the foote and the eyes were bleake, the breast is without heate, or with very little: yet the breast being burthened with a grieuous Cough and short breath; thereto commeth also a heauy freighted head, lithernes of the whole body, a slow, feeble, and sometimes also a still pulse. And if the matter which is impacted in the breast be stirred, then trembleth the patient: yet with these other signes moe are many alterations, which are incident vnto them, according to the importance of the Ague, as it cometh to passe.

Of the fixe vnnaturall things, which are called *Res non naturales*, whereto is also added a rule of dyet for the Pursuenesse. §. 10.

In the Introduction of this booke of Physicke, in the eleuenth Chapte, is a brieue discourse of these fixe vnnaturall things, the which the learned call *Non naturales*, whereof we then promised to speake more at large. And to the end this may be orderly effected, therefore are we to speak somewhat thereof at large; and to that end, because the same is very commodious for many sicknesses already mentioned, and others that are yet to be described hereafter. But these are not therefore called vnnaturall, because they are contrary or besides nature: for sleeping, watching, &c. are not contrary vnto nature, but only by reason they haue not receiued their naturall offspring of blood, *Cholera*, *Phlegma*, and *Melancholia*, wherewith the nature of man is vnited and ioyned together: and when they agree orderly together nature will be supported by them, especially for that they are but accidentall things, that are not nature her selfe, but be the furtherers and preservers of the same: and by reason thereof haue gotten these names, as followeth.

Ayre.

The Ayre is of the learned decreed for the first, wherein they that haue a short breath are to obserue this rule, to wit, that men are for the same to chuse a subtil, warme, and dry Ayre. Contrariwise, men are to shun the cold and moist, and chiefly the South wind, for that oftentimes is an occasion of a narrow breast or pursuenesse. But if you cannot get such an Ayre, then make fire in your chamber of Juniper wood, and of a Bay tree, Cypress wood, Boxen wood, Oken wood, and such like. Item make a fume with Myrthe, *Laudanum*, *Ambra*, Musk, and red Styax, three ounces; temper them all together in Sage, wilde Thyme, Pennyroyall, and all manner of odoriferous herbs. Or if one be kept in a Stoue, the same must be made but meetely warme. All places next to the earth, and all vaulted chambers must be refraine. The windowes of his chamber must stand towards the East and North, the which in the heate of the morning vntill noone are to be kept open, and afterwards shut vp; and when the Sunne beginneth to go downe, then to open the same againe, thereby to refresh the ayre.

All dwellings that stand beside still standing pooles, are to be auoyded. In like manner also all darke, cloudy, thick, and stinking ayre. And when you are to go abroad, then is the Pomander following to be carryed in your hand, and smelt to continually. Take *Spica* of Indy, *Galigale*, and *Hace*, of each one dragma, *Laudanum* halfe an ounce, *Frankinsence*, *Sandaraca*, of each halfe a dragma, Musk and *Ambra*, of each two scruples, make thereof a Pomander with *Palinsey*. Looke also that the chamber of his dwelling be strewed with hearbes of hote natures: but from Rue and Smalage let him beware, for that they hurt the braines. Or sprinkle often the chamber with wine wherein the same hearbes are sodden.

Motion.

Motion: *Morus* is accounted the second vnnaturall thing: touching this is commaunded in the straightnesse of the breast, that whensoever any such do rise in the morning, that he shall goe forthwith

forthwith and ease himselfe, and beware how he weare any clothes that are narrow about the necke and bzeast: yet must he weare clothes well lnyed, but no lnying of any Beasts that frequent the water, or of Molues. He must also not weare any heauy thing on his head; yet must he see that his head be well covered alway, and defended from the cold, with a light Cap or Hat. He must also giue himselfe to méetly stout walking, or to ride vpon an easie trotting horse, or to shote in a handbow, or vse such like exercises. In the euening one houre before, and one houre after meate, shall he exercise himselfe, yet not aboue his ability, so that the short bzeath be not moued too much, wherewith Venery is also comprehended, for that it is a deadly poyson to a full stomack, by reason that the same ought to be done sixe houres after meales. But if these exercises cannot be attchieued by reason of great feblenesse and other occasions, then in stead of them the patient is to be well rubbed with hote clothes ouer all his outward or vtmost parts, euen as the same is sufficiently taught in the second part of the first Chapter and s. 3. and in other places. This rubbing may be also well effected with oyle of Cammomill, Dill, or with Sallad oyle, and in such manner, that if the shortnesse of bzeath be extreame, then in the beginning is he to be futhed, and rubbed mightily, and afterwards very mildly: and this is all to be done in such sort as the patient may well abide and suffer it.

If there be great weaknesse appzoching, then let the clothes be fumed with Muske, Amber, Cinnamom, *Lignum Aloes*, *Gallia Muscata*, and such like: or lay on those parts certaine clothes which haue bene wetted in Malinsy, or any other kinde of Wine, wherein Cloues, Galingale, Mace, *Spica*, &c. are decocted.

Sleepe and watching are sayd to be the third vnnaturall thing. And for this sicknesse is commanded that men giue not themselues to sleepe at any hand, be it at none or euening, but onely two houres after meate: but it is better that one vtterly forbear sleepe a dayes: seven or 8. houres long is the fittest time for sleepe, yet the same may be diminished or augmented according to the custome of the sicke body, or his dyet. First they are to lye high with their heads, and on the right side, vntill the digesture of the stomacke be consummated: and afterwards a while on the left side, and then againe on the right side, and to lye vpon the belly is com- modious for digesture, but it is not good for the eyes. To lye vpon the backe is most perilous, and a cause of all diseases of the bzaines, the Sinewes, the Walley, the frenzy, and such like, because that therby all superfluity of the humors do fall downe backwards: contrariwise, measurable watching strengtheneth much, yet according to the importance and custome of nature, and power of naturall humidities; for if one take not hede thereto, then cometh none or ther thereof, then all mishap. Now that all excessiue watching shall be withstood, is to be seene in the first part the 12. Chapter, and 6. S.

Repletion and inanition are the fourth vnnaturall things, which the Latinists doe call *Repletionem*, and *Inanitionem*. You must haue an especiall care that the body be kept free from all superfluous humors, for thence do grow many and sundry infirmities, wherefore it is necessary that they be expelled in the morning through going to the stoule, through the vyne and sweating, and by all other such like meanes. And if so be that nature cause not all this of it self, then ought it to be compassed through the helpe of stronger meanes: and first to begin with the easiest remedies, that is, with meate and drinke, but if the same cannot be perfected, then must other things be vsed according to the qualitie of the disease: but what serueth best for the grieve in the bzeast (whereof we here do treat) shall be shewed hereafter.

The first part of the foresaid vnnaturall things is called of the learned *Accidentia animi*, which are things that concerne the minde, as anger, rage, weeping, frightednesse, feare, heauinesse of the minde, sorrow, and such like, whereof also procede great sicknesses, and thereby this disease of the bzeast is specially increased, for that thereby are the tough phlegmes in the bzeast dzawne, and the bzinging of them vp hindered, therefore are all such sicke folkes to be alwayes merry and of good cheare.

The first and last part and vnnaturall thing id meate and drinke, of which is to be chosen that is good, & so forbear all that is hurtfull. For that it is a generall rule, that those so infected are neuer to be ouerladen with meate and drinke. Also it is better that such do moderate themselves, taking at thre times but a little, than at one time or two times to ouercharge themselves with meate and drinke. Secondly, that they swallow not downe the meate vnchewed. Thirdly, they that haue a grieve in their bzeast, are to forbear eating of all that is cold, moist, slimie,

Sleepe.

Repletion & inanition.

Affections of the minde.

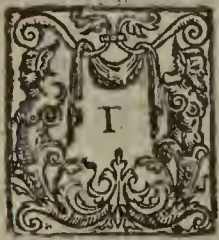
Meate and drinke.

limie, and astringent of nature, as unleavened bread, sodden fish, bease, inwards, and sette of all beasts: also Milke, Cheese, & all that is drest with Milke, Lettice, Purslaine, Bets, Spinage, &c. may he not eate. Meates that be good for him, are well raised white bread which is not about three daies old, and bread wherein Annis seede, Licorice, Saffron, Cinamome, and Fennell are baked. Of flesh is to be chosen goodutton, Meale, Lambe, Kids, Hares, Conies, Roe buckes, and the lungs of a fowle. Of fowles these are very commodious, Hens, Pullets, Capons, yong Pigeons, Pheasants, Partridges, Blackbirds, wild Duckes rather boiled than roasted. Also there be good for him Brothes, Coleworts, Parsly, Fennell, Mints, Sage, and Hyssop, which are to be used often, but Turneps and Spinage very seldome: drie Figs, Raisins, and Currans eaten before dinner and supper are much commended. And his meate is to be drest with Fennell seedes, Annis seede, Comine, Carawaies, Pepper, and such like things more. Pease porridge and Beane broth is also good for him to use: likewise Raisins decocted in Almond milke, or Goates milke. To have his meate drest with Sugar and honie is very good, Vineger or Meriuce tempered with any kinde of Spice, as Saffron, Ginger, Nutmegs, Cloues, Cinamome, or Cardamome. In stead of Sallad oile is fresh Butter, Barrois grease, and Goosegrease good for him. Further all that be grieved in the breast, shall occupie much these hearbs in their drinke and otherwise, as Venus haire, Hyssope, Horehound, Elecampane, and Saffron.

For his drinke, Wine is not better forbidden, but he may drinke some small draughts, and that the oftener. Sweet and pleasant Wine is most wholesome for him, tempered in the Summer with Well water, and in Winter with decocted water, notwithstanding that good sweet red Wine were as good. But if the patient will not gladly drinke Wine, then is this meade following to be prepared for him: Take three quarts of the water of Cinamome and Saffron of each one dragme and a halfe, Hyssope one dragme, seeth it so long untill the fourth part be sodden away, then put thereto twelue ounces of honie, and seeth it againe till the third part be sodden away: skumme it, and then let it run through a cloth. Of all wines the Rensh wine is most commended, brewed a little with water, for it fumeth not into the head, but hasteneth towards the bladder, and carryeth the matter with it. Sweet Limons, Pomegranates and Quince peares, being well sugred, are also permitted for the appetite: but Marialade strengtheneth much the breast and lights.

This is then the order to be obserued in this sicknesse, chiefly when as it proceedeth of flegme, and not for any short time, but the same is still to be continued: for as we haue already shewed, this sicknesse is of long continuance, and perillous, so that if one doe his very best therein, yet it is in young persons very hard, and in old folkes almost vnpossible to be cured. And although there be many sicknesses of the breasts (like as is already rehearsed, and shal be yet againe spoken of hereafter) yet is there no euident meanes for to know whether the Lights be infected or fraighted, then through the Cough, and by that which is cast vp in coughing. It is also to be noted, whether the breathing be vnease, slow and wheasing, &c. For the troublesomnesse of the paine, and of the fetching vp of the flegme, do bewray the matter which causeth the disease and vlcérations of the Lights, therefore must all the Physicians looke diligently vnto it: for when the matter is knowne, then it is easily to be discerned, whereof this griefe in the breast is caused. This may suffice for this present.

Of the breast oppressed with Phlegme. §. II.



When any such sicknesses do light vpon men, then must they be knowne and discerned (as is already recited) therefore we will write first of *Phlegma*, as of the most common infection of the breast. In this sicknesse is first the *Basilica* to be opened in the right arme, letting out foure or fve ounces of blood, and afterwards this drinke followins to be used.

Take tanne or twelue Figs, Dates, Smalag seedes, Fennell seedes Venus haire, Hyssope and Horehound, of each fve dragmes, seeth them together vnto about the half, take about three ounces thereof, and temper therewith this Confection following, and take such once in euery three dayes, or once in euery foure, fve or six dayes, for it exceedingly expelleth the superfluous matter from the breast.

Take

Take the iuice of Licorice, Hyssope, and Venus haire, of each tenne dragmes, Pepper, bitter Almonds, Aristologie, Cresses seedes, and Pettie seede, of each thre dragms, Hony as much as is needefull for to make a confection: the Hony must be boyled and clarified. But aboue all it is to be aduised, that after letting blond he take one dragme, or foure scruples of *Pillula de Agarico*, which are much commiended for this sicknesse. Or vse these pills following: *Pillula de Hiera composita*, *Aurearum*, of each two scruples, make thereof seuen or nine pills with sirupe of Roses, and take therof twaine early in the morning: and fīue houres after that take a draught of leane Ven broth; and then one houre afterwards breake your fast. The next day, take in the morning this preparatiue *Syrup. de Bizantiis*, *de Calamintha*, *de Glycirrhiza*, of each halfe an ounce, water of Cicozie, of Violets and Balme, of each one ounce, temper them all together, and drinke thereof eight daies long fasting. When this is done, then take this purgation following: Take *Electuarii Indi*, two dragmes, *De Psyllis* half an ounce: temper them all together in a little warme wine, and drinke it in the morning early. Some do counsell also, that after purging hēde be taken that one vomite with beaten Mustard seede and Honie: for that doth vehemently expell the matter off the stomacke. And if that you perceiue the matter to be cast vp, then take the water of blew Flower deluce, Hyssope and Marioram, of each one ounce, water of Folefote two ounces, Sugar halfe an ounce; temper and vse them euery morning for the space of one whole weeke: afterwards take thre ounces of new Cassie, and water of Folefote wherein two scruples of *Rhapontica*, and *Spica* halfe a scruple were steeped, drinke it warme, and fast six houres after it.

This vnguent following may also be vled euery day, anointing the belly warme therewith couering it with a peece of warme fur: Take oyle of Saffron, oyle of Cammomill, of each thre quarters of an ounce, Ducks and Badgers grease, of each one quarter of an ounce, Saffron half a scrup. white Pepper, Ireos, and Rue, of each one quarter of an ounce, white Ware as much as is needfull, thereof to make an vnguent or salue.

Here is also to be noted, that all sorwe and eger things, and all that is drest therewith, as sorwe Pomegranates, Oranges, Limons, and such like, are very hurtfull: In like manner is also grosse sorwe wine and Sallad oyle very hurtfull. These pills following are to be prepared: Take good pot Aloe thre dragmes, *Agaricus* and the roote of Polypodie, of each one quarter of an ounce, Coloquint one drag, *Spica*, Ginger, and Indie salt, of each halfe a scruple; beate them all together, and steep them in the iuice of Roses and of Endiue, of each two ounces, keep it in a warme place, stirre it about till it waxe drie, then afterwards powre thereon againe two ounces of the iuice of Marioram gentle, and let it drie also. Thirdly, temper therewith two ounces of the iuice of small Endiue, and halfe a scruple of Saffron: when it is drie, then take the waight of a drag. thereof, make pills of it, of which take alwaies one euery fift day before supper, and one more two houres after. This may euery such patient vse all his life long in all countries. The like also when he vseth the preparatiue Potions, if he be bound in his body, he may freely take one of them in the euening before meate.

These pills haue great force to p̄serue health; for they cleanse the breast, the stomacke, and the liuer. He must eate euery weeke a peece of greene Ginger, and fast at least foure houres after it.

In winter time must he strew vpon his head twice a weeke, this powder following: Take *Lignum Aloes* one dragme, Mace one quarter of an ounce, *Stechas*, Marioram gentle, and grosse Marioram, of each one scruple, Roses, Quozie, and *Sandaraca*, of each one drag. and a halfe; beate all small and temper them together. For a confection: take *Spec. Aromatici Rosati*, *Trociscos de Rosi* & *de Spica*, of each halfe a drag. six ounces of white Sugar, make thereof Tabulates, and eate thereof after meate. If you vse not greene Ginger, then is also good for you, the Tabulates of *Diaireos Salomonis*, and moe confections that serue for this end, euen as it is described in the discouerie of *Asthma*. There is a fume also to be made for this patient, with Myrhe, Costus rootes, Saffron, Cassia wood, Aristologie, or *Galbanum*, which liketh him best, each alone, or mixt together. Also he is euery euening to wash his feete, euen to beneath the knees in warme fresh water, wherein Roses and Violets, of each two handfuls, Mints, Marioram and *Stechas*, of each one handfull, haue beene sodden.

Of the right pursueneſſe with a ſore old Cough through tough *Phlegma* in the breaſt, which is called with one word, *Aſthma*. §. 12.



But this name *Aſthma* ſome later Philoſophers comprehend the three ſoſeſayd ſpecies of purſueneſſe, to wit *Diſpnea*, *Aſthma*, and *Orthopnea*, for that the breath in theſe three ſortes is hardly drawne, which is peradventure becauſe all the diſeaſes of the breaſt and the Lights haue a naturall participation together, that they are very hardly to be diſcerned, euen as may be well obſerued out of theſe deſcriptions following, where the lights and breaſt commonly are comprehended together: neuertheleſſe they haue partly their difference, whereof we (as farre as is poſſible) ſhall giue good inſtructions.

It hapneth alſo oftentimes, that theſe phlegmaticke humours do fall out of the head into the lights and breaſt, that they fill them full, and if then that nature be not ſo ſtrong that ſhe can auoyd or conſume the tough ſlime, then wil it corrupt there, and conuert into that, whereof ſthen (if it be not looked to) the *Hectica* or *Phthiſis*, which is the conſumption, is wont to follow, as hereafter ſhall appeare. Therfore is this *Aſthma* to be alwayes prevented: for when it beginneth to be confirmed, then is there no moze helpe.

As much as then concerneth the order of liuing in this ſickneſſe, he muſt (as much as is poſſible) rule himſelf according to theſe ſoſeſayd ordinances; for which. all they that are vexed with *Aſthma*, are to haue twice a weeke cups ſaſtned on their buttocks without picking: what is further fit, as to open the breaſt, and to bring vp phlegme, you haue good remedies in the ſecond Chapter of the Cough, and yet moe not long befoze in the 8. ſ. that may ſtand alſo in ſome ſtead for this purpoſe.

Now follow diuers confections and other medicines that are good for *Aſthma*: Take Sage, Venus haire, Foleſote leaues, Lingwort, Violet leaues, and Hyſſop, of each a handfull; Pennyroyall and Thyme, of each halfe a handfull, flowers of Bugloſſe, Violets, Burrage, and Cicorie, of each halfe ſo much, Annis ſeeds, and Fennell ſeeds, and ſeeds of Mallowes, of each halfe an ounce, Clecampaine and Licorice, of each three quarters of an ounce, Parsly and Polypody rootes, of each halfe an ounce, ten or twelue Figs, Currans foure ounces, prepared Agaricke three dragmes, Spica, Squinant, Galingall, and Cinamom, of each halfe a dragme, Ginger and graines: ſeeth this al together with a mild fire in ſufficient water, untill there do remaine about a pinte, wzing and ſtraine it well out, then put as much Sugar vnto it as you thinke good, and let it ſeeth to the thickneſſe of Hony, uſe this Lambatiue, and lick thereof as much and as often as you pleaſe.

Confection
of Currans

The Confection of Currans, which are vſed of all Apothecaries, is thus prepared: Take Piony rootes halfe an ounce, dried Hyſſop, Baulme, and Parts tong, of each halfe a handfull, Licorice cut ſmall halfe an ounce: ſeeth theſe al together in ſufficient rayne water, wzing it hard out, and ſtraine it through a cloth: Put into this decoction waſht Currans that be well powdered: ſeeth it once againe with the decoction, and ſtraine it through a cloth or a hairne ſearce, put thereto a pound of Sugar, and let it ſeeth into a confection: it is eſpeciall good to open the breaſt, to ſwage the Cough, and to maturate the phlegme.

Another. Take waſht Currans, or Raiſins five ounces, ſeeth them ſoftly untill they do ſwell, powze them into a ſieue and preſſe them through, put thereto twelue ounces of Sugar, and then ſeeth them together into a confection.

This Confection following is good for the common people, take Colewort leaues with the red ſtalls, cut the ſtalls & ribs, ſtamp them in a wodden mortar, and ſtraine out the iuice: let it ſeeth, and take as much Hony as there is iuice, ſeeth it all together vnto the thickneſſe of Hony, ſtirring it alway about. If you will haue it ſtronger, then temper ſome Saffron amongſt it. Another: Take Hollyhock rootes one ounce, Clecampaine half an ounce, let them ſeeth together in water of Violets, ſtamp them to pap, temper therewith one dragme of Cheruill ſeeds, and make thereof a confection with ſodden Sugar, let them ſeeth together in water of Violets, ſtamp them to pap, temper then therewith one dragme of Cheruill ſeeds, and make thereof a confection with ſodden Sugar, let them ſeeth together untill they be thicke.

Or take one dragme of Rubarb, oyle of freſh Almonds three ounces, and two ounces of the
creame

creame of Milke, temper them together boyled on warme ashes, & vse thereof often, for it is very good. Some put thereto one dragme of Rubarb more, which is not to be discommended.

Yong children may haue this kind of powder prepared: Take Masticke, Frankinsence, and Citron pills, of each a like much, beate it small together, wherewith rub the child softly in the seame of his scull. Afterwards giue him hereof to lick; take fresh oyle of swete Almonds, temper therein white Sugar beaten; but if the obstruction of the breast be much, then temper amongst it *Trociscos de Agarico*, or giue him the powder thereof to drinke; in like manner also Rubarb with *Spica* of Indie, with Cinnamon, or Squinant, according to the importance of the cause. Old folkes may vse this as well as yong children.

How commodious the *Cassia* is for all sore Coughs, is sufficiently declared in our Introduction. But for this paine in the breast, it is needefull that it be tempered with Agarick, or some other thing, according to the qualitie of the sicknesse. But for this, is especiall heede to be taken for women with child, that it be not given them without great cause, because it maketh paine or ache in the belly.

Item, take Sulphur vise two graines, temper it with a little Hony, and so take it in, for it is maruellous good.

There is also to be had ready at some Apothecaries, a costly compound *Trociscos de Sulphure*, or called *Adulphi*, and is thus prepared: take losinges of Cole, Dragagant, and Sugar pennets, of each halfe an ounce, Ginger two scruples, Licorice three dragmes, Ireos one scruple, Hyssop, Nettle seede, Rosemary floures, Saffron and Sulphur vise, of each seuen graines, mire it with *Looch sanum*, and forme trociscs thereof, take a little of it, letting it melt alone in the mouth, and vse it often.

Trocisci de sulphure Adulphi.

They make also a Confection of Brimstone: take Sulphur vise one scruple, mire it with fresh Butter, and Musilage of Linseede, or Eclempane one ounce, take thereof often, and a little at once.

The Confection of Fore lights, that is, *Looch de pulmone Vulpis*, is aboue all other remedies, for the *Asthma* (which is a shortnes of breath) very much commended, for it is not only good for a sore Cough and short breath, but it healeth and cleanseth all blcers of the breast and Lights. And for the consumption it excelleth all other remedies, & is made thus: Take prepared Fore lights, the iuice of Licorice, Annis seede, Fennell seede, and Venus haire, of each halfe an ounce, clarified Sugar seuen ounces and a halfe, beate these together, and decocted with Sugar in the water of Folefexte leaues, temper it into a confection.

Looch de pulmone Vulpis.

Hereafter follow some good Potions for this shortnesse of breath, Take Sebestes, Figs, and Dates, of each foure, Venus haire, Violets, Currans and Licorice, of each one quarter of an ounce, white Poppy seede one ounce, Cinnamon one quarter of an ounce, Annis seede, Fennell, Agrimony, Hyssop, of each one ounce, 20. Quibes, Sugar or Hony five ounces, three or foure pintes of water: let this seeth together untill the third part be sodden away, straine the liquor through a cloth, and put the Sugar thereto or hony, and let it seeth againe untill it be cleare.

Itē, take 3. quarters of an ounce of Figs, Dates, Horehound, Smalage seed, Fennell, Roses, Venus haire, Hyssop and Licorice, of each five dragmes, seeth them as before, or to the halfe.

The common people may seeth water with hony and Hyssop: and as the shortnesse of breath beginneth to lessen, he must lay one dragme of *Agaricus* in the water of Besony and Hyssop to steepe, and temper amongst it some hony of Roses, and so drinke it together. Also the common Meade, and Sugar water is good to drinke.

Another Potion. Take a pinte and halfe of white wine, steepe therein one handfull of Horehound, let it seeth together untill the third part, straine it and put thereto five ounces of clarified Hony; let it seeth a little together, and scum it diligently, wherof the patient is to drinke euery day two or three ounces. Some do take three ounces of Hony, and do melt therein half an ounce of Turpentine walht, or as much *Oxymel*: both are good and sure.

A marvellous good medicine which is highly esteemed in Turky. Take the liuer of a Wolfe, the Bilt, Lights and bzaines: salt well the bzaines, and take of these fower of each a like much, let them be dried well that they may be pownded: Giue the patient thereof one quarter of an ounce with a little fresh broth three daies one after another in the morning fasting, and let him fast afterwards five or six houres. The sicke party must take his drinke through the Wolfes throte; & when this is so done, they report that they (which vse the same) be from thenceforth freed

freed

freed of it all the yeare following: but if it returne not within one twelue moneth, that then it will neuer come againe. And if he had this sicknesse any moze afterwarde, they aduise that one should make a lace of the Wolfes maile, and weare the same all his life time on his naked body; for thereby should he be certainly freed of this sicknesse. But to trye these things is the best way.

Water distilled of Elettampane, or both wherein it is decocted is very good, and chiefly if it be mingled therewith.

Hereafter are some things described, which the diseased may hold vnder his tongue without chewing as big as a beane, and swallow it downe by little and little.

Take *Looch de Pino* one ounce and a halfe, Sugar pennets halfe an ounce, powne them together. Item, take *Looch de Farfaria* (called *ad Asthma*) as much as you thinke meete, and as much powdered Hollihock rootes, make a hard confectiō thereof with prepared honie or sugar. And if any do resist these weake things, then shall he in the stead thereof vse *Diapenidion* described in this Chapter and 6. s. And if it happen (as it wonteth often) that the sicke person by reason of this cough cannot sleepe, then is he once or twice a weeke to take this potion when he goeth to bed.

Take placentes of Ireos one dragma, the confectiō of *Philonium Romanum* halfe a scruple, temper it with one ounce and a halfe of Hyssop water, and at the same time strew on the top of the patients head this powder following: Take *Sandaraca* one quarter of an ounce, Cloues one drag. Race two scruples, Roses, water Lillies, Violets, and Poppy heads, of each halfe a drag. *Lignum Aloes* one scruple, stampe each apart and temper them together.

Plaisters or Vnguent for this *Asthma*.

Take fat Dates and Figges, of each one ounce, Mallowes, Hollihocke leaues, of each three handfuls, rootes of Mallowes and of Hollihocks, of each halfe an ounce, cut them to peeces, and boile them together into a pappe, mire Pigeon dung amongst it, Turpentine, and Rosin, of each one ounce, the muscilage of Linsæde, and of Fenegreke as much as is needfull for to make a milde plaister, lay it warme vpon the brest; the same doth also the fatte sheepes wooll.

Item, Take Comfrey rootes, broad and narrow Plantaine, Purslaine, and Henbane, choppe them small and seeth them together in the waters of Plantaine and Purslaine untill it be thick, beaten well and mixt with Pomegranate pils, Acorne cups, Galles, and Myrtle seede (which haue bene steeped eight howers in warme water:) then strained out hard and powdered to the rest and boyled vnto a little; afterwards mingle it with fine Bolus, the meale of Lupines, and Barley meale, of each halfe an ounce, *Gummi Helenii* one quarter of an ounce, Ware and Turpentine as much as is needfull for to make a meetely thicke plaister; then spread it on a leather and lay it vpon the brest. The vnguent *Althea* is very good to annoint the brest withal, as the same is often here before commanded to be vsed.

Item; annoint the brests with the oyle of Wall flowers, of Bayes and Dill tempered together or each a part. Or take oyle of Violets and of sweet Almonds, of each one ounce, Duckes grease and butter, of each foure ounces, Saffron two scruples, white Ware as much as needeth for to make a soft Vnguent.

Certaine excellent things in generall. S. 13.

These things following are much commended for all diseases of the brest, and for all coughes in generall: First, the gum *Ammoniacum* dissolved in Barley water and hony, and taken: Aristology, bitter Almonds, and oyle of sweet Almonds drest with all meates, boyled Sothernwood, Balsam wood, & the fruits of the same: prepared Coloquint is wonderful good for this, being vsed in pils: Cyper decocted in wine, confected Elettampane rootes, *Galbanum*, the rootes of blew flower de luce, Myrthe put into pils of *Agaricus*, Coziander and Spikenard seede, pere eggs supt vp, or Cabdles made thereof, Leakes with Barley water and hony, Nettles and their seede with Barley water and Hony, Woodbind, *Sandaraca*, greene Rue boyled in Vineger, Squills are specially good, roasted, or howsoeuer you will vse them; for that they be commended

mended and esteemed aboue all other medicines. Saffron tempered in the broth of a Cock, wilde Saffron seed, the gum *Sagapenum* giuen in with Rue water, Selsey seeds, Fore lungs prepared one dragine onely, Hyssope and all that is prepared with this hearbe, is good for the lights and the whole brest, confected rootes of the Star thistle *Eryngion*, conserue of Rosemary, and all that is made of Rosemary, Betony, Gilloflowers, and all that is made thereof: Nutmegs that are confected, do consume all superfluous humors, not only of the Lights, but also of all the inward parts, albeit that some suppose, that they are hurtfull for y^e Lights: Walnuts that are confected in Sugar or Honey, do warme the Lights and all inward parts, for which this thing following is very good. Take a swete Pomegranate, cut it in foure parts, strew the peeces with Sugar candi, and bind them together againe, binding or wrapping them in a moist cloth, and let them rost leisurably, then take out the coare, and eate it for a medicine. Conserues of Eyebright openeth al inward members, and all obstruction of the Lights, like as doth also the wine which is described in the first Part against the diminishing of the sight.

Calmus which is confected, hath a special power for the oppilation of the Lights, and to open all inward obstructions.

Comin doth also the same, Caraway and Fennell confected, or eaten raw: likewise Fennell is good for all Coughes, roughnesse of the thyoate, and hoarsenesse. Treacle and Dithridate are also very good for this. All Losinges of *Diapenidion*, of *Diagagant*, iuyce and sirupe of *Licorice*, and all kinds of *Oxymel* (as is already said) are altogether maruellous good for this disease. *Silique* rosted in ashes are also good against all shortnesse of breath, and all kinds of Coughs: *Ph. Tristrans* water: In like manner both the sirups of *Wineger*, *Simplex* & *Compositus* are also special good for this purpose. Also all the forementioned Potions for the Cough and the brest, euen as they are set downe in the second Chapter s. 2. In like manner also a costly stomachicall powder, which is described in the first Part, the 12. Chapter s. 1. that may be also vsed for *Asthma*.

Of shortnesse of breath through *Cholera*. S. 14.

In the beginning of the description of this shortnesse of breath we haue shewed, that the same is caused very seldome of *Cholera*; and if the same should be caused thereby, then is the same yet to be cured through the same meanes, as in all places are expessed heereafter and before.

Therefore is here no speciall matter to treat of, but onely the signes that are of this sicknesse through *Cholera*, and afterwards to see wherewith to delay the heate.

As concerning the signes thereof, it cometh with great drought, heate, and gnawing about the brest, and the same rather in the right than in the left side, with a yellow colour all ouer the brest, wherewith cometh also a roughnesse of the tongue and of the thyoate, and especially about the time when the *Cholera* accustometh to moue and stirre, which is from thre a clock vntill nine in the day time, whereby the patient will also cast vp small stoze of flegme, and that is yellowish: In his sleape appeareth yellow things, and fiery fantasies, as lightning, and such like: The pulse is hard, quicke, and continuall, except the patient had lost most part of his naturall strength: the Urine is thicke, yellow, and ruddy, but in the bottome clere and subtile: yet doe these signes alter with euery mutation of an accident, according to the which euery expert person may know to direct himselfe. These things following do coole the heate of the brest in generall, and the inflammation of the Lights, as Cassia, new Conserues of Roses, Iulep of Roses, sirupe of Roses, and such like; conserues of Burrage, Buglosse, and their wine, if they be not expressly forbidden for some reason.

In like manner the Cherry wine, which is of a temperate nature. Item, Conserue of Violets & Iulep, conserues of *Cicorie* do cleanse all inward members of *Cholera*, driueth it out through the stoole, and doth withstand all Agues of *Cholera*. Peaches confected in Sugar are also a special comfortatiue for all hot diseases, for that they coole all inward members, like as doth also the conserues of water Lillies.

Take the iuyce of Chickweed, and Herueine, or the water wherein they are decocted (if you please) it is very good for all Coughes. Sirup of the right Endiue is special good for hot Lights, and for all inward hot parts. Likewise also Hanna of himselfe and his confection, *Electuarium de Manna*, which is ready to be had at all Apothecaries.

Of the shortnesse of breath through *Melancholia*. §. 15.

EUen so it is also with *Asthma* through *Melancholia*, which is through the heauy blood, that happeneth very seldome, whereof these are the signes: a right leaden colour of the face and the bzeast, running eyes, with great heauinesse of the spirits, wherewith is also a fearefulnesse, faintnesse of heart, desire to be solitary, especially from nine of the clocke in the day time, vntill two or thre in the night: he complaineth also of moze abatement or lacke of bzeath in the left than on the right side, and of little sleepe: he is also vexed with many heauy fantasies, hee rougheth by much thin spettle, and that with much adoe: his water is thin, white and cleare, his going to stoole is lead colozed and hard. There is heard much rumbling and wind in his bzeast and in all the body. Yet do these signes alter through diuers occasions, so that you must note the meate and drinke that the patient hath accustomed himselfe to vse befoze time.

How this disease is to be remedied and cured, you shall finde in the first part, the twelfth Chapter, §. 8. of *Madnesse*, of *Melancholia*, and al that is said in the third part, of the foule melancholike blood.

Of the shortnesse of breathing or Pursiuenesse through wind. §. 16.

Whereas there is any short bzeath, or heauinesse in the bzeast through winde, the same will be alwaies augmented through meates and medicines that ingender winde, as may well be noted through the rumbling and course of the winde in the bzeast and other places moze.

For this must be vsed, *Rue*, and *Pennirovall*, of each one ounce and a halfe, *Serapium*, *Opopanax*, of each one dragma, *Comin* one ounce and a halfe: all this being beaten together, make thereof a salve with molten *Oile*, and annoint the bzeast therewith very warme. This salve is also very good for all heauie breathing that proceedeth of grosse tough matter, and that is impacted into the Lights: for it separateth and consumeth the same. What further might be done for this, that may you sufficiently perceiue by all the foze mentioned Treatise, wherein hath beene spoken of this sicknesse. For this short and soze bzeath through wind cannot be alone by it selfe: but there must be with it either *Cholera*, or *Phlegma*, or *Melancholia*, or blood: of all which there is sufficiently written.

Of the spetting blood through some disease of the Lights. §. 17.

The spetting of blood may come of many occasions of the braines, which are wont to be eased through bleeding at the nose, whereof is written in the first part the eight Chapter, and 7. §.

Secondly, through any hurting or bzing of the throte or the mouth, for which you are to looke in the first part the 13. Chapter.

Thirdly, through hurting of the gums, whereof we haue sufficiently mentioned in the first part: also the same is sometimes caused of the Lights, bzeast and stomacke, also of the Liuer and of the mother, &c. This spetting of blood doe the Greekes call *Hemoptoin*, whereof we will write at this present.

The cause of this bleeding may happen through falling, thrusting, and such like outward occasions of the bzeast, or of an horseach drunken, through great heate, or great cold, strong coughs, to crie loud, to vomit much and vehemently, through long vse of hote peppered meats, or through vse of onions and garlicke, through much subtil bloud, through neglect of accustomed letting bloud, and through some disease of the lights: or when a veine chanceth to breake, whereof hereafter we shall discourse in particular.

The signes of this spetting of bloud that cometh out of the bzeast, or out of the Lights are, that when the same proceedeth out of the bzeast, then will there be felt great paine in the same: and contrariwise, when it proceedeth out of the lungs, there will be felt very little paine, the spetting

spetting blood, out of the breast is not so perilous as that from the Lights. But when there is a veine broken ope, then runneth it most abundantly. If it be caused of any other inconuenience, as of impostumations, bruises, or hurts, then commeth vp but a little blood, and that full of scum. When as then a sick man through haking without coughing fetcheth vp blood, it commeth from some little veines about the thoroate, where you may easily come by it with any kinde of remedies: but the patient for this disease must forbear to eat excessive meate and drinke, by reason that thereby much blood is engendered, whereby through the superabounding in the veines the thoroate openeth: but if he be prouoked to such bleeding through vomiting, then it is a signe that it commeth from the stomacke: the which is not much to be feared, for that the same is to be easily prevented through letting blood, setting boring cups, opening the mother veine, or opening their termes or flowers: in like sort by taking some astringent things, as the seedes of Sumach, sowre graces, and such like. Item, through this potion following: Take fine Balsam, Gam, Dragon blood, Pomegranate blossoms, & Frankinsence, of each a like much: powne them together to powder, and take thereof three dragmes, and temper it with sodden iuce of Quince peares. For meate is very good, Starch, peeled Beanes, Lentils, Pease, vnleavened bread, Turtle doves, and common Pigeons. Of fruites, all that binde, as Medlars, Seruices, Quince peares, Prunes, Peares, and such like. For drinke, milke wherein are quenched glowing pibble stones, stealed water, thickened wine a little now and then, sirupe of Poppy heads tempered with water, wherein Quince kernels and Myrtle seedes are decocted. It happeneth oftentimes that such spetting of blood commeth of it selfe, without any cause at all, whereby the patient is neither hindered nor harmed at all, and is to haue his course: but if the same do chance through coughing, which is a signe that the same ascendeth from the lights and the breast, then is it to be feared, that it will be *Phthisis*, that is, the consumption which then ensueth, because one cannot come to this place with necessarie remedies. When for this sickness it is best to let blood immediatly at the first, and that in the Liuer veine, whereby the blood may be deriued from the Lights. Others do first of all open the *Saphen* on the fete, that the blood might be drawne downwards, and alwayes on the same side that it is adiudged the disease to be. The third sort counsell for this disease, to set boring cups on their buttockes. This being all done, the patient is to be layd in a coole chamber, where he may be as quiet as may be, without much stirring of himselfe, and must keepe from him all that might inflame his blood, as anger, crying, copulation, laughing, hot coverings, hot and salt meates and drinke, bathing and such like. There are also no red colours to be brought in his sight. Aboue all this, binding is one of the principallest remedies against abundant bleeding, therefore is that also here to be vsed, as in other places is sufficiently taught.

There are ordained many more remedies against this spetting of blood, euen as hereafter followeth, whereof you may chouse that which liketh you best.

Take Frankinsence and Dragon blood, of each three dragmes and one scruple, of yellow Amber one dragme, prepared Bloudstone and sealed earth, of each ten dragmes, Allume two dragmes and a halfe, flowers of Pomegranates three dragmes, *Opium* two dragmes, *Rubarb* one quarter of an ounce, make thereof 18. trocisces with sirupe of Poppy heads, then temper euery day one in Purflaine water, and so drinke it. And if this spetting of blood be too violent, then may the patient take one more at night.

These things following are more certaine, because of the *Opium*: Take Gumia, Mastick, fine Bolus, and Dragon blood, of each alike much, being all beaten small together, make trocisces thereof with Purflaine water: for this is also good *Trocisci de Carabe*, and of *Terra Sigillata*.

Now follow certain confectiōs and such like, wherewith the cause of this spetting of blood will be taken away, for the which this following is a certaine remedie. Take a dragme of Egghels beaten small, and temper it with halfe an ounce of the sirupe of Poppy heads, or sirupe of Iuiubes: temper also with it the confectiō of *Philonium Romanum*, halfe a scruple, and so take it: if you had rather drinke it, then mixe it with some Purflaine water. Item, take conserues of Roses and Violets of each one ounce, the confectiō of *Tria sandalon* three ounces, prepared red Corall, Purflaine seede, & broad Plantaine seede, of each one quarter of an ounce, temper them together with Rose water. Or take the spices of cold Dragagant cakes halfe an ounce, yellow Amber, prepared red Corall, Bloudstone, fine Bolus, Plantaine seedes, and Housleake, of each one dragme & a halfe, Gumme, broad Plantaine seede, of each halfe a dragme, Mastick,

Frankinsence, of each three graines, Raisins one ounce, white Sugar as much as is needfull, Purslaine water and Rose water, of each two ounces, seeth therewith the Sugar, untill it be as thicke as Honey, and temper the rest being beaten small amongst it. Item, take Vingles one ounce, Currans one ounce and a halfe, beaten Licorice halfe an ounce, Ginger one drag. Cinna- mome two drag. as much Sugar as the rest: seeth them with the water of Plantaine, and temper the rest, being chopt and beaten amongst it.

Take Henbane seedes ten graines, prepared Corall one scruple, two or three ounces of Plantaine water, temper them together, and giue it him to drinke: put also thereto the tabulats of *Diatragacanthum*, the confection of *Diacodion*, *Looch de Portulaca*, each alone, or tempered to a confection with the sirupe of Hyzles: the red losinges are also to be holden in the mouth that stand described with other. Treacle or Hithridate do maruellously withstand the spetting of blood, if there be taken of them one dragme and a halfe, tempered with Vineger and Purslaine water. The confection of Fore lights described here befoze in the 12. s. are also highly commended aboue all other remedies.

Against all clodded blood in the bzeast, be it of any wounds or otherwise, you are to drinke this: take field Cyper, stampe it small, and lay it 24. houres to steep in Scabious water, wring it well out, and drinke oftentimes thereof warme.

Item, take the herbe Hozsetaile, beate it to powder, and drinke thereof euery time one dragme with Plantaine water twice a day. This powder may you also cast vpon the meat, and a little Bloudstone mixed amongst it. Item, take prepared Bloudstone, mixe it with water or iuice of Purslaine, and swallow it downe, for this stone hath a speciall force to stanch blood, like as experience bringeth with it. Or take two scruples of prepared Bloudstones, and temper it with the renning of a young Dore, and make pills thereof, and hold them a while in your mouth.

Item, take Iuiubes, Sebestee, Dragagant, Gum, of each one quarter of an ounce, Annis seede, and seedes of Hollihockes, of each one drag. one quart of stealed water: seeth these together to the third part, whereof the patient is to drinke foure times a day. Item, take sirupe of Poppie seedes, of Iuiubes and Hyztle seede, temper them together, or take each alone, make a drink thereof with water wherein Quince or Hyztle seede is boyled.

Another. Take Hyztle seede, broad Plantaine seede, both beaten small, of each one dragme, temper them with Purslaine water, and drinke it treatably. Or vse this following in this manner also, take beaten Lupins one quarter of an ounce, prepared Bloudstone one dragme, tempered with Purslaine water, and drinke it as is said. Betonie laid in Wine is also many times approved in the spetting of blood.

There may also salues be vsed outwardly vpon the bzeast, yet here is to be noted, that it is very commodious for the spetting of blood, but for the cough very hurtfull, therefore this following is rather to be vsed: take oile of Roses, or Hyzles, of sweet Almonds, and iuice of Pines, of each a like much, and make thereof a salue with molten ware. Item, take beaten Frankinsence, temper it with the white of an Egge, and lay it on the bzeast. Or take the iuice of Sloes, *Hippocistis*, Dragon blood, blossomes of Pomegranats, Gals, Mastick, and Roses, of each foure scruples, Turbith, fine Bolus, of each one dragme, oile of Roses, of Hyzles, of Masticke, of each halfe an ounce, the white of an Egge wel beaten, and Ware as much as is needfull for a salue. The black Tabulates, described in the second part, the second Chapter, and 2. s. shall the patient hold vnder his tongue. And if this be desired to be moze forcible, then is it to be prepared as hereafter followeth: take Dragagant, Plantaine seedes a little parched, and Gumme, of each halfe an ounce, Bloudstone, the yellow seedes of Roses, fine Bolus, sealed earth, Amber, and red Corall, of each one dragme, muscilage of Fleawort seed tempered with Purslaine water, as much as is needfull for to forme therewith these trociscs, vse them as is said.

It is also needfull that the body be purged. For which this sirupe following may be vsed: Take Hyztle seede and the seede of Butchers brome, Roses, blossomes of Pomegranates, the yellow seedes of Roses, Acorne cups, Gals, iuice of Sloes, and *Hippocistis*, of each halfe an ounce, white Saunders, Quinces and burnt Quozie, of each one quarter of an ounce, Dragagant, Gum, fine Bolus, and Dragons blood, of each one drag. and a halfe, sealed earth and Masticke, of each three drag. Frankinsence, white Poppie seede, of each two drag. and a halfe, prepared Bloudstone halfe a drag, the iuice of Plantaine, and iuice of Quinces, of each sixe ounces. You must straine and scum the iuice, then powze thereto as much raine water as will serue to seeth it

it together, and make thereof a sirupe with Sugar, whereof giue one ounce and a halfe tempered with thre ounces of Purflaine water during certaine daies early in the morning.

This sirupe doth not loose, but stoppeth much rather, and stancheth blood. For the purging vse these pills, *de Agarico* two scrup. *Cochia* one scrup. make thereof seven pills. Or make the sirupe of Roses laratiue with Rubarbe in an astringent decodion, and Purflaine water, wherein the shels of yellow Pirobalanes be decocted, and this is a soluble and good purgation, it cleanseth well the blood. But if the cough be with it, then against night giue him a pill of *Cynoglossa*, and let him hold one in his mouth by day.

For a broken Veine in the Lights or breast. S. 18.



The signes of a broken veine in the Lights are (as is already said) if the blood be suddenly spet out or powdered out by heaps, and that cleare, cleane blood, and not clotted, then is present remedy to bee looked for before it turne to an impostume, or that the blood be congealed and turned into matter. For if so be that there be neglect thereof, then is there danger of neuer more to be holpen. And if so be that such forcible blood will not bee staied, then are you to open out of hand the Liuer veine in the arme of the same side, where you think that the veine of the lights is broken, and then to let no more but two or thre ounces of blood. And if you perceiue that there is any *Cholera* run out with it, then is the bleeding of the nose not bad for the same. But if this will not help, then is the head veine to be opened betwene the thombe and the first finger, and let out about two ounces of blood. There is good for this to purge cholera with Cassia, soure Dates, Hanna, and such like.

To draw the blood downeward, the patient is to be rubbed softly with warme clothes in the outward members, also to set great boring cups vnpacked on the top of the buttockes; and if the piles could be made blæde, that will do it much good.

Salues.

Take beaten Gals, Acornes, Butchers brome seedes, and the iuyce of Sloes, of each halfe an ounce, Hyztle seede, seeds of Plantaine and of Purflaine, of each thre drag. Dragagant, Gum, Ilinglas, Giew, of each five dragmes, Barley meale one ounce and a halfe, Starch, Mill dust, of each one ounce, Saffron one drag. seeth it in red wine, which is somewhat milde, and make pap thereof, and lay it vpon the breast, and renew it once euery foure and twenty houres. And in case that the pap cleaue hard on the breast, then must you lay a fresh thereon.

Item, take Sozrell water, water of Balme, Cicorie and Rose water, of each sixe ounces, *Trociscos de Spodio*, *de Rosis*, of each two scrup. red and white Behen, *Doronicum*, Harts bones, and Pearles, of each one scrup. Palmsey halfe an ounce, temper it together and seeth it a little, then dip a foure square wollen cloth in it, and lay it lukewarme ouer the left breast: in like manner one more on the same side of the backbone, and refresh it euery day vntill.

For stanching of blood there are many sundry remedies described in the first part, the eight Chapter, in the 7. s. where we haue spoken of the bleeding of the nose, yet is there here commanded to be vsed (if need require) these things following.

Take Venbane seede and white Poppie seeds, of each five drag. sealed earth and red Corall, of each two drag. and a halfe, prepared Bloodstone one drag. and conserue of Roses foure ounces, temper them all together and make a confection thereof. Vse a little thereof, and that with great heede. For this also may be taken the oyle of Rosh distilled with Ireos and prepared Sulphur two ounces, Ireos one drag. beate it together very small, and vse thereof euery day thre or foure graines. Yet it is to be vnderstood, that this is not to be done, but after all the foresaid things, as letting of blood, and such like.

Afterwards it is very good once in eight daies to take one quarter of an ounce of Turpentine, with a little Ireos rowled with powder of Licozice.

This following is to be laid vnder the tongue: Take cold Dragagant tabulats two ounces, prepared Bloodstone, Amber, Giew, red Corall, and Pearles of each one dragme, temper them

all together with *Looch de Papanere*, as much as all the rest, and hold at all times thereof in the mouth the bignesse of a Beane.

Order for meate and drinke.

It is very needfull in this disease to obserue a certaine order in eating and drinke: therefore he is to be fed with that which cooleth measurably, which thickeneth the matter, and draweth it together. From the first day to the fourth, the sicke body is to be kept soberly: afterwards is his meate to be drest and sod with one of these things following, as *Diagagant*, *Gum*, or a little cleane *Glew*, or a pap of *Starch*, of *Will dust*, or at the leastwise other meate stewed therewith. Pap of Goats milke that is prepared with pibble stones or Steele is good for him. Soddens Calues or Lambs fete, Pullets broth, or Capon broth drest with *Alinglas* are very commodious for him. There may also sometimes a peece of a *Tench* or an *Cele*, with other intrailles of fish be soddens in other meates: for it is certaine that those things for this sicknesse are very commodious. In like manner are the *Lentils* soddens with *Wheate*, and drest for this sicknesse verie meate: for this is also fit *Autibes*, *Dates*, *Barly*, thicke milke, fresh *Cheese*, all kinde of flesh wherein is little blood, as *Mood Pigeons*, *turtle Doves*, and *Partridges* prepared with binding things, as with *Quinces*, *Barberries*, *Kaspes*, and such like.

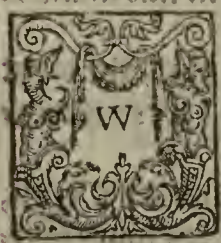
If this spetting of blood be caused through heate, then dresse his meate most with *Lettice*, *Purslaine*, *Gourds*, *Belons*, *Daisies*, *Shepheards purse*, and such like.

For his drinke this following is very good: Take twelue ounces of very good *Honie*, foure pintes of water that is twice Steele with Steele, being well soddens together, temper amongst it *Diagagant* and *Gum*, of each one drag. and a halfe, *Saffron* one scrup. let it seeth againe untill the thirde part be soddens away. But if one will not drinke thereof alone, then is good red *Wine* to be tempered amongst it. But let him drinke what he will, if *Alinglas* be soddens in al his drinks or the powder thereof be mingled amongst his drinke, it is the better. He may also otherwhiles take a draught of *Rose water*, or *Purslaine water*. *Raine water* is commended aboue all other sorts of drinks, if a veine be broken in the breast, and chiefly if there be a little fine *Bolus* or burnt *Quozic* tempered amongst it.

This following is praised for a pretious and an approued powder: Take the seedes of *Plantaine*, *Butchers brome* seedes, and the iuyce of *Sloes*, of each one drag. prepared *Peacles*, red *Corall*, *Amber*, *Bloodstone*, and *Dragon blood*, of each one quarter of an ounce, fine *Bolus* three quarters of an ounce, *Diagagant*, *Gum*, and *Frankinsence*, of each three drag. temper and beate it together.

You are to take one scruple of this powder with *Purslaine water* foure times a day, one houre before breakfast, one houre before supper, and likewise two houres after.

For congealed blood. §. 19.



When it is thought that (after the veine is stoppt in the breast) there is yet still a little clotted blood behinde, then are these things to be vsed thereto. For which is fine *Treacle* highly commended, if thereof bee taken one dragme, or a dragme and a halfe, with three ounces of water, wherein *Licorice* and *Venus haire* haue bene soddens. Or take old *Treacle* one drag. one ounce of *Wineger*, two ounces of *Rosewater*, temper it together and giue it him. For this is also good the water of *Larks spurs*, billet coles one quarter of an ounce beaten small, and giuen to drinke in *Wineger*, is a generall medicine for all clotted or brused blood. So is likewise the renning of all yong beasts especially good for all clotted or brused blood. If then any body hath caught a great fall, or is hard stricken or thrust, and afraid of any clotted blood, then giue him euery morning and euening (each time) two or three ounces of the iuyce of *Cheruil*. Item, take *Cheruil water* and *Louage water*, of each one ounce and a half, or two ounces, and drinke it at a draught. Or take of *Rubarbe* halfe an ounce, *Lacca* one quarter of an ounce, fine *Bolus*, and sealed earth, of each one dragme, *Rubarbe* halfe a dragme, if you put thereto some burnt *Sponges*, it will be so much the better, make a powder therof, and vse it as is aforesaid. Another: Take fine *Bolus*

halfe

halfe an ounce, sealed earth one dragme, Dragon blood and Spermaceti, of each halfe a dragme, make a powder thereof, and giue him a dragme of it with white wine. This plaister following may also be made: Take Goats milke and hony, let them be well warmed together, then temper amongst it as much fine Bolus, vntill it be as thicke as a plaister, and so lay it vpon the breast: it wasteth the clotted blood.

If any be afraid that through falling or thrusting he haue broken any thing in his bodie, or feare to haue any clotted blood within him, then is he to drinke one dragme of this following with warme wine or beere. Take foure ounces of the rootes of red Buglosse, cut them in pieces, and let them seeth in a pot of red wine vntill they be soft, then take them out and beate it to pap, put thereto two ounces of Spermaceti, and one pound of fresh Butter, let them melt together with a small fire, and therewith annoint the place, where the paine is greatest, and chiefly about the breast.

Lastly, in the middle of the spetting of blood, take one ounce of the iuyce of Plantaine, temper therein two or three graines of *Opium*, and giue it to the patient. Or make these conserues following: Take white Pepper and Henbane seede, of each five dragmes, sealed earth and *Opium*, of each one quarter of an ounce, peeled Henpe seede and Saffron, of each foure scruples, *Benue* cod, *Spica*, *Euphorbium*, *Pieretrum*, Pearles, Amber, *Zeduary* and *Doronicum*, of each one scruple, Campher five graines, sodden hony as much as is needfull, giue of this halfe or a whole dragme, with one ounce and a halfe of Plantaine water, tempered with halfe an ounce of wine.

Comfortable things in and after the spetting
of blood. §. 20.

Or to keep nature by her might and power, these confectiōs following are to be vsed. Take the flesh of Capons that are sodden with Dragagant in stealed water five ounces, white and red Corall, Dragagant, Gum (both a little tosted) of each one dragme and a halfe, fine Bolus, Amber, sealed earth, *Mumia*, and Bloodstone, of each one dragme, Purslaine seede and Plantaine seede, of each three dragmes, Almonds steeped in the iuyce of Quinces, three dragmes, Iuibes, Sebestes (so drest also) of each one ounce, *Specierum Electuarii Regum*, one quarter of an ounce, Species of the cold Dragagant Tabulats foure ounces, white Sugar and Sugar candy, of each one pound and a halfe, or so much as you please, seeth the Sugar with Pullet broth, and mire all the rest amongst it, and make of them morsels.

Another.

Take Species de Gemmis, which are set forth in the description of the heart, one dragme, and giue it with sirupes of Apples; this strengtheneth the heart and the Lights, it is very good for those that after spetting much blood, be so faint harted, that they seeme to haue no more pulse.

For conclusion: for this spetting of blood we will here present some particular things to be vsed for the same, where there is neither Phisition, nor Apothecary neere hand: bitter Almonds with Starch are passing good for this, and also for all cold coughes: *Agaricus* one quarter of an ounce, steeped in five ounces of Purslaine water, and wring it well out, and so in one day at two times taken. Flowers of Pomegranates, *Hippocistis*, and prepared Corall, of each one dragme, with the white of an egge and Gumme tempered together to Trocisces, and so holden vnder the tongue.

The iuyce of Quinces, Centozie, burnt and washed Harts horne, prepared Amber, *Lycium*, sealed earth, fine Bolus, Myrtle seede, Myrthe, or a little of all of them, three or foure graines at one time taken with wine is passing good. Likewise, the iuyce of Hints, or of Purslaine is highly commended for this disease. For this is also good the white Henbane seede, but not above three graines at once to be taken. The yellow seede of Roses, white Wyer, and many other things moe that are aboue rehearsed, amongst other compounds (which are to be vsed alone) are very good.

Of the infection of the Lights, which is called
Peripneumonia. §. 21.



His name is as much to say in Greek as *Phlegma*, which is phlegme, slime, or corruption of the Lights, which matter infecteth the Lights, maketh them swell, and bringeth an hote Ague with it. This is caused chiefly of *Cholera*, or of *Phlegma*, the which falleth through the veines, or out of the head into the Lights, and may be caused of the matter that prouoketh the *Pleurisie*, or *Squinancie*, and falleth into the Lights. And although the *Peripneumonia*, as an impostume of the Lights, happeneth to breake out, whereby the lights are wounded; yet is it notwithstanding therein seuered from the *Phthisis*, that this infection of the lights is rather placed between the small skin which couereth the lights, than in the substance of them where it can procure an exulceration; where contrariwise the *Phthisis* which is the right consumption, harmeth, impostumeth, and rotteth the very substance of the lights.

The signes of this *Peripneumonia*, or maladie of the lights are these, namely, a troublesome breath, as if one would choke, whereby the sicke body is compelled to lift vp himselfe, his breath is alwaies hot, so that he doth alwaies call for cold ayre. This phlegme is sometimes somewhat browne, and otherwhiles pure red, and sometimes Greene and blacke and scummy. They doe feele a wringing and paine in the brest, that reacheth from the ribs to the backbone. There is also a strong Ague commonly therewith, the tongue is red, and will be in time slimy and blacke, so that when one toucheth it with the finger, it cleaueth thereto. They cannot lye neither on the backe nor side, but must sit alway vpight: the cheekes are alwaies so red, as if they were painted. If then these signes all or in part doe appeare, then is it most certaine that there is an impostume in the lights, the which otherwhiles causeth such a strangling, and *Apnea*, that the patient can get no more breath, and that it cannot be thought otherwise, but that the patient must stifie, and all this without any great stich or feeling of great heate, which neuerthelesse is very great ouer the whole body.

The remedies for this sicknesse are, that the head veine be opened, and afterwards the means be vsed which here before in the first Chapter in the 5. §. are prescribed.

The remedies for this sicknesse are, that the head veine be opened, and afterwards the means be vsed, that here before in the 5. §. is ordained for the *Pleurisie*, be it of what cause soeuer that they proceede: but good heed must be taken, for that this impostume sticketh deeplier in the body than the *Pleurisie*: so that whatsoeuer one layeth outwardly vpon the body, must bee stronger and alwaies tempered with such things, that may conuey the medicine to the lights, and make the phlegme to be losed the sooner: that which is to be laid on the outside, must not be laid on the side, but aboue ouer the brest; and if that the patient be not let blood, then is he to be let blood in the Liuer veine in the arme.

Of the anguish of the Lights which is called *Empyema*. §. 22.

This disease of the Lights is altogether like the foresaid *Peripneumonia*, and proceedeth commonly of these causes following, to wit, when one is thrust hard vpon the brest, or hath fallen, whereby afterwards there flow bad humors to it, that at length alter into matter. Also, this sicknesse can be caused of a continuall vse of some certaine vaporous meats and drinks, or through a Rheume that falleth out of the head vpon the lights, and cannot be coughed vp by any meanes, so that there it doth putrifie, and must needs turne to matter: or that inwardly within the brest some impostume happen to breake, whereby the matter runneth into the hollownesse of the brest, like as of the *Squinancy*, of the *Pleurisie*, and *Peripneumonia* commonlie chanceth.

In fine, *Empyema* is an anguish or impostume wherein much matter gathereth together, the which is burthened with all the foresaid matter with it.

When as then any such anguish commeth into the Lights, then is it very hard or vnpossible to be holpen, for that there be no other meanes for to cleanse the same then through the Cough, the which still exulcerateth more, and consumeth the Lights.

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The signes of the impostume in the Lights, are oppression of the breast, a painefull breath, to cough by corruption, with a dry and salt Cough, to speake snappishly, a disordered pulse, with a small Ague, which is rather perceined by night then by day, whereby there is but a littly sleep.

And to know in what place of the Breast that this impostume is, these are therefore the signes, namely, if it be in the right side, and the patient do lye upon the left side, then hath he much more paine and grieve.

Item, make a cloth wet in water wherein fine Bolus is dissolved, bind the same round about the breast, and upon the place, where the same cloth is first of all dry, there is the grieve: if it dry on both sides, then are both the sides therewith infected.

This sicknesse, be it as perillous and incurable as it will, notwithstanding are there no other remedies to helpe it, than they that are ordained for the paine in the Breast, for the Pleurisie, and chiefly for the Cough: So that there must be used for the same now and then sirupes and otherwhiles Plaisters, Confections, Pills, Tabulats, Gargarismes, and such like, now one, and then another.

Forasmuch then as we have notified in all the foresayd places, and in the ensuing *Phthisi* or Consumption, many remedies, therefore it is needlesse to reckon them here againe, but onely to remember, if the amendment come slowly, that then it should not be discontinued and left off, for that this disease accustometh commonly to tarry forty dayes and longer: and if so be that the sicknesse be not cured in forty dayes, then commeth thereof the consumption. And whereas it often happeneth, that neither inward nor outward remedies do helpe for this sicknesse, then doth the last refuge and necessity constrain, that other remedies be sought for: to wit, that lastly the Breast must be opened, be it with a hot iron, cosse, or incision, that thereby the filth and matter be let run out, whereby the breast is to be cleansed, the patient cured, and old age achieved, therefore we will not pretermitt to make knowne, what the auncient Physicians have taught thereof.

First all such Plaisters are to be laid therein, that do discusse matter and maturate it: as these following: Take Fenegræke, and Linsæde meale, of each three ounces, eight or ten fat Figs, five or seven Dates, two ounces of Pease meale, Cammomill one ounce and a halfe, powne them all together and seeth them in wine, and temper therewith two ounces of Turpentine, and Linsæde meale one ounce and a halfe, oyle of Cammomill one ounce, then make a plaister thereof, and lay it on the breast where the paine is.

And if you suppose that this swelling proceede out of a cold cause, then put thereto two ounces of Pigeon dung, Saltpeter one ounce, and oyle of Lillies as much as is needfull: Treacle or Bithridate (if there be no Ague) taken inwardly or layd thereon outwardly are very good. And that this impostume might the sooner breake out, the patient must prouoke himselfe as much as is possible, to lye on his side where it is, not to forbear coughing, but to prouoke himselfe much rather to cough by the same, as much as he can, thereby to breake the same the sooner.

But if the anguish will not of it selfe incline to any breaking, then must the place where the same is, be opened on the outside, with an hot iron, Cosse or incision: When as the matter is all run out, and the impostume mundified, then it is like other impostumes to be cured. And if so be that through riddance of much filth, be it through coughing it by, or any other issue, that nature doth begin to be weake, & requireth strengthening; then is the patient to be well provided for, with good light bread, and swete white wine, and broths of Hens, and vse all soules that haunt the high countries. Goates milke is very good for him to vse: also reere egges, sodden Barley, Coleworts broth, dressed with Hyssope, Parsley, and with oyle of swete Almonds. Lastly, all his meates are to be tempered with Hyssope and Saffron, by reason that they haue both a speciall congruitie or affinitie with the Lights and the Breast.

Also there may be used a confection of the flesh of Capons, described of late in the 19. s. for a strengthening.

With these foresaid things we will ad some other things, that are not onely commodious for the impostume of the Lights, but also for the *Asthma*, and all other diseases of the Lights: but chiefly some Potions, as wine of Marietom and *Asarabacca*, like as both of them in the end of this booke are described. Item, take Fenegræke, Linsæde, Hollihocke rootes, Mallowes, and wilde Saffron, of each one handfull, dried Hyssope, and Venus haire, of each one handfull, eight or ten fat Figs, Currans two ounces, Sugar pennets, Licorice, of each one ounce, Fennell seeds

one dragme, *Turbith* halfe an ounce, Ginger one scruple, *Salgemma* halfe a dragme; seeth these all together in thre quartes of water, vnto two quartes, and euery day giue the patient thereof sixe ounces.

He may also vse this Cocke water following, the which is thus to be prepared: when as the greatest extremity is past, and when the patient beginneth to recouer, then giue him a good Cruce full of this broth following, for certaine dayes continually. Take a Cock of thre or foure yeares old, couer him so long vntill he lye still; afterwards kill him, and stufte him with Currans, Figs, Licorice, wilde Saffron, Venus haire, white Mints, Pennirovall, Fenegreake; if you cannot get all of them, take the most part of them, of each a like much: let them leeth in a great kettile that you neede to poure no more water vpon it, drinke of this as is sayd. But the third day, take sixe ounces of this Potion, and seeth therein two cut Figs, vnto thre ounces: then put thereto a dragme of Treacle or Bithridate, *Philonium Romanum* halfe a scruple, walsh Turpentine one dragme and a halfe, and then take it all at one time.

This order must he obserue certaine daies together, albeit that it should last one whole yeare, which would be the better. Likewise there is good for this sicknesse, Turpentine taken with Hony, and prepared Fore Lights, for it openeth the Breaſt, cleanseth the same, and healeth the Lights.

Another Cocke water. Dresse the Cocke as he ought to be, and stufte him with Hyssope, Licorice, and Venus haire, of each halfe a handfull, Currans halfe an ounce: let them seeth well together, and lastly put a dragme of *Thymus* vnto it, vse this broth, as is aforesayd. Item melt a drop of *Ammoniacum* in a spoonefull of the water of life, and drinke it fasting.

Of the consumption *Phthisis*, a disease of the Lights. §.23.



This *Phthisis*, (the which by reason of her nature, is called the Consumption, and of the Latinists *Tabes*) is an vlcere of the Lights, of the Breaſt, of the throate, or of the mouth of the stomack, wherewith is alwaies a Cough or a small ague, whereby the whole body consumeth away, and waxeth impotent. And *Phthisis* is an exsiccation and weakning of the body, whereby the whole body will be conuined, euen as the Greeke name sheweth.

Item, *Phthisis* is a sicknesse of the Lights, that dryeth away and consumeth the flesh, marow, and all other powers of the body. In fine, *Phthisis* is all that harmeth the Lights, or deuaureth them. This disease is also of such nature and quality, that it seldome infecteth the very young, the very old and aged persons, but most of all, as *Hippocrates* testifieth, those that are betwene eightene and 35. yeares of age: and this is the cause that the eager and sharpe matter in this age, be it through naturall or accidentall causes, doth as then reigne most of all in these kindes of bodies.

First, this Consumption can procede of many causes, as of a sore Cough, whereby any veine doth breake in the Lights, or of any eager brackish rheume that falleth vpon the Lights, and there through his eagernes doth arrode some veine of the Lights, as a drop of water through continuall falling pierceth a hole into a hard stone.

Secondly, this can also be caused through an impostume of the throate; the which breaking falleth into the breaſt, and there annoyeth the same.

Thirdly, of an impostume in the breaſt which after the Plentisie, inflammation of the Lights, or spetting of bloud, is not wel cleansed and taken away. Like as of *Empyema* (which is the infection of the Lights) hath bene sayd.

Fourthly, such can also be caused through some obstruction of any accustomed course of womens flowers, or course of the Hemorrhoides, which being closed vp, by their vapors do endamage the Lights.

Fiftly, it commeth through extreame outward heate, or cold raw windes, and especially in the falling of the leafe. Also of straines, wounds, pestilent ayre, through long vse of many hote spices, Onions, Garlicke, and other things mee, which do ingender much and subtil bloud, whereby a veine quickly commeth to breake, whereby afterwards the bloud putrieth there, and turneth to an impostume.

These

These sicknesses can also be well prouoked through long conuersing in quicksiluer, the vapour whereof harmeth and putrifieth the Lights.

These also are the commonest signes of this sickness, to wit, when the sicke mans nose waxeth small and sharpe, when the temples of the head fall downe, their arme pits do stretch out like wings, whereto commeth afterwards a small hot Ague, Cough after meate, oppression of the breast, grievous breathing, mattery spittle, the which is alwayes a little died with blood, which if it be cast ouer hot coales, yeldeth a stench; or if one cast it in a kettle of water, doth sink to the bottome. The cheekes of the patient are alwayes ruddy, the nailes on the hands and feete will be crooked, he is sometimes hot, and otherwhiles cold. In fine, they that are oppressed with this wretched sickness, are alwayes very raging and vnpatient, so that no body can do enough for them, &c. When as then besides all these signes, the blood beginneth to consume, to dry away, and the haire to fall off, then is he very far spent.

Now for to come to the meanes whereby all such sicknesses are to be holpen, then is there first an old saying, that the old and ripe Consumption is not to be cured: The cause is, that all such vlcers of the breast do corode too deepe. Secondly, because the Lights must be in continuall motion, where notwithstanding all cures haue neede of quietnesse. Thirdly, through continuall motion doth race and eate in the deeper. Fourthly, for that this disease lyeth so deepe in the body, that Phisicke can hardly or slowly come to it. Fifthly, if hot remedies be to be vsed for it, then increaseth the Ague: if cold remedies, then haue they but small force to pierce to the place infected: Or if there be drying medicines vsed thereto, then do the same oppresse and putrifie there.

These sicknesses may be settled a long time in children and old folkes, in corpulent and fat folkes, and specially in women: but if the sickness do draw to an end, & that besides all the sayd signes the stomacke faileth, and the laske appocheeth with it, then is there small hope more at hand, notwithstanding, although this sickness (as it is sayd) is very dangerous, and long continuing, yet are the due remedies that serue for the same not to be despised nor abieted. And before al, as much as concerneth this disease, the eyes are to be fixed on seuen kind of things. First, to see that the Rheume be stayed, for the which you may here before finde diuers remedies in the Squinancy in the twelfth Chapter and 2. S. Also in the fifth Chapter 2. S. Secondly, haere must be taken to the vlceration of the lights, for which in this present description of the lights very many remedies are prescribed, more shall be hereafter specified.

Thirdly, to driue away the Ague, and for that to this sickness many kinds of Agues are incident, as may appeare in the first part of this booke. Fourthly, care must be take to diminish this Cough; neuerthelesse to beware not to hinder altogether the coughing vp of the phlegme, for the which looke here before the 4. and 5. s. and also afterwards. Fifthly, the patient must obserue a good rule of living, whereof hereafter followeth a good instruction.

Sixtly, meanes must be made to take away the spetting of blood, whereof is at large discoursed in the 17. S. Seuenthly and lastly, care is to be had to lengthen the sicke bodies short breath; for this, looke into the 12. s. of *Asthma*: what is further needfull for this sickness shall follow hereafter.

First there are here exprested foure principall things, as well fitting the patient for sode, as for remedie, to wit, Hony, conserue of Roses, Crabs that are taken in fresh waters, figs, and certaine other fruits.

As much as concerneth the Hony of Roses, it is alway more forcible than the common Hony, because that it expelleth phlegme and matter, pierceth and cleanseth, therefore is Hony accounted a safe conductor of all other medicines which are commodious for this sickness. But if so be that there be with it a vehement heate, and putrifying Ague; then in the stead of the same Hony is Hony water to be vsed: for which cause some say that the Hony is not to be vsed in this sickness alone without scumming, for if the same be not scummed, and do not seeth, it is hurtfull, and causeth the Laske.

The second is the conserue of Roses, through which onely some preserue themselves, and prolong their life: and if through vse of this the body chaunceth to be stopt, then is sirupe of Hyssope to be vsed, and if the same be too hote, then are *Trociscus de Camphora* and cold Tabulats of Dragagant to be vsed.

Thirdly are the Crabs, which must be thus prepared: Take fresh water Creuets as many

as you will, seeth them so long in well water untill they may be pluckt in peeces, then cut off the fete and skins, take off all the shels, and wash them well in Ley that is made of Vine ashes, afterwards seeth them very mellow in Barley water: the patient must eat the Crabbes, and drinke the water.

Fourthly, there are good for this disease in stead of Whisick, Raisins, Figs, Pingles, Pistacia, Currans, Sebestes, and Iuiubes.

But for this we will discover moe other remedies, amongst which is chiefly commended Asses milke, and if the same cannot be gotten, Goats milke is to be taken in the stead thereof: also bread sopped therein is to be eaten, and if that may be, he is to vse no other drinke sugred: but if that cannot be, then is he to vse therewith some sugred Beere, yet is it no counsell to vse the Milke, if therewith be any putrid Ague. Here is also to be noted, that womans milke surpasseth all other milke: but be it what milke that it may be, yet must the same be drunken new milked, for all milke very quickly taketh an alteration and corruption. But if all manner of milke be lothsome to the party, then prepare him this potion: Take Treos one quarter of an ounce, of Hyssop and greene Venus haire (if it may be gotten) of each one handfull, peeled Barly three ounces, Melon seede, Cucumber seede, Gourd seede, Pompeon seede, seedes of *Verbascum*, Fenegreke, Iuiubes, and Sebestes, of each halfe an ounce, Licorice and Raisins, of each one ounce, white Sugar nine ounces, Hony three ounces, seeth it all together except the Sugar and the Hony in a sufficient quantity of raine water, according as you will haue it strong, let it seeth to the second part: when it is strained, then put the Sugar and Hony vnto it, let it seeth a while and clarifie it.

And if so be that after the vse of milke, there follow a small Ague, then shall he in stead of Milke, vse Barley water, or a thin Barley pap, for that cleanseth the breast, and cooleth the same, and expelleth phlegme, but as sone as the Ague goeth away, then may you returne to the vse of the Milke.

The rule of liuing.

First, they that haue the consumption are to chuse all such dwelling places, where it is alwayes cold & moyst, and chiefly where he is troubled with an Ague, situated to the North-east and on the water. But if he cannot get the same, then must his chamber be often sprinkled with faire water; and if he be of ability, then is the chamber to be sprinkled in the place of common water, with stilled water of Violets, water Lillies, Cucumbers, Gourds, Pompeons mingled, or each by themselves: or strew the chamber with Violet leaues, water Lillies, Vine leaues, and with other cold herbes. The chamber may also be fumed with these fumigations following, which are made of water Lilly flowers, Lettice seedes, and Purslaine seedes beaten together. He must not couer his head too warme.

Secondly, almost all exercise and trauell is hurtfull, principally when as yet his head is full of humors; therefore shall he refraine all labour, and be still and take his rest.

Thirdly, he must beware that he doe not ouer eate himselfe, and it is moze commodious to eate oftentimes, and a little at once, than for to eate once or twice a day very much: and so it is also with his drinke. He must also beware and refraine to eate with hunger, and that which he eateth must he chew very well, whereon many do thinke but little, that do either hate or smally esteeme their owne liues. In like sort must he eate to expell all the superfluitie of the stomacke or bowels. If there be any such thing in the stomacke, then must it be taken away by stoles, for vomiting is very hurtfull for this disease, but Manna or Cassia are to be vsed heerein. But if the going to the stoule be hardned in the Bowels, then must this Clister bee ministered: Take Mallowes, Beetes, Violet leaues, and small Woodbinde, of each a handfull: seeth them together in sufficient water, take thereof twelue or fiftene ounces, Dyle of Violets, and of white *Sesamum*, of each one ounce and a halfe, fresh Butter three quarters of an ounce, *Sal gemme* foure scruples, or one quarter of an ounce of common Salt, minister it onely in the morning.

Fourthly, his sleep must be seuen or eight houres long, and not at all but at the least one houre after supper: he must shunne sleepe a day times, and is to sleepe halfe sitting, and not to lie vpon his backe nor on his face.

Fiftly,

Fiftly, he must beware of anger, of calling aloud, and of all that will impact the phlegme in the bzeast, as of sorrow, feare, fright, and aboue all things of Venery, for there is nothing that more abateth the nourishment of the body then the same, but he must by all meanes possible indeauour himselfe to be merry and of good cheare.

As much as concerneth the sixth, to wit, meate and drinke, for that you haue this common rule, as, that his bread be of good white Wheate, and baked well, rising: also if the same be drest with the water of Folesfoote, it were very commodious. Of fleshes are good for him, fat Pullets, Hens, Capons, and all field fowles, as Pheasants, Partridges, &c. Also young kids, Calues, Hares, roasted Pigs, Fore lights, and the sewet of all these beasts. All water Fowles, wilde Pigeons, and Geese are forbidden him. But this meate is specially commended, take Almond milke when he hath a strong Ague, and where there is no Ague take Goats milke, and sceth crums of white bread to a thin pap, and let him eate thereof, and such like pappes made with Wheate meale, Barley meale, or Millet meale, sweetened with Sugar or Sugar pennets: amongst which one may temper some white Poppy seedes.

All fish are permitted for this sicknesse, and chiefly all riuer fish: Crabs haue also a speciall propertie, vertue, and secret operation against this maladie. And if one cannot get Crabs, then take in the stead of them garden Snailles, and let them with their houses boile with Hyssop and Fennell, then take them out, and bestrew them with Sugar, or frye them with Butter, as it liketh the patient best, for they cause the flegme to arise, and moisten the body: all hearbes that moisten and coole are good for this disease; yea it behoueth that all the patients meate be drest with the same, as namely with Beetes, Lettice, Spinage, Burrage, Purslaine, Melons, and Shepheards purse, which haue a speciall operation for this sicknesse in cooling and moistening. But Colewoorts, and Turneps must he forbear: Rice sod in water, wherein 24. houres be soze wheaten Bran hath bene steeped, may he well seede vpon, for through the Branne doth the water get a cooling and moistning operation. So is there also good for this sicknesse, red and white Bease, notwithstanding that they be warme and drie in the first degre, which warmth and drouth is taken away by dresting. For amongst all kind of pottage, there is nothing more requisite than this for the Lights. But the ancient Phisitions do much commend Stued Barly, *Pisnam*, of all other pottages, for it is light of digestion, slippery, and looseth the phlegme very well; it altereth also the bad, drie, and aguish complexion. And albeit that Barley is hote and drie in the first degre, yet all such drouth is taken away through the moisture wherewith it is boyled, whether it be sodden and drest in water, Almond milke, or some fresh broth: for it is familiar to the stomacke, cleanseth the same, quenched thirst, putrieth not in the stomacke: for these vertues is Barly commended of all ancient and later Phisitions that are expert in phisicke. So do they also commend Datmeale, which hath almost the same vertue, and is like to the Barly, but is not so common in vse, yet are the right Datmeale paps very good, so are paps also of Beane meale, of Lentils, of rough bearded Wheat, of Starch drest with Almond milke, or the broth of Hens, as occasion shall serue.

Aboue the foresaid fruits the Hasell nuts are tollerated and allowed of, yet but a few, lest they spoile the stomacke: vn salted Cheese is very good for him, but old Cheese is highly forbidden, and albeit (euen as is sayd) milke is for meate tollerated, yet is not Butter, nor hogs grease, neither Sallad oyle commendable for this disease: neither yet any meates which are drest with much fat. Oyle of swete Almonds, and oyle of Walnuts are accompted for the best, because that the other stuffe the head: all salted fish and flesh are hurtfull, like as be vineger, veriuice, and such like, and especially if there be salt in it: but if any of these be vsed, then delay the sharpnesse with Sugar; but sweet Pomegranats and Citrons well Sugred may be vse well enough. Hony is not good in his meate, although the same vsed after another manner be good and profitable, euen as is here before exprest.

He must beware of all spice, vnlesse they be drest with some other cooling herbes, as with Violet leaues, Purslaine, Spinage, Lettice, Endiue, and such like. But Saffron is much commended for this disease, for it strengtheneth the heart, the bzeast, and cleanseth the lungs. White Wine is good for his drinke, if it be cleare and somewhat swete: but the sowze and hard wine harineth him: if so be that the Wine do not fume into the head, then let him drinke it by it selfe, but if it be heady, then temper it with sodden water, or the water wherein Licorice, Buglosse, Elecampane, Folesfoote leaues, and such like are decocted, this must be his drinke at meales, but

if he drinke betwene meales, then is he to drinke sugred Barly water. Here haue you now the second time a discription of the fire vnnaturall things, the which the Philosophers do call *Res non naturales*, like as the same are befoze set downe in the description of *Asthma*.

Here do follow many remedies for this disease.

Looch de Cancris.

Another
Looch.

Bistorta.

TAke the tayles of fresh water Crabs fire ounces, prepare and dresse them as is befoze instructed, the seedes of Endiue, of Sorrell, of small Endiue, and of Lettice one dragme and a halfe, Pingles that haue bene steeped one night in folesote water two ounces, stamp & chop them all together, and seeth them with foure ounces of Sugar & Hony to a Confection. There is also another Confection made of Crabs, called *Looch de Cancris*, as folloiweth: Take the tayles of good fat fresh water Crabs foure ounces, Raisins the stones taken out two ounces: 30. Aniuibes Licorice two ounces, Venus haire, Tassell leaues, Hounds fount, and Dill, of each one quarter of an ounce, seeth this all together in sufficient water to the halfe part, then wring it out, and put thereto sirupe of Poppy heads, and white Sugar, of each foure ounces, and when it is well clarified, and decocted to the thicnesse of Hony, then put vnto it sirupe of Licorice, Almonds chopt small, and Gourd seede, of each halfe an ounce, seeds of Mallowes and Quinces, of each one quarter of an ounce, Purslaine and white Poppy seede, Dragagant, Gumme and Starch, of each one drag. poluue all these small together, *Species Diamoschi*, and *Diambria*, of each one dragm, temper them all well together. Item, this *Looch* ensuing may also be prepared for this, the which is very good for the consumption, the drouth and heate of the thyoate: Take Licorice sliced, Raisins without stones, of each one ounce, Aniuibes, and Sebeles ten or twelue, seeth them all together in two quarts of water, that there remaine not aboue the eighth part, then straine it throught a cloth, and put thereto fine ounces of sodden wine, Sugar pennets two ounces, and so let it seeth thicke together, whereof the patient is to take twice or thrice a day, and likewise in the night, treatably, a small sponesfull at once, for this are also good *Looch de Pino*, *De Farfaria*, and *Looch de Papanere*.

To these foresaid confections is this following highly commended: Take the iuice of Pimpernell, of *Bistorta*, or powders of the same, of each halfe an ounce, conserue of Roses, one ounce and a halfe, temper them well together, and let them seeth ouer a small fire; or if it be hote weather, set it in the Sunne vntill it be thicke. About the *Bistorta* is a great debate amongst the learned, euery one may therefore looke vnto it that will.

Item, the confection of Fore Lungs described befoze in the twelfth S. is speciall good for all such as haue the consumption, taking daily the quantity of a Nutmeg. The operations that Treacle and Dithizate haue in this disease, are declared in many other places of the booke. The warme and cold Dragagant tabulats are also speciall good for the consumption, and that according to the importance of the same.

Item, take eight ounces of Vens flesh which is sodden in Barley water, and as much Almonds, beate them all small together, and temper therewith one ounce and a halfe of Starch, and the whites of five eggs well beaten, with foure ounces of beaten Sugar, temper them all together with Rose water, and let them seeth well without the Almonds and the Vennes flesh: when it beginneth to be thicke, then stire the Almonds and the Vennes flesh amongst it, and make morsels or small cakes thereof, and let them drie in an ouen. The confectioned Almonds are speciall good for all such as consume away, for they giue good nourishment; in like sort the confectioned Pingles, if they be steeped first 24. houres in Rose water.

This following is a costly powder: Take white Poppy seede one ounce and a quarter, Starch and Dragagant of each three dragmes, peeled Melon seede, Pompeon seede, Cucumber seede, and peeled Gourd seedes, of each seauen dragmes, seedes of Purslaine and Mallowes, of each five dragmes, burnt Iuorie, and the iuice of Licorice, of each three dragmes, Sugar pennets, as much as of all the rest, make a powder thereof, and giue euery morning thereof one quarter of an ounce, with the sirupe of Poppy heads, or sirupe of Aniuibes: this is good against all bleedings of the Lights, and against all Coughes, for that it is of wonderfull operation, yea also in them that do cough vp peeces of their Lights. If you will haue a powder of it for to strew vpon your meate, then put as much more Sugar vnto it.

Item, take Lungwort, and prepared fore lights of each halfe an ounce, and two ounces of Sugar,

Sugar, and make thereof a powder. And you may make these pills following for to lay vnder the tongue, which are very good against the Cough, and against the Ague: Take peeled Melon seeds, Gourd seeds, Cucumber seeds, and peeled Pompeon seed, of each five dragmes, white Poppy seeds, Purslaine seeds, of each seven dragmes, Sugar pennets as much as all the rest weigh, muscilage of Quinces as much as needeth for to make pills therewith.

Item, conserues of Betonie, and conserues of Gilloflowers (being both of one operation) are passing good against the Consumption: The conserue of water Lillies cooleth maruellous well, and the wine thereof. In like manner Rosemarie wine, and of Clarie, are also good for this, euen as in the last part of this booke their operations are discovered.

Here followeth also a precious Capon water which much strengtheneth the heart, and restoreth all weaknesse: Take an old Capon, chop him small, and put vnto him Buglosse water, the water of Burrage and Dandelion, of Endiue, and *Cardus Benedictus*, of each eight or ten ounces, grosse beaten Cinnamome, and Pionie seed, of each halfe an ounce, Saffron and Nutmegs, of each one scrup. Roses, Mints, Sage, and flowers of Burrage cut small, of each one handfull, Buglosse the roote and hearbe one ounce, Harts tongue, Violets and Rosemary flowers, of each halfe a handfull, Disselden of the Dike halfe an ounce, let all this digest in a Stillier, and afterwards distill it like other water, this is speciall good for children.

These cold remedies following are very meete for a consuming body, which is hote and dry, to wit, conserues of Roses, sirupe of Poppie heads, Roses and Violets, Purslaine, cold Draggant, tabulates, and the confection of *Diarrhodon* which is very temperate. Of warming remedies if the patient be not too hote, like as in *Asthma*, these following are good, *Diacuminum*, *Diaireos Solomonis*, *Dia Hyssopo*, *Dia Calamintha*, *Diaprasium*. In like manner, the sirupe of all these aforesaid, also the sirupe of Licorice, Iuiubes, and Venus haire, but chiefly the last of them, which is not too hote. This patient ought alwaies as well before as after meat to sit in a warme bath of water, and to sit therein so long untill the veines begin to swell and grow big.

Plaisters and Unguents haue also good operation in this disease, to wit, such as hereafter insue: Take prepared Crabs tayles (as is taught before) twelue ounces, seeds of Endiue and of small Endiue, of Sorrell, of Lettice, of each one dragme and a halfe, Pace one quarter of an ounce, peeled Melon seeds, Gourd seeds, Cucumber seed, and peeled Pompeon seed, of each three dragmes: Bingles two ounces, beaten Sugar foure ounces, and Hony of Violets as much as needeth for to make a plaister, and so lay it warme vpon the breast.

A good Oyntment.

TAke the fat of a white Cat, Harts suet, Barrowes grease, the marrow of Harts bones, Dogs grease, and Badgers grease, of each one ounce, Hony two ounces; melt all these together on a milde fire: afterwards put thereto Beuercod and *Euphorbium*, of each halfe an ounce, long Pepper foure scruples; beate that small which is to be beaten small, and make thereof with sufficient Ware and oyle of Cammionill an oyntment. Some haue not without cause dried Betonie and field Cipers, stamping of each halfe an ounce, with three dragmes of Turpentine put vnto it: and as this vnguent is somewhat hot, so is this following temperat. Take one ounce and a halfe of the oyle of Violets, fresh butter three quarters of an ounce: melt them and powze them into a mortar, and put thereto one ounce and a halfe of womans milke that hath a daughter sucking on her, stir it together untill it be well tempered, and annoint the breast therewith, it is good against heate, it swageth and loseth flegme: therefore it is also good in *Asthma* and *Hectica*. Item, take the whole purtenance with hart, lights and liuer as it hangeth together of a blacke Calfe, chop it together very small, and distill it in a glasse helme in seething water; you may take thereof as much as you will, and temper amongst it as much Pettie water as of the former, and rub therewith the withered members.

If so be then the marrow in the bones do also wither away (as is admonished at the first) then take a fole of a yeare old, let it be killed, fleyed and all the bones cut in peces: take the marrow out: then take washt Turpentine, Hounds grease, and Harts suet, of each halfe an ounce; cut and melt the marrow, but the skin that sticketh to the bottome preserue that alone: for being powdered it is good for all sores; the moulten marrow keepe still in the pan, and temper

one with another as long as an egge may be sod, and let it coole : you may take thereof the big- nesse of a Walnut, and annoint your selfe twice a day therewith, on the hands and side, and else- where if it be needfull.

It is also to be noted, that there is another sort of Consumption called *Febris Hectica*, which proceedeth also of this contagion of the Lights, but we will speak further thereof in the first part, where we do treat of all other sorts of Agues, as also of other witherings of the members, of lameness, and the Pore, in the fourth Chapter of this booke.

Of the stinking breath in *Phthisis*, or the Consumption. §. 24.

Of all the former diseases and putrifactions of the Lights, it is easily to bee understood, from whence the breath hath his beginning and whence it stinketh, and that it cannot be amended, if the disease whereby it is corrupted be not taken away and cured ; where- of is spoken more at large in the first part, the 13. Chapter, and §. 3. therefore we will speak more briefly of it : for which Master Tristrams water is very good. Likewise the ioyce of Wormwood tempered with Vineger, and the mouth washt therewith. Confected Calmus, Elecampane and Citron pills, are also very good with their sirupes. In the first part the twelfth Chapter, and 1. §. is a powder set down which beginneth thus, Take Sene, &c. Annis and Fennel seeds confected, and such like, do also take away the stinking breath: the which also do sweet and bitter Almonds, be they confected or no.

But heed must be taken for the Consumption, that no laske or fluxe happen with it: and if such do happen, then is this powder following to be used. Take Gum of Araby, burnt Quoy, fine Bolus, and Hyztle seed, of each a like much, make therof a powder, and minister thereof every day as long as is very needfull, three dragmes at a time, with sirupe of Poppie heads and Hyzles.

For to conclude this Chapter of the Lights, we will adde hereunto certaine needfull and ne- cessarie things : to wit, the medicines which by nature voluntarily ease the Lights, as Ireos, Hyssope, Licorice, Raisins, Venus haire, Squils, Saunders, Pingles, Fore lights, Horehound, Honey, Sugar, Dragagant, Fenegreke, Barley, Saffron, Ameos, Colewoort broth, the broth of an old stued Cocke, Cherries, *Lignum Aloes*, Hasell nuts, *Opopanacum*, *Serapinum*, *Myrrha*, Ka- dishes, Daffodill roots, Lilly roots, Frankinsence.

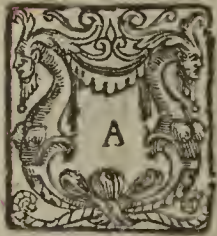
These things following doe cleanse the Lights and the Breast ; as *Agaricus*, Hyssope, Wood- binde, *Sarcocolla*, Cassia, Ireos, Coloquint, the confection of *Diasena*, and the pills *Cochie*.

These things following doe strengthen and warme the breast and the Lights, as Hyssope, Horehound, Ireos, Elecampane roots, Cammomill, Hollihocke roots, Currans, Squils, Bal- sam wood, *Myrrha*, *Serapinum*, Lilly roots, Venus haire, Licorice, Indle Spica : and amongst the compounded things are *Diacalamintum*, *Diaprasium*, *Diabyssopum*, Ireos tabulates, the confe- ction of Pingles and *Looch de Pino*. For the cooling of the breast these things, Quibbes, Sebestes, Dragagant, Gum of Araby, Starch, and white Poppy seed, sweete Almonds, Violets, Sugar candy, Mulberries, Saunders, Sugar, &c. Of the compounded things, the confection *Diapapa- nere*, cold Dragagant, Sallads, Sugar pennets, and other things more : that with many more are described before.

We must note further, that although the disease of Childzen, which is called the infection of the heart be a malady of the Lights, and a kind of Consumption, yet for some causes it is descri- bed in this Chapter following.

The sixth Chapter.

Of the Heart, the most precious part of mans body.



All they that are expert in naturall things, or in Philosophie, doe write, that the Heart is the first member that is found in al liuing bodies; and in like maner the last that dieth of all other parts of a liuing body : the which is very well to be be- lieued, for that it is a perfect fountaine and offspring of life, and of all natural heat; and is also it selfe hotter than any other member : therefore in all beasts it is set in the midst of their bodies, that it might warme the blood, spread the same abroad

abroade ouer all the whole body, and thereby preserve life right in the middle of the breast, (which is contained in this second Part of this booke.) The Hart hath his place in mens bodies, but with his picked end tendeth towards the left side, and left nipple: therefore do the common people suppose that the hart lyeth in the left side.

Out of this springeth first the vitall spirits, *Spiritus vitales*, which with a continuall stirring and moving preserve it, and that with such force, that the same being out of the body, yet it forcibly stirreth and goeth vp and downe, euē as one may specially see by the harts of the Salmon and Sturgeon. Through which continuall stirring from this place, it doth communicate his motion through all the Arteries, and also the life it selfe vnto the whole body, the which is to be knowen by this, that when the same is infected with any impostume, or with any weapon neuer so little pierced, that forthwith the vitall spirits, yea life it selfe must depart out of the body; like as is daylie seene by the like experience of the harts of all beasts which are killed: where as the hart being found sound, so soone as the same is neuer so little touched or stirred, that then all warmth and helpe is taken from all other members, whereupon immediatly death ensueth; and is none otherwise but as if ones hart be not before harmed.

Item, this hart is also the dwelling place of all inclinations of the mind, as mirth, beration, sorrow, feare, care, hope, loue, hate, anger, malice, mercie, sufferance, or forbearance, and such like.

Fourthly, appeare in the Hart such diuersities of affections, with such a force and vertue, that if the one do raigne aboue the other, the same draweth such an humoꝝ vnto it, as is most acceptable for it: As anger draweth vnto it *Cholera*, mirth discusseth the blood ouer the whole body, and through feare and fright halteneth it towards the hart: in great sorrow and beration it draweth the melancholike blood vnto it, &c. How were it then possible to expresse all the causes of these and of other more wonderfull passions of the hart: yet haue many renowned and learned men written very amply thereof, whose booke may be read and perused.

Also it is certaine, that all bodies, which haue great harts, are fearefull, and faintharten, for that they haue not so much heate as is needfull for them. Contrariwise, all small harts, which draw the heate the better together are stout and valiant: This may well be vnderstood of great and spongy harts, which are not so wise, nor filled with so many vitall spirits: like as are other great and compacted harts, that be hot, and filled with vitall spirits, then can they not otherwise but shew themselues manly and courageous, like as the common pꝛouerbe sayth, He hath a great hart.

The hart hath some fatnesse on the toppe, yet in leane bodies very little, but in fat bodies somewhat more, the which is ordained by nature therewith to moisten the Hart, that through his continuall stirring it should not be so soze dried. Likewise it hath otherwhiles a thicke fleshy skin which lyeth round about the hart, and sometimes wareth almost as hard as a bone, the which the Grecians call *Pericardion*, and we, the closet of the hart, and hath such moisture in it, like as it were vyne, yea otherwhiles like as it were with a sweete dew. And when as this moisture commeth to drie vp, like as it happeneth in them that consume or liue in great sorrow, then must death follow after it. Like as to the contrarie doth come to passe, when there is too much of this foresayd moisture, that thereby is caused the panting of the Hart, and distemperature of the vitall spirits. It were here too long to rehearse all the signes of a hot, cold, drie and moist Hart, or of a cold and drie, hot and moist, cold and moist, or hot and drie: all the which are intemperatures or *Intemperies*: of which is spoken in the first part and 1. S. We will also touching this, recommend the Reader to *Galen*, who hath at large discoursed of these *Intemperies*.

But I must adioynethereto three things which concerne the hart, whereof the hart of them that dyed of *Cardiaca* or swooning, or their harts that dyed through poyson, cannot be burnt.

Secondly, the foolish fantasie of the Egyptians, that were of opinion, that mens harts do euery yeare augment one quarter of an ounce, and that during fiftie yeares, and that afterwards from yeare to yeare it did abate as much againe, which was the cause that men could not liue aboue one hundred yeares.

Thirdly, that the heathen of their offred beasts (and also *Julianus* the Emperour that fell from Christ) do maruellously seduce people and perswade, that all things to come may thereby be knowne, whereof we will speake no more at this present. We will now proceede with our

intent, and treat of all the diseases and accidents of the hart, and do teach thereby how the same are to be holpen and cured. And albeit touching this there be many maladies and accidents described by the learned, yet we wil neuertheles briefly rehearse onely of the faintnes of the heart, of whatsoeuer cause that it may procede, as swooning, quaking and panting, be it thzough heate or cold; amongst which may be contayned all accidents and maladies which are incident vnto the heart, and lastly adde thereto of the maladie which is commonly called, the griping of the heart.

Of the fainting of the heart in generall. S. 1.

Euen as the Hart is the most principall and pretious part of the boodie, so doth the same declare that there is the more care and prouidence to be had, for to auoid and take away his maladies, for to cure all that which hurteth it, and to preferre all that helpeth; and to obtaine the same, thus do the learned write these common rules hereafter following.

First, that with expedition some good meanes and counsell be vsed and had against all that might happen vnto the hart, for to expell the matter which is cause thereof, for that there is no part of the body which may tollerate lesse delay of helpe.

Secondly, for other members which haue any disease, there one thing is commaunded, another forbidden, so that thereby no hurt might happen, which neuertheles is not so duly obserued, as whensoeuer is giuen to one that hath the Ague, Wine, or Flesh, which notwithstanding is clerely forbidden: but this must be more strictly obserued in the infirmities of the heart, by reason that it is much more needfull for to strengthen the same as can be best, and to comfort it.

Thirdly, if any member be by nature hote, and yet there striketh more heate vnto it, then must a great cooling be vsed: but one may not do so to the hart, whereto lesse or smaller things be vsed, neither yet to delay it so long, before you seeke remedie to cure it, as shall be hereafter declared in the eight and ninth instruction.

Fourthly, the parts that are helpers of the motions and actions of the whole body, must not at any hand be touched with any strong purgation, so that thereby the same parts, and consequently the whole body be not overweakened, the which must so be obserued in the heart, by reason that the same doth procure all actions of the whole bodie.

Fifthly, for that the diseases of the hart are caused for the most part of bloud and winde, therefore is Phlebotomy much better for it then purging: but if the maladie procede of bloud, then must the Liuer veine be opened on the right side; if of winde, then is the Liuer veine on the left side to be opened.

Sixthly, if that purging medicines must needes be vsed, then is there alwayes to be put thereto that which may comfort the hart, as hereafter shall be taught, thereby to strengthen the same, and to preserue it, by reason that all purging medicines are not a little contrary to the hart.

Seuenthly, it must be narrowly looked vnto what part of mans bodie doth send these humors towards the heart & causeth this maladie, for to make readie the purgation accordingly, and to adde the cordiall things, vnto it, as hath bene sayd.

Eighthly, that if the Hart haue gotten a bad hot complexion, that the same must be coled, then is to be tempered amongst the cooling medicines some warming things: for if nothing but only cold things were vsed, then might perchance the naturall heate be quenched, and the patient be killed.

Ninthly the cause of this mixture of cold and warme things is; for that cold things are commonly of no force or power without the help of warme things, to penetrate to the Hart. As for example, the Saffron is therefore added to the *Trociscos de Camphora*.

For that all which shall here afterwards be written of the maladie of the Hart, is no other thing but a faintnes, whereof the one is greater and the other lesser than another, like as *Lipothymia* and *Syncope*, it is needfull to write of their differences.

Lipothymia is a swooning or defect of minde, which sometimes is but small and sometimes great, and is soone ended: contrarywise *Syncope* cometh suddenly vpon one, and that with such vehemencie, that he can neither see, nor heare, so that betwene death and him there is no other difference, than that as yet he hath some breath.

Notwith

Notwithstanding is the *Lipothymia* not so little to be regarded, but that speedily helpe must be had for it, for that it may quickly turne into *Syncope*.

But before all things, shall euery one know, that both these tremblings of the heart, haue so great acquaintance with the panting of the heart, that many Physitions haue comprehended them vnder one title, as the remedies described euery where doe testifie the same : but that they haue made many necessary differences betwene hote and cold swoonings, and first to write of the foresaid small swooning, or defect of mind, which taketh one vnawares, therefore are these things following to bee used which doe strengthen and warme the heart, as Balme, Butrage, Rosemary, Basil, Pennyroyall, Marierom, Wormewood, and specially marriish Mints. Of rootes, Cipers rootes, Zeduary, *Costus*, Ginger, Elecampane rootes, both the Beetes roots, and *Doronicum*. Of seeds, *Ameos*, Smallage seede, Annis seede : Of Spices, Cardamome, Nutmegs, *Lignum Aloe*, Saffron, Cucubes, Cloues.

Item, take *Muscus*, Ambra, Harts bones, Citron pils, Hattick, Myrthe, Blatta Byzantie, good and pleasant tasting Wine.

Item, take these warming confections following, as *Diamargariton Calidum*, *Diacinamomum*, *Diaplis*, *Letiscans*, *Dia Moschu*, *Diambra*, *Aromaticum Rosatum*, which is of a temperate nature, Treacle, Nithydate, confection Citron pils, confection Elecampane rootes, and other things more that do follow afterwards.

These things are of a temperate nature, as Iacint, Smaragdes, Saphires, Rubies, Pearles, Corall, Gold, Silver, Amber, *Mirobalanes Bellerici*, Buglosse, silke Wormes nests, burnt Iuorie, Barberries, Tormentill, Harts bones, and Saffron. To coole the heart take, Melon seede, Pompeon seede, Cucumber seede, Gourd seede, the seeds of Fleawort, Sorrell seede, prepared Coriander, Pomgranats, Lymons, Citrons, and their iuyce, Quinces, soure Apples, Peares, Raspes, new and drye Prunes, and all pleasant saouring fruites, water Lilly flowers, the iuice of the Vine, Vineger, Roses, Violets, shauen and burnt Iuorie, all kinde of Saunders, Amber, and sealed earth. Of compounds, is the confection of *Diarrhodon Abbatis*, *Triasantalon*, *Manus Christi* with Pearles, *Diamargariton frigidum*, *Trocisci de Camfora*, conserue of Roses, of Violets, Sirupe of Raspes, Lymons, Violets, Roses, water Lillies, Vineger, and *Oxyacchara*, and all that you shall finde written hereafter. Moreover, there are hereafter set downe diuers confections, that comfort the heart in heate and cold.

The order of life or dyet for this faintnesse of the Heart.

A Bad stomacke is otherwhiles no small cause for this swooning, for it procureth before the swooning come a heate ouer the whole body. As soone as this shall be perceiued, it is not amisse to vse for it confection Balsame wood, but in the stead thereof take Tabulates of *Xyloaloe*, which are very requisite for this. Secondly, he is to take euery morning one dragme of fine Treacle, which must be twelue yeares old, with Rose water, of the confection of *Muscu*, *Diamoschu dulcis*, he is to drinke of it oftentimes with Basil water one quarter of an ounce at a time, but that which concerneth the stomacke shall follow hereafter. Fourthly, this patient is to haue hanging about his necke a good Smaragde stone, or at the least selected Corall. Fifthly, take one dragme and a halfe of Rose buds which are not fully blownen, Vine leaues, red and white Behen, flowers and seeds of Basil, barke of Frankinsence, Marierom gentle, of each one dragme, Balme one dragme and a halfe, Camfer one scruple, Amber halfe a scruple, Muske two graines, each beaten by it selfe, and being bounden in a peece of silke, are to be smelt vnto oftentimes : but if the faintnesse be not holpen thereby, and that it be feared that he will be more fainter, then must those things bee used against the swooning that are described hereafter.

But for the first, you are to vse these cordiall waters and plaisters following : Take Balme water twelue ounces, Rose water, Violet water, the water of Willow leaues, and of wilde Vine leaues, of each five ounces, burnt Iuorie, Roses, red and white Saunders, Harts bones, seeds and leaues of Basil, of each two scruples, Muske two graines, Amber five graines, Muscadell two ounces, let all these sethe together about one quarter of an houre (except the Muske and Amber) make then a peece of red Scarlet cloth wet therein, one quarter of a yard square : wring it warme out, and lay it foure or five times in an houre vpon the heart. A sponge may

also be laid in this water, and smelt vnto oftentimes : for both of them do maruellously comfort the Heart.

If so be that the swooning doth not yet cease, then take two ounces of this foresaid powder, and temper amongst it as much Barly meale, one scruple of Saffron, and seethe it with good old wine vntill it be reasonable thicke, temper it well in a mortar with foure leaues of beaten gold, and one dragma of prepared Hearles, spread these vpon a peece of red Scarlet cloth, and then lay it on the left breast. This is approued to be marvellous good, and to haue sometimes holpen such a grieve within one quarter of an houre, and sustained the sicke person by his strength.

Of *Syncope* the great Swouning. §. 2.



The second and sorest swooning of the Heart is called *Syncope*, and is thus described : *Syncope* is a distraction of all feeling and stirring of the whole body, with extreame faintnesse. Amongst many other inward causes whereof, are these : receiuing of any pestilent or other stinking ayre, whether it be in time of the plague, or of the stench of any hollow caues, or of the byting of any venemous beasts, as of Scorpions, mad dogs, and venemous fumes of mettals, like as in the melting often happeneth : of great feare and frightening, of former diseases, as of the dead palse, the pleurisie, inflammation of the lights, suffocation of the mother, of wormes, of ouerwatchings, of many laskes, of much bléeding, of great hunger, of much smarting, of great paine, yea also of great ioy, and other strong motions of the mind. So that this great swooning hath great familiarity with the dead palse : albeit there be a difference, whereof we are to speak. If any get the palse, then remaineth his face by good semblance : but in this swooning it is like to a dead body. For in this swooning, all the blood runneth towards the Heart, so that the patient remaineth without any feeling, and in such an estate, that no man can tell whether he bee dead or living : so that there is a common prouerbe of it, That such dead men ought not to bee buried in threé daies.

Secondly, they are like one to the other, in that neither breath nor pulse is perceiued.

Thirdly, in the palse the patient feeleth befoze a heauinesse in the head, but not in the *Syncope* : neuerthelesse they accord in this, that the affected partie lyeth as though he were dead.

But in this swooning it is certaine, if it come after a long panting of the heart, and continueth long, then it is a Messenger of death, and chieflly if there be Elleboz blownen into the patients nose, and it doth not stir and moue him at all.

The signes of the swooning to come, of what cause soeuer it be prouoked, are sweating and panting of the Heart, a slow and feeble pulse, bleaknesse of the lips and face, chilnesse of the outward members, numnesse of the sense of feeling and mouing : where these signes appeare, there a strong swooning draweth nere, and there is need of good counsell.

First, and with speede, when the swooning approacheth or is extant, then is the patient to be spouted in the face with Rose water, or (if that be not ready to be had) with cold Well water, and it will be the better if there be a little Puske tempered amongst it : for thereby will the naturall heate be driuen inwardly, and the vitall spirits reuiued. Stop also his nose and his mouth a little while : for if the breath finde no vent, then turneth it backe, and thereby quickneth the naturall heate.

Secondly, his armes are to be bound hard, and then made loose, and bound hard againe. The palmes of the hands and plants of the fete are wel to be rubbed with raw clothes, salt, and vinegar, to the end that the matter may be drawen from the heart.

Thirdly, his stomacke and about the mouth of the stomacke is also to be well rubbed, whereby the naturall heate may be quickened. All fragrant hearbs, which are hot of nature, are to be holden befoze his nose, as all kinds of Spice, Puske and Amber, if so be that the cause of this matter be cold.

But for women that do fall into swooning through the suffocation of the Mother, it is another case, as shall be shewed elsewhere, for that all odoriferous things are hurtfull to be holden befoze their noses. A graine of Puske dissolued in Wine and then giuen, is passing good. And if the patient haue vehemently closed his mouth, then is the same to be broken open with a wooden stick, and his tongue, teeth, and roose of the mouth to be annointed with Treacle or Mithridate.

date. But if the cause be through heate, then must the patient haue cold things giuen him to smell vnto, as Camfer, Saunders, Roses, and such like here before exprest. And of what cause soeuer this swooning doth come, yet is it alway good that there be made a great noyse about the patient, and that he be called vpon by his name, and blow Campher in his nose, or Saunders in stead thereof: these are now the commonest meanes, if the swooning be procured thorough heate or cold, that are to be vsed at a sodaine.

Secondly, all the windowes are to be set open, that then the patient may be refreshed with the fresh ayre, and they are to speake very friendly vnto him. Also you are to annoint his pulse, nose, and temples, with the foresaid things, and giue him all comfortable things, as is before said, that nature may thereby be strengthened and quickned.

An order of life for Swooning.

First, all men that are subiect to this swooning, must beware of all cloudy, moyst, and cold ayre, and shun such like dwellings, must suffer no sweate vpon the head, must cast off all sweatie shirts, and put on cleane: hee must forbear all moyst and cold meates, as Spinage, Beetes, Lettice, Purslaine, Endiue, Cherries, Hasell Nuts, Abzicocks, Cucumbers, and such like, but now figges are good for him. Further, he must be kept from all grosse binding meates, from all that is made of dough, from all fish, as Eeles, Tenches, and all great corpulent fish. But Crabs and small fishes which are taken in fresh waters he may eate, being a little broyled. He must also eschue all old and fat flesh, Cheese and such like. He must vse for his drinke all cleere white Wine that is not sweete, or a good old mild sort of Beere: he must wholly forbear drinke of water: hee must not ouercharge his stomacke with eating and drinke, but chew his meate well, and leaue off eating with appetite. He must not sleepe after meate, or at least not too long. He must walke well two houres before meate, yea runne vpon hills, for that consumeth well the moysture whereof the swooning is prouoked. He must specially fye all anger, sorrow, vexation, and other troubles of the mind, as is sufficiently declared before.

But what medicines are to be vsed for the swooning, shall be here taught: the patient must as soone as is possible, take these pills following in the morning betimes.

Take pills of Rubarb one draine, *Hiera compoſita* one scruple, make nine pills thereof with Rose water, afterwards giue him this drinke following 6. daies one after another: Take halfe a drag. of Agaricke, *Hermoadtili*, and Rubarb, of each one scruple, *Diagridii*, and *Sal Gemme*, of each two graines, Ginger, Squinant, Spica, and Annis seede, of each three graines, Hony of Roses halfe an ounce, let it steape one whole night in three ounces of water wherein Woodbinde is sodden, afterwards let it seeth a while, and straine it out. For to make pills, take good Aloes two ounces, Mastick, Saffron, Violets, and flowers of Buglosse, of each halfe a scruple, burnt Quorie and Roses, of each three graines, *Diagridion* seven graines, Agaricke, Turbith, and prepared Asure stone, of each halfe a draine: steape it all together with Cicorie water three dayes long, and (being well stopt) let it dry in the Sunne, or in another warme place, yet stirring it often about untill it be meetely thicke: take then a draine thereof, and make thereof seven pills, whereof euery euening you are to take one pill a certaine time long, afterwards a whole yeere thorow take one pill about the fift day: but if the patient be full of blood, and of sufficient strength, then are you after purging to open the Liuer veine in the elbow on the left side, and to let him blæde about five ounces.

For to keepe open the body, you are to vse this powder: Take *Epithymum*, rootes of Polypody, *Thymus*, Harts tong, and *Cuscuta*, of each one draine, Argall and Seny, of each halfe a draine, Make foure scruples, Stampe and mingle it all together, take one draine thereof at the least twice a weeke at one time, tempered with a little wine, or some fresh broth: it purifieth, breaketh winde, and clenseth the heart and stomocke. Item, take at the least (once a weeke) as much *Pieretrum* as the bignesse of a Pease, chue the same, and spet the moysture out of the mouth.

Another.

Take a good peece of white bread, mollifie it in good Mustadell or Halmsey, if so be that the cause of this swooning be of cold: but if it proceede of heate, then mollifie the same white bread in Rose water, in iuyce of Pomegranats, in iuyce of Quinces, in 2 iuyce of Citrons,

or any flesh broth, and so eate it. Also this patient may vse conserue of Roses, Burrage, Buglosse, and Rosemary, and other things moe, which shall be expessed hereafter in the trembling of the hart, after that heate or cold hath the vpper hand.

There are yet many moe confections and cordiall things prepared, which are very profitable for this purpose, and do remaine described before in the discourse of the cold paine of the head where it beginneth, Take conserues of Betony &c. Item take *Pistacia* three ounces, white Sugar five ounces, sirupe of Roses foure ounces, seeds of Basil, red and white Corall, Roses, burnt Quory, red and white Behen, of each one drag. Zeduary, Amber, and Saffron, of each two scruples, Iacint, Smaragde, and Sapphire, of each halfe a scruple, Pace, Cinamom, and Cloues, of each one drag. five leaues of beaten gold, Pearles foure scruples: the *Pistacia* keepe (being cut small) three dayes long in Palmsey: afterwards seeth the sirupe and the Sugar thick enough, and first temper therein the moyst *Pistacia*, and afterwards the rest beaten small, whereof is to be taken the space of five weekes every morning the bignesse of a Walnut. This powder following is to be strewed vpon the meat: Take Cinnamom half an ounce, Saffron one dragme, Zeduary three quarters of an ounce: beate and mire them all together. The Zeduary hath a speciall power for to strengthen the Heart. And there is to be dzest alwaies in his meate Buglosse and Baulme.

Cordiall
waters.

To this end are prepared diuers cordiall waters, as hereafter followeth: Take Cinnamom and Cloues, of each one ounce and a halfe, Putmegs one ounce, red and white Roses, of each ten handfuls, Lauander flowers seuen handfuls, hyssope two handfuls; poure then thereupon a quart of Palmsey: temper them all together, cut them small, and let it so stand nine daies together, and afterwards distill it. Item, take good Wine five quarts, two rases of Ginger, forty Cloues, Cinnamom three quarters of an ounce, Pace one quarter of an ounce, Spike two handfuls: If you will haue it moze forcible, then put two Putmegs cut vnto it, let it steape all together five or seuen weekes long, and afterwards distill it. Thus haue the auncient Physicians done. Or take foure quarts of good wine, Spike three handfuls, greene Marierome gentle two handfuls, Pace, Cloues, Cinnamome, and Putmegs, as much as you thinke good: temper them together, and set them a whole moneth long in the Sun in a glasse: This may you keepe so, or distill it.

Another. Take Lauander three handfuls, steepe it in a pinte of wine, or Palmsey, stop it tight; then set it for the space of thirtie dayes in the Sun, and afterwards distill it. Of all these foresaid waters may a little be giuen him when he beginneth to get the swooning, or hath the same already. This iuyce following is iustly praised: Take a Capon or a Partridge, rost it leysurely, baste it with Rose water and Muscadell, or any other good wine wherein Cloues haue beene steeped; then presse the iuyce out of the said Bird, and giue him some thereof, and the rest let him eate now and then some. And that this iuyce may continue good the longer, temper it with as much hard Sugar as you thinke good. But will you haue another: then wring likewise as much iuyce out of a Pullet, or out of young Kids flesh, take two ounces thereof, new pressed iuyce of Quinces one ounce and a halfe, and one ounce of good milde wine; temper them all together, and giue the patient to eate thereof. For this is also commodious all *Aque Composita*, which are described in the eighth Part. For this swooning may be vsed outward remedies after many manners: first, through shields: Take Burrage flowers, and Violets, of each one handfull, red and white Saunders, red and white Corall, red and white Behen, and Roses, of each one dragme, Saffron halfe a dragme, burnt red Silke 15. graines, Camfere, *Muscus*, *Ambra*, of each two graines, poune them all together, and mire them in a red silken bag, and so lay it on your left bzeast.

Cordiall
shields.

Another. Take Treos halfe an ounce, tame or wilde Baulme, Citron pills, Buglosse flowers of each one dragme, Pace one quarter of an ounce, yellow, white and red Saunders, and *Lignum Aloes*, of each halfe a dragme; temper them with the powder of the capitall bags, which are described in the first Part, the twelfth Chapter, in the beginning, where is mention made of the bzaines: take thereof as much as is needfull for a bag to lay on the Heart. The same is also wonderfull good in time of the Plague, being laid vpon the Heart. Item, take Treos three ounces and a halfe, Damaske Roses five ounces, Marierom, Cipers rootes, and red Styax, of each halfe an ounce, Cloues one quarter of an ounce, Calmus halfe a dragme, *Muscus* two graines, vsed as aboue.

This

This following is a very precious cordial shield: Take Burrage flowers, Buglosse flowers, red and white Saunders, red and white Behen, Putinegs, and Couchenell, *Lignum Aloes*, Saffron, Seduarey, white Diptamus, Cucubes, Basill seede, Baulme, and Citron pills, of each halfe a dragme, *Gallie muscata* one scruple, *Muscus* and *Ambra*, of each five graines, beate them all together grosse, and put it into a red Crimson bag, and lay it ouer the bzeast.

Here follow diuers moe. Take Juniper berries, powe thereto water of Sage, poune them to pap, and then binde it luke warme vpon the Pulse. Item take Cinnamom, Mace, Saffron, Cloues, as many as you will, put Palmesey vnto them, and lay it all vpon the Pulse. Take vnto pouned Saffron, fasten it in the left hand one houre at the least; it strengtheneth much the Hart. Take cleane burnt Baulme, Peitroyall, Cloues, water of Sage, and Roses; temper them, and annoint therewith the patient, especially on the Pulses, vnder the nose, and vpon the temples of his head. The ancient Phisitions do rub the heart with fresh Burrage flowers; it is very good; but it is very weake. All odoriferous things which are hot by nature, are to be vsed against the swooning through heate. But Hyssope is chiefly to be commended for it, and all those who are subiect to this swooning are counselled to smell oft vnto it.

This Baulme following was ordained for the Emperour *Ferdinandus*: Take a pound of Turpentine, five ounces of Virgin honie, twelue ounces of water of life, euen as hereafter be diuers described in the eight part, *Lignum Aloes*, Turbith, yellow Saunders, Sage, rotes of blew flower deluce, and *Chamedrys*, of each one dragme, Putinegs, Galingall, Cucubes, Cinnamom, Masticke, Frankinsence, Cloues, *Spica*, white Mustard seede, Saffron, Ginger, Rue seedes, and Costemary rotes, of each thre dragmes, Muske one dragme, Amber one quarter of an ounce, beate them all grosse together, and let it steape all together one day and a night in the water of life. But the Muske and the Amber are to be broken alone in some Muscadell wine. Lastly, temper the Turpentine therewith, and distill it in seething water.

A precious Balme to comfort the Heart, first ordained for the Emperour *Ferdinandus*.

A good Salue.

Take Amber, Zeduarie, red and white Copall, *Blatta Byssantia*, Basill seede, red and white Behen, and Rosemary flowers, of each one dragme and a halfe; Mace one quarter of an ounce, Sorrell, small Endiue and Cicorie, of each halfe an ounce, Roses and water Lillies, of each thre quarters of an ounce, Rosin one ounce and a halfe, *Laudanum* halfe an ounce, white Ware thre dragms; melt the thre last things together, and as they begin to be cold, then mingle the rest amongst it: afterwards let it be spread on a round cloth, and layd vpon the left bzeast. If it be too hard, then make it softer with oyle of Roses; both which are good (as is said) against the swooning and faintnes of the Heart. Yet is the Balsam much hotter than the salue, for it is temperate, and therefore you may know how to vse it accordingly. When you haue made it softer, then annoint the whole bzeast therewith.

This capitall powder following may also be vsed for this: Take Indie *Spica*, *Ameos*, Bay berries, Marierom gentle, of each one dragme, *Lignum Aloes* one dragme and a halfe, beate all apart, and mixe them together with five graines of this powder: You must euery euening when you goe to bed strew it on your head.

Of the beating or panting of the Hart. S. 3.



The Grecians do call this disease *Palmos*, the Latins call it *Palpitatio*, Tremor, or *Saltus Cordis*, which is a trembling or panting of the Heart, contrarie to the common custome. It is caused (euen as we haue taught in the beginning of this Chapter) of the abundant moisture which is in the closet of the Heart.

With these there may be yet moe other inward causes, as the paine of the Stomack, veration & offence of the Heart, of the Liuer, the Lights, the Spleen, or Moother: Also of winde, ill damps, corrupted blood, & such like. The outward causes are commonly great heate, sodaine and great cold, great emptinesse, great sorrow, fright, great feare, and other motions of the minde: Further, of venime taken, biting of venomous beasts, pestilent Agues, corrupted ayre, stinking dwellings; like as in prison, Mines, or other such like, which are vnder the earth: of belly wormes, and all other things that vexe the Heart, the which

are well to be understood of the patient himselfe.

The inward signes are these: If the panting of the heart proceed of *Mozmes*, then is the beating of the heart bigger before meate then after: but if the same come of a bad stomacke, then may it easily be marked through paine in the same place, if the same bee swoong: Also by the wambling and vomiting: If it come by fulnesse of the same, then is the disease most grievous after meate; but if through emptinesse, then it is most sore before meate. If it proceede of fright, sorrow, and such like, you must understand and learne that by the patient: If it come of winds; then it is very suddenly upon one, and sone gone away againe. If it be prouoked of heate, then is the pulse swift, and the breath is strong, and disordered. If it proceede of blood, then is the urine grosse, and the pulse beateth speedily and strong, his face will be red, and about the heart is alwaies great heate, the patient is alwaies light hearted, the which is much augmented through meates that make and ingender much blood. Or if this disease be caused of *Cholera*, then is his urine yellow and thin, the pulse beateth continually, swiftly, with great thirst, possibly through daily meate, whereby the *Cholera* is increased, or of former paines taken. If this be caused of *Phlegma*, that appeareth by the white and thick urine, of small, slow, and disordered pulse, the patient is sleepe and faint-hearted. This is also wont to be caused of meates that procure *Phlegma*. Likewise in winter time, when this panting of the heart is caused of Melancholy, then is the sicke bodie fearefull, the body decreaseth, and falleth away, and that most of all in earnest, with many more melancholike signes that are elsewhere described. This panting of the heart doth often haunt both young and aged people, whereby the occasion is hardly to be adiudged: and in all such it is found, that the letting of blood hath not onely eased them well, but also throughlie holpen them, and chiefly if therewith they haue obserued a good order in eating and drinking, and vse all such medicines as haue abated the blood and other humors: howbeit the same happeneth very seldome that aged people be cured thereof, for that they most of all chance to dye of a hote Ague, or of swooning, and that commonly betwene fortie and fifty yeares. Thus much for the beating or trembling of the heart.

Of the panting of the heart through heate. S. 4.

If by the panting of the heart there be discerned a swift pulse, and an Ague, then is it a signe that it cometh of blood or *Cholera*, the which is not without danger: for it often hapneth, that then they doe fall into a swoone, and thereby immediatly remaine dead. Now for to remedy this, must the sicke persons face, hands, feete, and pulse beines be forthwith sprinkled and rubbed with these compounded waters: take Rose water foure ounces, Mint water two ounces, Roses, burnt Iuorie, red and white Saunders, of each two scruples, *Muscus* and *Ambra*, of each two graines, Vineger two ounces, *Palmsey* two scruples, mixe them all together, & when you will vse thereof, then stirre it well about. Secondly, take pleasant Wine, and water of Buglosse, of each one ounce, *Specierum Diamoschu dulci* one scruple, temper it, and glue it to the patient warme to drinke. Thirdly, he shall continually smell to odoriferous bags, that shall hereafter bee described. Afterward, as sone as is possible, ought the Liuer veine be opened in the right arme, and foure or five ounces of blood be letten out, but not before that the sicke person hath gone to stoole. The next day following, he shall take this potion: take sirupe of Citron pills one ounce, small beaten Rubarb, and prepared Agaricke, of each two scruples, sirupe of Roses halfe an ounce, Ginger and Spica, of each five graines, *Sal Gemme* two graines, temper them all together with three ounces of the water of Burrage, and so drinke it luke warme, and fast thereupon foure houres.

You may also cause him to be purged with Cassia, Tamarines, yelow Pirobalanes, *Danna*, and Rubarb, putting to either of them some Agarick. As for example, you may take this Purgation following: Take water of Buglosse one ounce and a halfe, Cicozie water two ounces, Rubarb one dragme and a halfe, prepared Agarick one dragme, the iuice of Roses halfe a dragme, Spica one scruple, Ginger five graines: let this steepe 24. houres in a warme place, and making it hote in the morning you must straine it through a cloth, and so drinke it warme, and then fast foure houres after. This being done, he must eight daies one after another, take euery morning this drinke following: Take sirup of Apples, sirup of Citron pills, and *Oxyssachara*, of each halfe an ounce, water of Balme and of Buglosse, of each one ounce, Cicozie water one

one ounce & a halfe, temper them all together to a potion. And it were not ill that he take euery fourth day one of these pills following: Take Aloe one quarter of an ounce, Kubarb one dragme, Agaricke foure scruples, red & white Behen, Saffron, Mace, & Indy Salt, of each thre graines, make pills thereof with the iuyce of Buglosse, stre to a dragme. If there be greater heate appoaching, then is it aduised, that at the first euery day be taken halfe a dragme of *Trociscos de Camphora*, with sirupe of Pomegranats dissolued, and so continue foure daies together. And if this will not help, then must the patient drinke new Buttermilke, with all these purgations and letting blood. It is also highly commended, to cary a sober life in eating and drinking, yet to take heede that the patient remaine by his strength.

We will here mention some moe things that are very commodious for the panting of the heart, like as fragrant things which are of a cold nature, as Violets, water Lillies, Roses, all Saunders, Corall, Perle, Campher, Harts bones, Iacints, Smaragdes, shauen Iuory, Amber, Coriander, the iuyce of Limons, Rose water, odoriferous fruits, Quinces, Peares, Apples, and their like. Amongst compounds are the confection of Orange pills and their sirupe, the confection of Citrons, and their sirupes, conserue of Buglosse, Roses, Violets, Burrage, confectioned Cherries, and their sirupes, the flowers and rootes of Cicorie confectioned, sirupe of Sorrell, Burrage wine, and Cherry wine, the Tabulats of *Diamagariton*, *Diarrhodon Abbatis*, Dragagant, and *Manus Christi* with pearles: but the Phisitions doe ordaine many compounded medicines, as hereafter do follow.

The laxatiue sirupe of Roses is specially commended, if there be any stopping of the belly, for it cooleth and diuerteth all ill vapors from the heart, whereby the heart is much pained.

There are also made for this many confections, according to the importance of the patient, whereof there follow some hereafter: Take conserue of Roses halfe an ounce, conserue of Buglosse two ounces, conserue of water Lillies one quarter of an ounce, Pearles, Iacints, Smaragdes, Citron seed, Sorrell seed, and red Corall, of each one dragme, red, white, and yellow Saunders, prepared Coriander, burnt Iuorie, red and white Behen, Harts bones steeped in Rose water, of each halfe a dragme, filed Gold and Silver, of each two scruples, Gold and Silver leaues, of each xv. Sugar one ounce and a halfe: beate them all small together, and temper it with Rose water, but not on the fire.

Item, take the iuyce of swete Apples, and of Buglosse which is cleare and settled, of each two ounces, *Doronicum*, Citron pills, Burrage flowers, Roses, shauen Iuory, of each halfe an ounce, Basill seedes halfe an ounce, Hyssle leaues, Balme, Coriander, Cinnamome, Galingall, Seduary, Spike, *Lignum Ales*, burnt silke, and Saffron, of each one quarter of an ounce, small filed Gold and Silver, of each two dragmes and a halfe, red and white Behen, burnt Harts horne, Mace, *Gallie Muscata*, Amber, Harts bones, red Saunders, of each thre dragmes, of all Pirobalans, of each halfe an ounce, Smaragdes, Berill, Iacints, Saphires, Granates, which bee prepared, of each one dragme, Pearles thre dragmes, Amber and Campher, of each halfe a scruple, Puske one dragme, make a powder thereof, and to euery ounce of powder put twelue ounces of Sugar: dissolve the Sugar in Rose water, and sethe it for to make Tabulates thereof, or a confection.

This confection is of a temperate nature, very forcible for all swooning, and maladies of the heart. These two next following are cooling.

Take conserue of Roses, Buglosse, Burrage, of each one ounce, *Species de Gemmis*, and Kubies, of each one scruple, Harts bones, and peeled Citron seed, of each 10. graines, sirup of Apples as much as you desire to make it soft, vse thereof in the morning two houres before meate. The other: Take conserues of Roses two ounces, conserues of Buglosse one ounce, *Species Triasandalon*, burnt Iuorie, Sorrell seeds, peeled Melon seed, Gourd seed, and peeled Cucumber seed, Lemon seed, and *Oxyacchara*, of each thre quarters of an ounce, Sugar halfe an ounce, Pearles two scruples, thre leaues of beaten Gold, mixe it with the sirupe of Apples vnto a confection. And if this panting of the heart come too often, then giue of this powder following half a dragme tempered with Rose water, and water of Buglosse.

Take red Corall, Iacint, Smaragdes, and Saphir, of each five graines, small filed Gold thre graines, Pearles halfe a drag. temper them together, and put thereto a spoonfull of white Vineger, & make a potion thereof. Item, take red Corall, Perles, Iacints, and Smaragdes, all together prepared, of each one scrup. & giue thereof half a drag. with some kind of distilled water.

Restorative waters of Capons are very requisite for this, which must be thus prepared: Boyle the Capon in water, wherein hath diuers times gold bene quenched, chop it afterwards in peeces, and put thereto flowers of Borage, Buglosse, Violets, Roses, Citron peeles, Cinamome, Cloues, Balme and Saffron, of each one dragme. If you cannot get all these, then take as many of them as you can get, and distill them all together with flesh and broth in hot water: and then when any body is very feeble, giue him a meeteley draught thereof; it strengtheneth not only the Hart, but the stomacke also maruellous much.

There is also another made with spices, as followeth: When the Capon is made cleane, then stampe him with bones and flesh in a mortar, afterwards powre into a glasse heline, Borage, Balme, Endiue, Fennell, and Rose water, of each two ounces; then put thereto the stampd Capon. Item, put moze thereto the water of Wormwood and of Comfery, of each one ounce, *Spec. de gemmis*, *Diarrhodon Abbatis*, *Diamargariton* the cold, Cinnamome, *Lignum Aloes*, of each one scrup. distill them all together as before.

Moreouer, there is another Capon water to be distilled, as followeth: Take an old Capon that is made cleane, put thereto foure quarts of water, let them sethe well together, then pull off the skin, and the fatnesse, and then breake him all to peeces, and distill water thereof as before. You are to salt this water, so that it may last the better without stinking. You haue also here before in the fift Chapter in the 22. s. a precious water, which strengtheneth the Heart wonderfull much, the which may be also used for the same.

Sirupe of Apples.

We haue often here before admonished of the sirupe of Apples, which is thus made: Take the iuice of sweet & sowre Apples, of each five ounces, sethe it to the halfe, scumming it, then let it stand two daies to settle; put thereto three ounces of Sugar, and then sethe them together vnto a sirupe. Another: Take the iuice of the best tasting sweete and sowre Apples, of each twelue ounces, sethe it vntill it be well scummed, then put thereto six ounces of Sugar, and let it sethe together to a sirupe. These sirupes strengthen the weake panting Hart, preserve one from swooning, and strengthen the stomacke.

Item, take Rose water, the iuice of sowre Apples, and water of Buglosse, of each three ounces, sethe these together to a sirupe, or to a Julep.

For this is also good many kindes of accustomed sirupes, as the sirupe of vineger, and of Limons, of Raspes, Violets, water Lillies, beruice, Sorrell, Borage and Buglosse, also Julep of Violets and Roses: the which are to be found in the first Register by their names.

Confections and Powders for to vse inwardly.

Take *Species Diarrhodon Abbatis*, *Aromatici rosati*, *de gemmis*, and prepared Coriander, of each three dragmes, prepared Bloodstone one drag. and a halfe, *Trocisci de Spodio cum semine acetosa*, two scruples, shauen Quozis halfe a drag. Harts bones halfe a scruple, prepared Pearles foure scruples, Granadoes, Iacints, Smaradges, Rubies, Saphires, Corall, and Roses, of each one scruple, Cinnamome one quarter of an ounce, Sugar fixe ounces, temper them all together to powder. If you will make Sugar plates thereof, then seeth it with Rose water, as hath bene taught.

The like confection or powder may be made also of the *Species De gemmis*, or any other that like you best. And alwaies for one ounce of Species, you must take 12. ounces of Sugar.

Of such things as are to be applyed outwardly for it.

For this are highly commended the cordiall waters, and to that end we will expresse many: Take water of Buglosse fixe ounces, water of Cicozy twelue ounces, water of Balme foure ounces, *Species de gemmis* the cold, *Latificantes Almanforis*, of each one scrup. *Species Triasantal* one drag. and a halfe, white vineger halfe an ounce, and Balmsey two ounces; let it seeth a little, and then make a scarlet cloth wet in it a quarter of a yard square, wring it out, and lay the same on his left breast foure or five times, before and after meate, and twice againe before he go to bed.

Take Rose water, and Sorrell water, of each three ounces, of Buglosse two ounces, red Corall, red Saunders and Roses, of each one drag. Muske, Amber, of each three graines, Saffron one

one scruple, Vineger one ounce and a halfe : temper them together, and then lay it diuers times luke warme vpon the left bzeast.

Item, take *Species Diamoschu, Letificantes, de gemmis* the cold, of each two drag. Malmsey foure ounces, water of Buglosse, Sozrell, water of Cicozie and Violets, of each one ounce, temper them together, and lay it thereon, as before.

The chiefest Phisitions of *Augusta Vindelicorum*, haue these things following in vse : Take water of Burrage, Sozrell Buglosse, Balme, and Rose water, of each eight ounces, two kinds of *Species de gemmis*, of each halfe a dragme, Harts bones, and burnt Harts horne, of each halfe a dragme, Saffron seuen graines, Rose Vineger one ounce and a halfe, temper them all together. Another : Take Burrage water, the waters of Buglosse, Sozrell, Roses, Balme, and Violets, of each two ounces, Vineger of Roses one ounce and a halfe, red and white Behen, of each halfe a dragme, floures of Burrage, Buglosse, and Violets, of each one scruple, Cinnamon one dragme, thre Harts bones, *Lignum Aloes*, yellow Saunders, and burnt harts horne, of each one scruple, prepared Pearles one dragme, burnt Iuoz, and Saffron, of each ten graines, *Spec. Diamargariton* one drag. temper them and vse them as aforesayd. Another : Take two kinds of *Spec. de gemmis*, of each one dragme, *Diamoschu dulcis* halfe a dragme, *Cordialium* one dragme, Saffron, Indie Spica, red and white Behen, and *Spec. de Canina*, of each one scruple, prepared Pearles halfe a drag. yellow Saunders two scrup. *Muscus* two graines, two Harts bones, one ounce and a halfe of Vineger of Roses, water of Balme, Sozrell, Burrage, Buglosse, Rose water, of each thre ounces, water of Melilots foure ounces, temper them together, and vse them as aboue.

Take red Saunders halfe an ounce, Citron pils, white Saunders, Roses, red and white Corral, Amber, and burnt Iuoz, of each one quarter of an ounce, Harts bones, and Saffron, of each halfe a dragme, *Spec. Letitia Galeni, Diamargaritonis*, of each two scruples, Camfere, ten graines : powder these all together, and temper them well, and when you will vse them, then take the foresaid water which beginneth : Take Burrage water as much as you please, &c.

Item, take Rose water, and the water of water Lillies, of each sixe ounces, the iuice of solwe Apples thre ounces, water of Balme and Buglosse, of each one ounce and a halfe, Vineger halfe an ounce, red Saunders, Citron seede, and Sozrell seede, of each halfe a dragme, Camfer five graines, Cinnamon foure scruples, temper them all together. This following is of a temperate nature : take water of Balme, Buglosse and Sozrell, of each foure ounces, water of Cicozie, Roses, and Willow leaues, of each one ounce and a halfe, Saffron five graines, Vineger one ounce, Malmsey thre dragmes : temper it well, and vse it as before.

These following are more cooling : Take water of Buglosse, small Endiue, Burrage, and of Violets, of each sixe ounces, of Rose water eight ounces, *Spec. de gemmis* the cold, one ounce and a halfe, Camfer halfe a scruple, white Corral foure scruples, prepared Pearles one dragme and a halfe, beaten Gold leaues eight, Malmsey two ounces.

For shields to lay vpon the out side, you may take all the foresaid things, except the Sugar For shields, and Rose water.

Item, take Roses, floures of Buglosse, and of Burrage, of each two dragmes and a halfe, Citron seede, burnt Iuoz, Hittle leaues, white Corral, and Coziander, of each one dragme and a halfe, Campher one quarter of an ounce, red and white Saunders, of each foure scruples, make a shield thereof, to lay vpon the left side of the bzeast. Or take red and white Saunders, red and white Corral, of each one ounce, Balme, Buglosse, Citron pils, Hart bones, and burnt silke, of each one dragme, *Spec. de gemmis* the cold, and Saffron, of each halfe a drag. Campher one scruple, mire them together.

The same vertue that these shields haue is also in the Plaisters, for which these following are highly commended, as well to coole the panting of the heart, as the pulse, and therewith for to strengthen the bzeath, heart and all naturall powers. Take *Doronicum*, Harts bones, red and white Behen, of each one dragme and a halfe, red and white Saunders, burnt Iuoz, leaues of wild Grapes, red and white Corral, of each one quarter of an ounce, Roses thre dragmes, water of Buglosse and Barly meale, one ounce and a halfe, Saffron two scruples and sixe graines, foure ounces of Malmsey, oyle of Saffron halfe an ounce, molten Rosin halfe an ounce, and make a plaister thereof.

Another

Another.

Take red and white Behen, Harts bones, *Doronicum*, Jacints, Smaragdes, Saphires, of each two scruples, Pearles one quarter of an ounce, fowre leaues of beaten gold, Rosin one ounce and a halfe, boyle the Rosin in thicke red Wineger, make a plaister, and spread it on a red woollen clout, and lay it on the left breast.

For these sicke persons it is also very commodious (like as it is already expessed) to hold at their noses continually odoziferous things that are cold of nature. For which be vsed the *Posmanders* which are described in the sixth Part, or these following: Take Basill, Roses, Violets, burnt Suory, and Harts bones, of each two dragmes, Camfere two scruples, Pulke and Amber of each fowre graines, red and white Saunders, red and white Cozrall, of each one drag. beate each alone, and being tempered, binde them all together in a red peece of silke, and smell thereon continually. These simples also are very commodious, especially if there be an Ague with it, as Violets, Roses, Saunders, water Lillies, Rose water, Wineger, and such like, as hath befoze bene shewed.

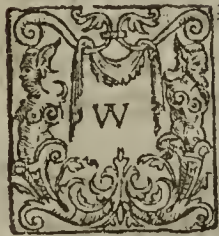
Clifters to
comfort the
Heart.

It is very profitable also for the patient euery morning to vse these Clifters following: for it doth not onely lose the body, but also strengthen the Heart.

Take Mallowes, Violet leaues, Linseed, and Fenegræke, of each one handfull and a halfe, seeth them in broth wherein hath been sodden a Lambes head, then take twelue ounces of this decoction, oyle of Violets and swæte Almonds of each one ounce, the marrow of Calues bones, Duckes grease, Hens grease and swæte Butter, of each thre dragmes, Cho. Sugar one ounce: all this being made, then set it warme. In like manner may this salve be continually vsed: Take oyle of swæte Almonds, Ducks grease and swæte butter, of each one ounce, the iuice of Mercury fowre ounces; seeth these together till the iuice be thoroughly sodden away: with this oyntment annoynt from the Hauell downewards vnto the Hips, in the euening when you go to bed. The Clifter may be vsed both in cold and hot causes of the panting of the Heart.

Now as concerning the order of life, especiall care must be taken that he be not ouercharged with eating and drinking. In the beginning of this sickness, Warly paps are very commodious: Also Hens or Bullets drest with Wineger or Mercurie. In fine, he ought not to order himselfe in this sickness, then according to the custome of other hot diseases. It is very good to seeth or steepe in his drinke Burrage or Buglosse with the flowres. He must refraine from all clowdie cold and moyst ayre, his bed and his chamber shall he hang and strew with Willow leaues, Roses, water Lillies, and Wine leaues, and that principally when it is hot weather. Also he must beware of all windy and flatulent meates; as Milke, Pottage, Hony, fruit, and especially grosse slimy meates, as those made of dough, grosse fish, unleauened bread, old Cheese, Chestnuts, and such like. In like manner also from all sharpe and heauy things, as Onions, Garlicke, Radishes, Leekes, and such like. All grosse wines are naught for him, and water also decocted with Licorice.

Of the panting of the Heart through cold. §. 5.



When as there is no Ague with the panting of the hart, then is it a signe that the same proceedeth of cold, which is caused for the most part of a watery *Phlegma*, whereby the breath is hindered, yea sometimes is stuffed with such force in the breast, that it seemeth that they will stifle. This hath also a slow inconstant Pulse, with an heauy breath, and sluggishnes of the whole body and mind, and with an ill fauoured colour of the face. This is to be remedied as hereafter followeth: Take water of Baulme, water of blew flower deluce, and Agrimony, of each one ounce and a halfe, and a little Sugar, and then drinke it fowre or eight mornings together very warme. But if the patient cannot goe to schoole, then is this Purgation following to be given him: Take *Electuarii Indi* one ounce, *De succo Rosarum* halfe a dragme, temper this with thre ounces of good wine, and giue it him in the morning betimes. And if the body be bound at the time when the foresaid drinke is to be vsed, then must the patient take alwayes one howre or twaine befoze supper, one or two of these pills following: Take *Pillule de Sarcocolla* one dragme,

Ale-

Alephangina one quarter of an ounce, make thereof foure and twenty pilles with the iuice of *Roses*.

Also he must drinke this euery morning: Take *Wreacle* or *Wittridate* one drag. or one and a halfe, according as you thinke best, and temper this with good wine.

Some do aduise, that at the first, yea forthwith you do giue with wine one dragme, or a dragme and a halfe of these *Tabulates* following: Take *Masticke*, *Indy Spike*, *Lignum Aloes*, *Cinamome*, *Cloues*, *Cardamome*, and *Citron pils*, of each one drag. and a halfe, *Muske* halfe a scruple: make a powder thereof, and giue it him as aforesaid.

But the principall things seruing to this panting of the hart, we will briefly expresse, to wit, all that is warme of nature and smelleth swete; as *Amber*, *Muske*, *Saffron*, *Lignum Aloes*, red *Styrax*, *Cloues*, *Citron pils*, *Puts*, *Cinnamom*, *Parioram gentle*, *Basill*, *Spike of Indie*, *Baulme*, *Burrage*, red and white *Behen*, *Doronicum*, *Zeduary*, *Cardamome*, *Rosemary*, and *Basill seede*. Of all these things are made confections, powders, & other compositions, as shall appeare hereafter. Of compounds these are commonly made at the Apothecaries, as *Diambria*, *Dianthon*, *Diathemaron*, *Latificans de Gemmis calidis*, *Aromaticum Rosatum*, *de Xylo Aloes*, *Diaploris*, and confectioned *Citron pils*.

Here follow certaine *Electuaries* for to vse inwardly. Take *Masticke*, *Cinnamom*, both kinds of *Basill*, *Mints*, *Parierom gentle*, and long *Pepper*, of each a like minch: when you haue ten dragmes of this powder, then mixe therewith prepared *Pearles*, red *Corall*, *Amber*, burnt *silke*, red and white *Behen*, and *Indy Spike*, of each halfe a dragme: afterwards mingle it with *Hony* vnto an *Electuary* wherein *Myrobalans Chebuli* be put. This is good not onely for the panting of the hart, swooning, and for faintnes of the hart; but also for a cold and feeble stomacke, for it strengtheneth the same exceedingly.

This must also be noted, when any confection is to be made wherein there is no certaine quantitie of *Honie*, then are you to take alwaies for one ounce of powder thre ounces of *Honie*, and then mingle them well together. Nota

Item, take the flowers of *Burrage*, *Buglosse*, *Rosemarie*, red and white *Behen*, *Saffron*, *Doronicum*, *Lignum Aloes*, *Licorice* and *Basill seede*, of each one quarter of an ounce, *Jacint*, *Smaragde*, and *Saphire*, of each halfe a scruple, *Sugar* thrice as much as the other; make a powder thereof: whereof the patient is to take a scruple at the least at meale tides.

Conserues of yellow *Violets* are very much vsed, and also highly commended for this panting of the hart. You haue also before in the first Part the twelfth Chapter, a good *Stomachicall* powder, in the first s. which serueth for this purpose. Item, there is in the s. s. a water of *Lillies* of *Conuallies*. Also in the eight part many sundry waters of life, hot of nature, which are for this very commodious. Confectioned *Putmegs* do strengthen al inward members, and consume all superfluous humors.

Conserue of *Buglosse*, *Burrage*, *Parioram gentle*, *Rosemarie*, *Colwslips* & *Cicorie* mingled with other, or each of it selfe, do much strengthen the hart, In like manner are good for this all *Pomanders* which are hot of nature, and are to be sought for in the Register; and those are speciall good, wherein *Muske* and *Amber* are put.

Item, steepe the space of certaine houres *Baulme* in *Malmesey*, and besprinkle therewith a hot brickbat, and then receiue the vapor into the nose.

There may also be laid outwardly cordiall waters vpon the left breast, which are thus to be prepared: Take *Baulme* water, and *Buglosse* water, of each sixe ounces, *Wineger* one ounce, *Cloues* one dragme, *Saffron* halfe a dragme, *Muske* halfe a scruple; lay it with a cloth vpon the left breast. Some do vse the iuice of the herbes (when they be settled) in steede of their waters, which are also very forcible. Item, take *Buglosse* water, and the water of *Sorrell*, of each thre ounces, water of *Willow* leaues, *Rose* water, and *Mozmelwood* water, the water of *Grasse* and *Baulme*, of each two ounces, *Spec. cordiales temperatas* one dragme and an halfe, *Saffron* eight graines, *Pyrrhe*, *Diptamus*, *Gentian*, *Lignum Aloes*, yellow *Saunders*, *Basill* seeds, red and white *Behen*, *Jacint* and *Smaragde*, of each halfe a scruple, the iuice of *Lemons* thre ounces, *Wineger* one ounce, and *Malmesey* thre ounces, temper them all together; it is wholly temperate: so that it may be vsed for the comforting of the Hart in cold and heate.

Another.

Another.

TAke fresh Rosemary floures three ounces, Sage floures, Buglosse floures, Burrage floures, of each one ounce and a halfe, Saffron one scruple, seeth the floures in sufficient Muscadell, and then stampe them well together, and lay it warme vpon the left breast, this doth not only strengthen, but maketh also a light breathing.

There may also shields be made for this, euen as here do follow two sorts: Take floures of Burrage and Buglosse, of each one handfull, red and white Behen, and Saffron, of each one dragma, burnt red silke one scruple, Cloues, Cinnamon, red Corall, and Roses, of each halfe a dragma, Harts bones, Muske and Amber, of each three graines: put all these in a red silke bag, then must you besprinkle them with warme Buglosse water, and so lay them to the left breast. Item, take Zeduary, red and white Behen, Rosemary, Indy Spica, Roses, red and white Saunders, Burrage floures, burnt Iuorie, Mirtle leanes, Buglosse floures, and Campher, of each two scruples, Saffron and *Gallia Muscata*, of each one dragma, Ambza halfe a scruple, Muske foure graines, and make a bag thereof. This is very temperate,

There are also these plaisters and salues, that hereafter follow to be vsed: Take *Laudanum* three ounces, Cloues and Citron pills, of each one dragma, Muske one scruple, Turpentine halfe a dragma, melt then the *Laudanum* with the Turpentine in a warme mortar, temper the rest amongst it, and so make a plaister thereof, spread it on a red clout, and so lay it on the left breast.

For to make a salue or ointment, take varripe oyle of Olives, and oyle of Roses, of each two ounces, Sandaraca one dragma and a halfe, parched Salt three dragmes, Roses and Cyper roots, of each halfe a dragma: beate them all small together, and keepe and preserve it vntill occasion serue to vse it. For it hapneth oftentimes, that such humors do draw downewards, and fall in some place of the hip, the knee, or ancle, the which must be kept warme.

Lastly, you ought not to rest, vntill the patient be free of this panting of the heart, without vsing any medicine vnto it, or that the disease may with all diligence be diminished, if the same could be perfectly cured. Therefore must alwayes a little Saffron be mixt amongst all his meates, and if that cannot be gotten, then is the dry powder to be drest amongst his meate.

All these confections may be made thus: Take the *Spec. Latifcantes Almanjoris*, *Dia Moschu dulcis*, *De gemmis temperatis*, of each three quarters of an ounce, red and white Saunders, red and white Corall, of each one dragma, Sirupe of Citrons, sirupe of Roses, and of Vineger, of each five ounces, white Sugar three ounces, seeth the sirupe and the Sugar vntill it be thicker than Honey, and when it doth begin to bee cold, then mixe the powder amongst it, and vse thereof in the morning, and two howres before supper, about the bignes of a Walnut.

Thirdly, make two bags in this manner: Take Basill seeds, floures of Buglosse, of Burrage, Marierome, red and white Corall, red and white Saunders, of each halfe a dragma, Iacint, Samaragdes & Saphir, of each five graines, Campher one scruple, wilde Wine leanes one quarter of an ounce, Mace one dragma and a halfe, stamp them all small, and fill here with (as is said) a little bag, and lay it on the hart.

The rule of life for this sickness consisteth in light meates, as in all field Foules, in meates that bee drest with odoriferous spices, yolks of new layd eggs are very meete for him: further, behold what is taught in the discourse of the cold braines, and cold head. For his drinke, white Wine soberly drunken is good. For Wine, be it as strong as may bee, if one drinke too much thereof, then doth it cause cold diseases: and if one desire to delay it, then is it to bee done with water, wherein glowing Gold hath beene extinguished.

This Wine following doth strengthen the hart and the stomacke also: Take Ginger two ounces, Galingall one ounce, Cinnamon two ounces, Zeduary one quarter of an ounce, Roses one ounce, Burrage floures one ounce and a halfe, and rootes of Buglosse, beate them together grossly, and keepe them in eight quarts of Must or new Wine.

These spiced Wines are also good for the heart, if the disease do come through cold: in like manner Wine of Burrage, of Harts tong, of Rosemary, of Buglosse, and of Hyssop, of Marierome, and of *Asarabacca*, all which hane power to warme the panting of the heart, and also to strengthen it.

Item, take Balme water, and Buglosse water, of each six ounces, Sugar nine ounces, seeth

seth them to twelue ounces, and then vse it as a Iulep. Or take water of Buglosse alone, wherein Cloues were sodden, and drinke sometimes thereof, for it comforteth maruellously.

Item, take Parsly with the roote, boyle them in Wine, according to that you will haue it strong: temper therewith a little Vineger, and drinke the same. It taketh away the panting of the heart, and all paine of the same.

Besides all this, the patient is to forbear all milke, doughy, moist, and windy meates, to arise from meales with hunger, and haue a thirst: he must after meate not moue nor stirre much, nor yet sodainly giue himselfe to sleepe: he must also (according to his old wont) not sleepe too much, whereby he might consume and diminish the humidities of the body: he must also for the most part lye on his right side, and fye all anger, sorow, and all other verations.

Of the panting of the Heart through a bad stomacke or Appetite. §.6.

BEfore amongst the signes of this sicknes, we haue taught also that the panting of the hart, and the swooning, are caused oftentimes through a bad stomack. But if this disease come of a full stomack, then must the cure begin with restraining from meate and drinke, and first with opening the Liuer veine, afterwards the Median. But if this be not very needfull, then are you to minister to the patient a milde Clister, for that all strong purgations are enemies to this disease. Further, he must obserue for his meate and drinke, euen as is shewed hereafter, in the description of the stomacke. Now for to strengthen the stomacke through outward things, choose for it out of the foresayd remedies that which best liketh you.

Of the panting of the Heart through frightening. §.7.

IT is also admonished in the beginning, that the Heart may come to much distemperature through fright and feare, and that through the concourse of bloud, for which, this water of Elderne floures is maruellous good. Lay then into a glazed helme chopt Elderne floures: afterward lay thereon whole Egges with the piked end vppwards, and the same opened a little: then againe Elderne floures, and so Egges, vntill that the helme be so full as the water is high, wherein the helme standeth, and is to be distilled. When it is thus distilled, then are you to lay of this Elderne water with a cloth vpon the heart, thus do the ancient Physitions accustome to make it. But marke that not onely feare and fright do disease the heart, but also all other motions of the minde, which are here before for the most part already exprest: but what power they haue in furthering the sicknes and health, is sufficiently before discovered in both the descriptions of vnnaturall things, which the learned do call *Res non naturales*, in the first Chapter and 10. §.

Of Heauinesse, a disease of the Heart. §.8.

The cause of this infirmitie is *Melancholia*, where are sorow, feare, and many wonderfull fantasies without any cause at all, which are thus to be purged: Take *Murobalani*, *Chebuli*, and *Iudi*, of each one dragme, *Epithymi* one dragme and a halfe, fine *Bolus* five graines, *Muscus* thre graines, make pills thereof, or mingle them with Wine: but this following is more common: Take Sene leaues one ounce, beate them, and cast them in the iuice of Burrage and of Buglosse, of each five ounces, the iuice of Apples thre ounces: let it seth a little, and wyng it out, and then mingle therewith five ounces of fine Sugar: then let it seth againe, and when it is cold, temper amongst it one dragme of Saffron, and vse thereof as often as you please, at each time one ounce, in Wine, or tempered in one of the foresayd waters.

You haue also in the 5. §. before a very good confection, which beginneth thus: Take Parsly, Cinnamon, &c, which may also be used for this passion.

This following is also very expert: Take rootes of Buglosse half an ounce, Zeduary, and *Doronicum*, of each one quarter of an ounce, beate them to powder, and giue every day thereof one dragme with Wine.

Behold also what hath been sayd before in the first part, the twelfth Chapter, and 8. §. of the madnesse, *Melancholia*, and also in like manner in the third part, which are commodious for this.

Of

Here before in the end of the fifth Chapter we haue rehearsed, that this sicknesse which we do call the griping of the heart, is rather a disease of the Lights, or a kind of consumption, than a maladie of the heart: but be it taken as it will, yet neuertheles is this sicknesse very grievous for young children, and almost incurable for old folkes. And in fine, this english name doth signifie none other, than the *Fever Hectica*, whereof we shall further discourse in the sixth part (where we do write of all Agues) for we haue alwayes thought good to adde thereto this that followeth: Take Walnuts with the shels, burne them whole to ashes in a pot, and thereof giue a child one scruple, or more, according vnto the strength of the child.

Item, take dry browne Betony, and therewith fill a small bag, and lay it on the childes brest. Women are of opinion, that if the child may liue till the ninth day, then will it recover health.

For this you haue also a speciall Capon water for children that haue the consumption, in the fifth Chapter, the 22. s.

It is also sufficiently knowne to all the world, how that the heart by pestilent ayre, will not only be feebled and infected, but also inflamed with a full destruction, against which you shall find sundry fit remedies in the first part, in the treatise of the Plague.

For conclusion of this Chapter of the Heart, and of the second part of this booke, we will not omit the description of the *Species de gemmis*, whereof is so often mention made, which are to be found at euery good Apothecaries after two kinds of preparations, to wit, the cold, and the hote *Species*, which may be vsed to Confections, Powders, Cordiall waters, and such like, but by reason that the preparation of the same is very diuers, therefore we will here set forth and describe only foure sorts of the most common preparations.

Species de gemmis frigida.

Species de gemmis frigida which are cold of nature, are thus prepared: Take Pearles 3. drag. Rubies, Iacints, Granadoes, Smaragdes, and Saphirs, of each one drag. Harts bones halfe a drag, burnt Iuoie, red and white Corall, of each one drag. Roses one drag, and a halfe, white and yellow Saunders, floures of Buglosse, Burrage, Sorrell seede, and Basill seede, red & white Behen, of each one dragme, beaten Gold and Siluer, of each five leaues.

Species de gemmis calida.

Species de gemmis calida, or *Mesue*: Take prepared Pearles three drag. Saphirs, Iacints, Sardonix, Correils, Granadoes and Smaragdes, of each one drag, and a halfe, Zeduary, *Doronicum*, Citron pills, Hare, and Basill seede, of each one quarter of an ounce, red Corall, Amber, and filed Iuoie, of each halfe a scruple, red and white Behen, Cloues, Ginger, long Pepper, Spica, Cassy wood, Saffron, and Cardamome, of each one drag. Cinnamonome Galingale, & Zeduary, of each one drag, and a half, small filed Gold and Siluer, of each two scruples, Amber one quarter of an ounce, Muske halfe a drag, each beaten by it selfe, and then tempered together.

Species de gemmis temperata.

Species de gemmis temperata. These species are of a temperate nature, not too hote, also not too cold, the which may be prepared as is thought good.

Species Cordiales, Cordiall species. For this, take Pearles, burnt Iuoie, Granadoes, Cinnamonome, Tormentill, and fine Bolus, of each three drag, red, white, and yellow Saunders, Hauern Iuoie, and Anicoznes horne, of each one quarter of an ounce, Iacints, Saphirs, white and red Corall, Valerian, *Diptamus*, Zeduary, and *Lignum Aloes*, of each one drag. sealed earth five scruples, burnt silke two scruples, Harts bones halfe a drag, red and white Behen, of each two scruples, five leaues of beaten Gold, Muske and Amber, of each ten graines, either of them prepared after his manner, are to be beaten together.

Species Dia margariton frigida.

The same operation haue also almost the *Species Dia margariton*, whereof there are 2. kinds hote & cold; the warme are here before described in the 12. Chapter 12. s. the cold are thus prepared: take peeled Melon seeds, Pompeon seeds, Gourd seeds, and peeled Cucumber seeds, Purflaine seeds, white Poppy seeds, white, yellow, and red Saunders, Ginger, Roses, water Lillies, Burrage floures, and Mirtle seeds, of each one drag, white and red Corall, of each halfe a drag, Pearles three drag. prepared together and being all beaten small, temper them all together. This holdeth all fell people that fall quickly into a swoone, in their strength, whether it be caused of the stomack, or of the heart; it fortifieth all the inward vitall parts: it is also good against all Coughes, against the consumption; and all those that be brought lowe through a long sicknes, it bringeth againe to their former might and strength.

The third part of this Booke of Phisicke,
Containeth the Bellie.



The third part of mans body, haue the Anatomists (who are the suruey-
 ors of the vniformity and members of mans body) ascribed to the belly,
 which beginneth outwardly from the breast, and inwardly from the
Diaphragma, descending downewards euen to the legs. Th is part hath
 outwardly these members following: on the forepart the *Paell*, which
 is placed in the midst of the whole body and belly; vnder which doe fol-
 low both the parts of generation, the which in man are the testicles or
 stones hanging downe in a cod: behind are the reines and the buttocks
 which couer the fundament. The inward members are the stomacke, the liuer, the gall, the kid-
 neyes, the bladder, the bowels, and in women the mother: all which are subiect to very dange-
 rous diseases; of the which we are now to write and discourse.

The first Chapter.

Of the Nauell.



The first outward member of the belly is the *Paell*, which is called the
 roote of the belly, for that nature hath formed it as the first amongst the
 feeding parts, and also in new borne children holdeth fast in the mothers
 belly, no otherwise then as it were a root in the earth. For like as the root
 of a tree draweth nourishment vnto it whereby it groweth: euen so doth
 the nauell also, which draweth the blood vnto it out of the mothers body
 thereby to nourish the child, and make it grow. Euen as the foresaid root
 of a tree, of all that which it draweth vnto it for food, doth not drine away
 any thing but all that which is watery and vnecessary for his nourishment (as the gum which
 one seeth on a tree:) euen so doth the string of the *Paell*, which sweateth out all superfluous
 moisture which is not good for nourishment, and doth gather all the same together in the *Secun-*
dina vntill the birth day, the which is called of women the flood, or breaking of the water.

All people be they yong or old may get a rupture of the *Paell*, which swelleth and hangeth
 out of the forepart of the belly; the which causeth chiefly to women a great hinderance if they be
 not holpen thereof, like as we shall write hereafter more at large when we shall discourse of the
 rupture: yet we will here discourse and write somewhat of certaine things for the behoofe and
 ease of yong children.

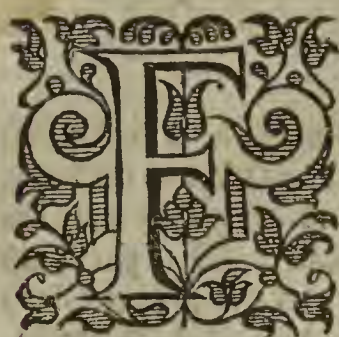
Take Comfrey one ounce, stampe it well, put thereto halfe an ounce of molten Ware, tem-
 per it well, and then lay it vpon the nauell. But if the rupture be very great, then take Beares
 grease, and therewith annoint the whole backe bone of the childe; it causeth the *Paell* to bee
 drawne in.

It is found oftentimes to be good for all ruptures of the *Paell*, be it in people of discretion, or
 in yong children, that the herbe *Perfoliata* and his seed be sodden and laid vpon the rupture, and
 so woꝛne, or caried continually vpon the *Paell*, vntill that thereby the rupture be cured.

And the same seed being also sodden in water or wine, and one drag. thereof giuen to drinke,
 or stampe the herbe and the seed, and giue thereof to the child the weight of one scruple and a halfe
 to eate in pap. Also you shall hereafter finde a plaister of *Perfoliata* which you may vse for this
 purpose.

A good powder. Take Lupins meale halfe an ounce, burnt linnen one quarter of an ounce,
 temper them together, and take thereof one quarter of an ounce: then temper it afterwards with
 wine, and lay it vpon the *Paell*.

Of the members of generation in generall.



As much as the supporting of the succession of mankind, cannot be purchased without the health of these parts in men and women: therefore it is to be endeavored (if they be infected with any kind of disease) to remedy and cure the same, not to the continuance of carnall lusts, but only to the advancement and accomplishment of the state of Matrimony. For where as a mans nature doth scoure alway through the spermatical flure, and thereby is most unfit for generation: therefore can it not be but a Christian deed to help the same, and to make it fit for generation. For it is taken at all times to be a punishment of God if a woman remaine barren, therefore haue we determined to write somewhat thereof.

Of the Tumors in the Groine, and other such like diseases. §. 1.



Here come also many kind of diseases vnto the foresaid Groine or priuy place, with heate, hardnes, anguish, and great paine. Amongst other, the Latinists do reckon *Bubones*, the which are swellings of the Groines: for which these remedies following are to be vled.

Take Muscilage of Elecampane roots, Linsed, figs, and Sebeses, of each five ounces, and as much also of the oile of sweet Almonds, prepared litharge of Gold three ounces: seeth it so long vntill the muscilage be consumed, stirring it alway about, and put thereto one ounce of Ware, then make of it a plaister and lay it thereon.

Item take Birdlime and *Gummi Helenii*, of each two ounces, molten Ware halfe an ounce, temper them well by the fire, and make thereof a plaister: it drineth out the matter maruellously.

A good Salue.

Take Rosin and Ware of each one ounce, a great Onion, two Lilly roots; stamp them, and let them seeth in Goates milk: then straine them through a linnen cloth, and let it seeth wel againe, stir it alwayes about vntill that it ware cold.

When as this Tumor is broken out, then cleanse it with *Vnguentum Apostolorum*, or with hony of Roses, and you shall find sundry things in the first part, of the description of all old Ulcers, rankling and Cankers, &c. which are commodious for this.

Of the Priuities or Secrets in particular. §. 2.



Besides the foresaid tumor or swellings that the Priuities are subiect to, are mans priuities subiect to more other diseases. And because the same is a tender part, and very sensible, therefore do such paines commonly bring greater accidents with them, whereof we will discourse: but we will first shew the causes whence all such accidents are wont to grow. First, for that he hath lyen with an vncleane woman, or that there remaineth of his nature or Sperme sticking in the Conduit, and so festereth and putrieth there. Also if one weare any soule stinking clothes about his priuities, or if any haue euer had about that place any soze, and the same was ill healed. Item through rubbing and hard scratching, even as one may best of all demand all these things of the sicke person.

And to come to these remedies: if so be that this member be ouer heated, and hath an vlcere, then it is to be cleansed and cooled with Rose water and Plantaine water. And if it require stronger things, then is water to be taken wherein the seeds of Butchers brome is sodden, Rose water and Wine, of each three ounces, Verdigrease, Vitrioll, and burnt Allum, of each halfe a dragme; temper them together, and wash the open place therewith.

Other

Other do take Hony water, and seeth therein burnt Allume: but whether one or the other be taken, the soze is alwayes therewith to be washed and clenfed. If it be vpon the top of the yarde or secreffie, then clense it with soft cotton. And for the curing of the same, take wine and water wherein Gals, Cipers nuts, and Allume are sodden, and lay thereon fine cleuts (made wet in the foresaid water) and then pluck the sozeskin ouer, and so let it lie still vntill he wil make water, and then shall you put on fresh, and continue it so long vntill the heate be drawne out, and the vlcers somewhat clenfed. But this following haue the later Phisitians in vse, which is also good and certain: Take small turning or sawdust of *Guaiacum* three ounces, yelow *Microbalans* half an ounce, Aloe and *Myrrhe*, of each one dragma, foure red Wine and Plantaine water of each twelue ounces; let them seeth softly together till that about the thirde part be sodden away; afterwards straine it, and therewith clense the vlcers. There may be also vsed for this the water for the eyes, which is described in the first part, against the rednes of the eyes, the which beginneth thus: Take broade Plantaine, &c.

If it need any more cooling, then take the white salve with *Camsora* or *Diapompholigos*, and dresse it oftentimes therewith, washing it alwayes well.

And if it will not be holpen with these things, then is that to be taken which drieth more, as hereafter followeth: Take *Aristology*, Aloe, of each a like much, strew it on the vlcer; or take the rootes of our Ladies *Comslips*, and strew them therein, and lay a cooling plaister thereon, or *Album costum*, which is thus prepared: Item, take *Sallad* oyle, or oyle of *Roses* six ounces, *Ceruse* one ounce and a halfe, stirre them well together with a wooden pestle, and put thereto one ounce of powdered *Mare*, and boyle it to a plaister: this plaister is also good when the skin is rubbed off, or broken, for it drieth and cooleth. The plaister *Diapompholigos* is made thus: Take oyle of *Roses* and white *Mare*, of each three quarters of an ounce, the iuice of *Nightshade* berries about so much also, *Ceruse* one quarter of an ounce, burnt and washen Lead, and white Tuffe, of each one dragma, the iuice and the oyle of *Roses*, let them seeth together vntill all the moisture be spent, then melt the *Mare* therein, and temper the other things amongst it being well and small beaten. This plaister is also good for all vncleane vlcers, it drieth, cooleth, healeth, and cicatrifeth well.

A Plaister of Ceruse.

Diapompholigos.

A powder. Take *Tutia*, Aloe, *Masticke*, *Sarcocolla*, Dragon blood, and fine Bolus, of each a like much, beate them all small, and mingle them with *Mare* and Turpentine, afterwards burne it whole to powder, and strew it vpon the open place.

A salve. Take prepared Tuffe one ounce, *Masticke* and Frankinsence, of each one quarter of an ounce, white *Mare* half an ounce, oyle of *Roses* as much as is needfull for to make therewith a salve. The litharge of Gold is also good for this, vsed alone, or tempered amongst the foresaid salve; for it drieth, it mollifieth, it cooleth, it cleanseth, and causeth the flesh to grow. If there be great anguith, and the skin off, then the oyle of swete Almonds serueth well.

Item take Argal, put it into a new pot, and burne it so long vntill it be black, then afterwards powne it small, and strew it on the soze.

This is alledged only for outward vlcers that are seene with the eye: but if there be any soze in the conduit of the yarde, whereby the same is stoppt, and the yarde inflamed, then vse this following, spouting it therein gently with a Syring.

Take white wine one pint, burnt Allume two dragma, and a halfe, Verdigrease one dragma, and a halfe, let them seeth well together, and straine it through a tight cloth, and vse it as is sayd: it is very healing, and drieth away swelling. Also this salve is to be vsed for it, anointing the whole member therewith: Take the iuice of *Tassels*, of Plantaine and Comfrey, of each two ounces, foure scruples of *Camfere* bruised very small, and three well brayed whites of eggs, March and *Ceruse* one ounce, the litharge of gold halfe an ounce, Tuffe prepared with Rosewater, one dragma and a halfe, stirre all these together in a leaden mortar, and make a salve thereof.

Of the vnnaturall erection of the Yarde, called *Priapismus* and *Satyrismus*. §. 3.

These names are giuen to the disease, because that the member of a man hapneth continually to stand after an vnnaturall manner, without the lust or concupiscence of a woman, euen as the heathen do paint and picture their false god *Priapum*, & their hedge gods

Satyros. Some do write, that when a man without lust of women hath his yarde erected, and coming to a woman, the same will not swage nor relent, that then it is called *Priapismus*. *Satyrisimus* is the erection of the priuities, which is lost by copulation. The cause of both these infirmities, are grosse thick vapors or dampes, with smal heate that they cannot suddenly spend, as also abstinence from women, continuall vse of Pease and Beanes, and other pottages. In fine, if there be not speedy remedy for these causes, then may ensue after it as great a paine and distention of the sinewes, as at the last might cause an intollerable crampe and impostume.

For to remedy this infirmitie, foure things are to be noted: first, that the patient beware of all such things which might cause the yarde to stand, and stirre by venery: what these are, we will shew immediatly hereafter. Secondly, he must indeuour to vomit, to let blood, and to take mild purgations, Thirdly, to rub well the vppermost members, and not the vndermost, to hinder the deflux of the matter. Fourthly, the patient must refraine womens company, except it be that he haue very great lust thereto. And for to cure this, it is therefore aduised that first the Median be opened, and afterwards cause the patient to vomit. If it will not thereby amend, open the veine againe, and giue the patient a little of the muscilage of Fleawort, which is made with the water of Purslaine or of water Lillies, or bathe the members and parts about it with boyled Rue, *Agnus castus*, Cumin, and such like. Item, annoint the kidneies and the priuities with herbes cold of nature, of which the seeds of Fleawort, Campher and Poplar salue are tempered. For his Sallad he must take Purslaine, Endiue, Lettice, and such like. For vineger, the iuice of Limons and Citrons are good in all his meates. To fast much, and liue onely by water and bread is very good for him: but in case he will drinke wine, then must it be well watered. This plaister following shall he weare on the reines and the priuities, so long as this sicknesse endureth: Take white ware fire ouces, melt it: and wash it ten times in cold water: afterwards temper amongst it halfe an ounce of small bzuised Campher, or weare vpon the reines a thin plate of lead full of holes, and wet it often with vineger and Campher. This powder following may also be prepared: Take Fleawort two dragmes and a halfe, Purslaine seed, prepared Coriander, and Lettice seed, of each one quarter of an ounce, Campher one dragme, temper them all together being powdered small, and giue euery morning one dragme thereof with the sirupe of Limons or faire water. Under the patients sheets must be laid the leaues of *Agnus castus*, and he must ly alwayes vpon his side. But if he cannot abide to fast, then is he to eate much bread of Millet, and many Sallads, and his drinke shall be white Wine, wherein Rue, Cumin, Coriander, and such like haue bene steeped. Also sirupes, cold confections, and such like, are very commodious for him. The sent of Beuerco, of Campher, of Saunders, Roses, and all cooling things are also passing good for him.

The third Chapter.

Of the Testicles and Cods, and of sundry Ruptures.



Nature hath fastened behind the yarde or secretie a wrinkled bag or purse, wherein the testicles or stones are kept. This member is subiect to many Hernies or Ruptures, the which the Latinitis do cal with one common name *Herniam*, which notwithstanding is manifold, and yet comprehended in three of the principallest, which are caused of swelling, of scabbines, or of struing, all which do fall downe into the said Cods.

Yet is there another kinde of rupture which commeth about the Scrotum, or about the priuities, be it in man or woman, whereof we haue made some mention before in the first Chapt. The first sort of ruptures hath many differences and each hath his proper name, and are to be compared with each other in foure kind of wayes, to wit, when they are caused thzough wind: thzough puffing vp of the veines with the blond, *Varices*: when the bowels or rim of the same little or much falleth downe into the cod: lastly, when as the cod is so filled with water or other moistures. Other do reckon foure kindes moe, which neuerthelesse may be contained amongst the foresaid foure. The causes of all these ruptures are either inward or outward. The outward causes may be fals, thzuffs, much labour, heavy burthens, lowd hoping, coughes, extreme blowing or winding, and chiefly when

When one hath well eaten and drunken. The inward causes are, when his bowels or rim cannot stay in his due place, but commeth to fall downe into the nauell, priuities, and into the cod: Likewise winds, humors, or grosse melancholicke blood, like as is said. The signes of all common ruptures, are an extuberation or swelling and puffing vp of the same place beyond nature. These Hernies at the first appeere like to a small egge or nut, which by little and little increaseth. If this rupture proceed of wind, that may be heard by the shakking or rumbling, and it may be discerned with eyes.

Of the vppermost Hernies or Rupture, which happeneth about the Cod. §.1.



First, to speake of the rupture which hapneth about the cod, (which is called *Scrotum*) it is aduised that forthwith remedy be had for it. The new ruptures in children, are easily to be holpen; & contrariwise when they ware old (especially in old folks) then are they hard to be holpen without incision. All Chirurgions do know well what kind of trusse they are to make for this: for as much as it is difficult to describe the same, therefore be they to be put in trust therewith.

It is commanded, and not without reason, that the patient must be layd on his backe, and that the bowels which are fallen downe must be put vp softly againe, untill that they do lie in their due place: then must this plaister (spred vpon a thin peece of leather) be layd vpon the rupture, and on the top thereof a bolster bounden pretty and hard. They that be about thirtene yeres old, must lie on their back; and if they must needs arise, then must they beware of stooping, and hold still their hand vpon the rupture. But yong children must be dealt with somewhat milder. But for this can no certaine rule be prescribed: but regard must allwayes be had to the age, to the strength, the time and disease, and so to deale thereafter. Now for to help these ruptures, we will decipher first certaine plaisters which are very fit and requisite for it: Take Pitch and Mastick, of each thre dragmes, Frankinsence one quarter of an ounce, *Hypocistis*, *Sarcocolla*, and the iuice of Sloes, of each one dragme and a halfe, bloodstone, Dragon blood and Aloe, of each two dragmes and a halfe, birdlime one dragme and a halfe, Comfrey, Gals, Pomegranate peels, fine *Bolus*, of each thre dragmes, Aristology one quarter of an ounce, Sumach, blossomes of Pomegranates, of each one dragme, two ounces of Dore suet, Turpentine and Ware as much as is needfull. The gums and iuices dissolue in hot vineger or wine: the rest powne small, and make thereof a plaister. Another: Take pitch halfe an ounce, white and red Ware, Litharge of gold, *Ammoniacum*, *Galbanum*, Hony, of each two dragmes and a halfe, birdlime, Myrhe, Cipers nuts and Frankinsence, of each one dragme, Gips, or plaister, prepared *Bolus* and Aloe, of each halfe an ounce, Mastick, Comfrey and Daisteroots, of each thre dragmes and a halfe, Turpentine one ounce, Aristology round and long, and Galnuts, of each one ounce, Dragon blood one quarter of an ounce, but melt the Gums in vineger, and powne all that is to be pownded: the Pitch, Ware and Turpentine are to be molten, and the rest tempered amongst them: the Ware may be augmented and diminished according to the importance of the time. This plaister is also good for all fractures of bones.

Plaisters for the rupture.

The auncient Phisitions were woont to vse for this rupture, this plaister following: Take Cipers nuts two ounces, Myrhe, Cipers rootes, Marioram gentle, Gals the iuice of Sloes, Frankinsence and Gum, of each one ounce: the Gum is to be dissolued in wine, and the rest tempered amongst it, and so (as it is said) laid vpon the rupture, You shall not vnloose the trusse but once in foure or fve dayes, and then renew the plaister.

Item take fish lime two ounces, Hony one ounce and a halfe, pitch and *Ammoniacum*, of each one ounce, breake them all to peeces, and lay it to steape one day and a night in thre ounces of vineger and oyle of Mastick: afterwards let them melt together, and temper therewith Mastick, Frankinsence, fine *Bolus*, Dragon blood, Gum, and fenegræke meale, of each thre dragmes, and stir it long together.

Item take Daisie flowers and rootes, wild Tansie flowers and rootes, Comfrey, of each halfe an ounce, Masticke one quarter of an ounce, the iuice of Sloes and Pomegranate flowers, of each halfe a dragme, Hares haire chopt small one dragme, birdlime one ounce, pitch two ounces, Ware fve dragmes, oyle of Roses as much as is needfull, to make therewith a plaister.

This salve following is much in vse : Take Pitch three ounces, red Ware, *Bitumen Iudaicum*, *Ammoniacum*, *Galbanum* and Turpentine, of each two ounces, Litharge of gold one ounce, Henbane seed, Aloe and Mastick, of each three ounces, Gips or plaister, and fine Bolus, of each three ounces and a halfe, both kinds of Aristology, of each two ounces, Frankinsence and Myrthe, of each two ounces and a halfe, prepared Earth wormes, Comfrey and Daisie rootes, of each two ounces, fresh blood of a heavy minded man six ounces, Singlas and Glew as much as is needfull: the Gums let steepe three dayes in vineger, afterwards temper them with molten pitch and ware: when it beginneth to be cold, then mingle the other things beaten small amongst it: lastly put the blood thereto, and when it is well mixt, poure it vpon a stone, and worke it very wel with greasie hands, and spread thereof vpon leather, and lay it vpon the rupture vnder the trussie.

Another. Take Iron drossie five dragmes, Omy, Dragagant and Gum, of each three drag. Frankinsence, the iuice of Sloes and *Sandaraca*, of each one dragme and a halfe, Singlas, Cipers nuts, of each one ounce, birdlime three ounces, Gips two ounces, Rosin 18. ounces, make thereof a plaister with the iuice of Celendine.

Item, take Pitch one ounce, Litharge of gold, red and white ware, Jewes lime, *Ammoniacum* and *Galbanum*, of each one dragme and a halfe, Birdlime one ounce, Turpentine washt with vineger, both kinds of Aristology and Gals, of each two ounces, and two scruples of Cipers nuts, Myrthe, Frankinsence, of each one quarter of an ounce, fine Bolus and Gips, of each one ounce, Mastick, Comfrey and Daisie rootes, of each one ounce, Dragon blood and Omy, of each halfe an ounce, mingle them well together to a plaister. Another: Take the gum of Cherries, dissolue it in Sallad oyle, put thereto Mastick and Frankinsence, of each a like much, melt it, and boile it to a plaister.

Yet another. Take Gum, Dragagant, Mastick, fine Bolus, Dragon blood, Singlas and common Glew, of each one dragme, Frankinsence one dragme and a halfe, Jewes lime halfe an ounce, Pitch and Omy, of each one dragme and a halfe, Tar one quarter of an ounce. First melt the Pitch, then adde the Glew and Tar, and temper then the other things amongst it beaten small. When it is cold, then annoint your hands with oyle of Roses, and worke well this salve.

This following is taken for a secret: Take Dragon blood half a dragme, Myrthe, *Sarcocolla*, *Opopanacum*, Brimstone, Amber, Mastick and Comfrey, of each two dragmes and a halfe, Mirtle seed, yellow Birebalans, of each two dragmes, the bark of Pineapples, and Cipers nuts, of each foure scruples, foure or five garden Snailles out of their houses, Dragagant dissolued in red vineger one dragme, fish lime molten in vineger also as much as is needfull for to make the foresaid things to a plaister: afterwards dry it by a small fire.

Six houres after, drinke three ounces of this water following, Take Comfrey & Tormentil, of each one quarter of an ounce, Codwort, Sengreene, Cinqfoile, Bugwort, and herb Trinity, of each two handfuls, *Garyofillata*, *Verbascum*, and broad Plantaine, of each two drag. and a halfe, Roses, Horetaile, of each halfe a handfull, cut and powne it grosse, and put thereto red seething wine and *Aqua vite*, of each six ounces, or so much as wil couer it well: let it so stand foureteene houres: afterwards straine it throughe, and wring it out, & make it sweet with sirupe of Mirtles, But if so be that three ounces be too strong to drinke at once, then is he to take but one or two, and this potion may be tempered with somewhat else.

A plaister called
De pelle
Arietina.

Hereafter follow three kinds of plaisters *De pelle Arietis*, which is commended aboue all other plaisters as a certaine remedy: Take pitch two ounces, Litharge of siluer, *Ammoniacum*, *Galbanum*, Mastick, of each one ounce, white and red ware, Jewes lime, Aloe, and both Aristologies, of each one ounce and a halfe, Birdlime, fine Bolus, of each three ounces, Gips, Myrthe, Frankinsence, Turpentine which is washt well in vineger, prepared earth wormes, Comfrey, Senegreene, of each two ounces and a halfe, halfe a Rams skin made cleane from the haire and wooll, and cut small, the blood of a red bearded yong and healthfull man six ounces, prepare them all together as hereafter followeth: Take the cut rams skin, let it seeth to tough lime, then wring it out hard, and temper amongst it common glew, and fish lime, or Singlas, of each one ounce and a halfe, afterwards let it seeth well together. You must dissolue the gum in vineger, and you must powne all that is dry: in like maner also the greene roots, herbes and earth wormes to pap; you must worke the birdlime amongst the blood till that it dry, and the plaister ware hard, then are you to preserve this plaister in a glasse stopp tight.

The

The second. Take Pitch, Ware, Jewes lime, both the Aristologies, Earth wormes, prepared Turpentine and Aloe, of each one quarter of an ounce, Litharge of gold, *Ammoniacum*, *Opopanax*, *Galbanum*, *Bdellium*, *Sagapenum*, Mastick, Comfrey, and Daisie rootes, of each three drag. Birdlime, Bloudstones, Dragon blood, Frankinsence, Gips and Myrhe, of each three drag. mans blood three quarters of an ounce, and the fourth part of a Rams skin; seeth this to lime, and straine it through, and dissolue the Gum therein, seeth it all together, and mixe the rest amongst it.

The third. Take Pitch, Aloe, Henbane, Aristology, Behen, Saffron, and Chickweed with red flowers, of each two ounces, white Ware and Jewes lime, of each one ounce & a halfe, Litharge of gold, *Galbanum*, *Ammoniacum*, Honey, *Opopanax*, Mastick, Cipers nuts, Dragon blood, of each one ounce, fine Bolus three ounces and a halfe, Gips, Myrhe, Frankinsence, Turpentine, of each two ounces and a half, birdlime and mans blood, of each twelue ounces; temper these with the glue or muscilage of a shæpes skin and of sodden Hollihock roots. Many haue bin cured onely herewith.

You haue also before in the second part, the first Chapter, .i. s. a plaister which beginneth thus: Take Pitch halfe an ounce, &c. the which is also very good for this purpose. But note, before that you lay the plaister vpon the rupture, rub it with water that is distilled out of a shæpes skin when the wooll is off.

Item some other things more to lay thereon: Take the iuice of Sloes, seeth it in water, and lay it on the rupture, and bath the same therewith: it healeth without cutting. For yong childzen in stead of this plaister are pultises also to be made, as hereafter folloves: Take meale of Lupins and burnt linnen, of each a like much, and make with wine a pap or pultis, and lay it betwene two fine clothes vpon the rupture.

A milder plaister for childzen. Take Beanes as many as you please, and steepe them in warme water, peepe them, and let them dry againe: afterwards stampe them to powder, and take thereof two onnces, small filed Wken wood one ounce, Comfrey sodden treatably in wine, and then stamped, three ounces: let all this seeth meetly thick, and spread it on a cloth, and lay it three times a day on the rupture, and a nights but one time, and let it bee well fastened with a trusse: do this foure or fve weekes space vntill the rupture be cured, and the skin pretty strong.

Another. Take *Consolida Saracenicæ*, *Gariophilata*, Plantain, Fennel, Sanicle, broad Plantain and Pauls betony, of each one handfull, chop al small, and let the plaister seeth vntill it bee thick, then lay it on the rupture, and tie it as behooueth.

It hath bin told before in the first Chapter how wonderful good this hearb *Perfoliata* is for all ruptures, which oftentimes hath bin by experience found and approoued.

Here follow some salues. Take womans milke 16. ounces, Badgers grease, Capons grease, Hearts suet and Comfrey, of each two ounces, the innermost rind of a Cherry tree cut small one ounce and a half; let it seeth so long as a hard egge, straine it hard through a cloth, and therewith annoint the rupture foure weekes long morning and euening: trusse vp the rupture as behooueth, and keepe the patient lying still on his backe.

Badgers grease is also speciall good for all ruptures.

Hereafter are yet more sundry salues described, which are very good for this kinde of rupture, and some potions, whereof the first is before described, beginning thus, Take Comfrey, &c.

Item take broad Plantain, Hounds tongue, of each half a handfull, Comfrey, Daisie roots, of each half an ounce, Birtle seeds three drag. blossoms of Pomegranats, Bay berries, a drag. and a half, Ladies mantle, Sanicle, *Consolida Saracenicæ*, and Agrimony, of each one handfull; seeth them all together in wine and water, of each one pint, vnto the halfe, straine it, and put thereto sugar, at each time one ounce.

Item take Sengreene, *Consolida Saracenicæ*, red Beets, herbe Benet, Fennell, Knotgrasse, and Pauls Betony, of each one handfull; boile them all in wine, and drinke of it twice a day, but not at night. An old body must continue with it twelue weekes, and a childe sixe weekes. Some adde vnto it Ladies mantle and Sanicle.

Item take the roote of the long *Consolida*, one or twaine, *Consolida Saracenicæ* with the roote, Hounds tongue with the roote, of Pauls Betony, and rootes of Polypody, of each a like much:

chop it very small, put it in a bag, and put thereto thre pintes of Wine, and distill it through a glasse helme, take thereof in the morning early a good draught, at afternoone, and in the evening when you go to bed againe: yet at all times warme.

Some doe make this potion yet stronger, and put halfe an ounce of *Perfoliata* vnto it, *Watercresses* one ounce and a halfe, *Cicorie* rootes one quarter of an ounce, and a pinte of red Wine.

Take *Comfrey*, *Consolida Saracenicæ*, *Auens*, *Lady mantle*, of each a like much; let it seethe together with good wine in an earthen pot, and drinke thereof betweene meales.

Another. If so be that the Rupture be not yet a yere and a halfe old, then take two pintes of small wine in an earthen pot, and put thereto *Pirola*, *S. Johns woort*, and *Strawbery* leaues, of each one handfull, stop the pot close, and let the same seeth vntill the second part, and drinke thereof morning and evening meetly warme. This must also be continued two or thre moneths space, till that be cured.

Now follow some Confections, and such like. Take *Calmus* and *Comfrey*, of each one ounce, *Solomons seale* rootes, *Horse tayles*, of each halfe an ounce, cut them all small, and let them seeth together in some Wine vntill it may be stamped to pap, and then temper it amongst this powder following: Take *Cipers nuts* one scruple, small chopt *Hares haire* halfe a scruple, *Wasticke*, red *Cozall*, *Romy*, *Sealed earth*, *Cinnamon*, of each fiftene graines, and *Cassia wood* two scruples.

Lastly, take foure ounces of clarified Hony, and temper it to a confection: thereof may be taken euery day one dragme, or a drag. and a halfe with wine wherein *Cipers nuts* are decocted. Item take *Corna* as many as you please, seethe them in red wine, and straine them. Then take thereof eight or twelue ounces, and seeth the same with sixe ounces of Sugar meetly thicke, and then mingle therewith *Hares haire* (cut it as small as may be) one scruple, great and small *Comfrey*, and *Tozmentill*, of each two scruples, hearbe *Trinity* halfe a drag. *Horse tayles*, *Consolida media*, rinds of *Pine apples*, and the seeds of *Butchers brome*, leaues and roots, red *Sarfrage*, of each one ounce and a halfe, *Iewes lime* one ounce, *Hyssop* one ounce and a halfe, *Hares haire* cut small thre quarters of an ounce, *Gals* and *Cipers nuts*, of each one quarter of an ounce; rootes of *Solomons seale*, wilde *Cucumber* rootes, of each one ounce, roots of *Sperage* one ounce and a halfe, *Numularia* one ounce; temper them all well together with hony and sugar as much as is needfull, and take thereof euery evening and morning the quantity of a Walnut in wine.

Otherwise these things following are counselled much to be vsed: *Valerian* euery day one dragme taken in wine, *Cressy seedes* also in Wine: but the same must not be vsed oftentimes. Item *Shepheards purse* cut small and decocted in wine. In like maner also the herb *Cardopatum*. To foment the Rupture also with these things following, is very good: Take *Daisie* leaues with red flowers, and *Consolida Saracenicæ*, of each a like much, *Pauls Betony*, *Perfoliata*, *Pirola*, and *Watercresses*, *Harts tong*, *Cicory*, *Sanicle*, wilde *Thyme*, *Cardopatum*, and the herb of the same, of each halfe so much; chop it small, and make thereof two bags, seeth them in water, and lay first one bag, and then another, fomenting the Rupture euery time six or seven houres long. After that, the Rupture must be trussed againe as befoze. This water may last good thre daies long in the winter time.

Item, take *Kue*, *Agnus Castus*, *Marierom*, and white *Mints*, of each one handfull, *Annis seed*, *Fennell seed*, *Kue seed*, and *Siluer mountaine*, of each one dragme; *Camomill*, *Helilot*, of each two ounces; stamp it all together, and let it seeth in a quart of water vntill the third part be sodden away; foment therewith the Rupture. This is also good for the *Hernia Aquosa*, the waterish Rupture, whereof we will hereafter speake moze at large.

Of the Ruptures that fall downe into the Cods. §. 2.

Now we will speake of the brcaches or ruptures that fall downe into the Cods, whereof the causes are diuers, as it standeth heere befoze declared in the fourth s. that they may therefore be holpen by sundry remedies, shall hereafter appeare.

Of

Of the Rupture through wind. §.3.



The causes of this kinde of Rupture may proceed of meates which are windy, as certaine pottages, milke, and all that is dyest with milke, all doughy meates and unleavened bread, sweet Wine, braines and marrow of beasts. Such must beware of cloudy ayre, and all moist dwellings, all heauinesse of the mind, and he must eschew sleepe. Further, sodden fish, moist fruites, great riotting, much exercise immediatly after meales, continuall vse of all moist meates are hurtfull

for this disease.

For to cure these Ruptures, it must be endeouored to driue out the winds, for the which at the first this clister is very requisite: Take Comin, Annis, Caraway, Fennell, and Ameos, of each one drag. Rue one handfull and a halfe, seeth these together in a quart of water untill the halfe, take twelue ounces of this decoction, oyle of Rue, of Bay, of each one ounce and a halfe, Indy salt, and *Sal gemma*, of each halfe a drag. Cho. sugar one ounce and a halfe, make a clister thereof, and minister it once a day. Secondly, is the patient euery morning to take seuen houres befoze meat one drag of Nithridate with two ounces of the water of Rue. This is a diuine medicine to expell wind, and to take away the occasions thereof.

There may a good ly be vled outwardly, and to take thereof a pint, Sulphur vife beaten two ounces, graines halfe an ounce, beaten grossly, this so sodden together untill the third part be sodden away: in this warme water wet a sponge, and lay it fve or sixe times a day vpon the priuities.

Secondly, set often copper cups which haue narrow mouthes vpon the belly. For this is also good, all that expelleth wind.

Of the waterish Rupture *Hernia Aquosa*. §.4.

If any where in the veines, in the pores, or in the Liuer or other parts, do gather some water, which falleth downewards, then must it at last fall into the cods: but the Liuer is alwayes the most principall cause from whence all such moistures haue their beginning.

Therefore when as all such waterish Ruptures happen to any, it is quicly to be discerned by the nauell or cods, which immediatly afterwards do swell vp, and seeme to be perspicuous, whereto these things following are to be vled.

First of all the patient must be purged; for if such happen not often, the matter of the sickness will not be carried out of the body. In like sort, if there be not kept a good order of dyet, and the water be not expelled, then runneth it againe downewards towards the cods, wherby at length may be caused a greater harme. And to purge all those humors, take this drinke following: Take *Agaricus* and *Hermodactili*, of each one drag, and a halfe, Ginger one scrup. Ireos one drag. Hony water foure ounces, then make the Hony water warme, and let the foresaid things be steeped therein 24. houres, afterwards wzing it well out, and drinke it warme, and sixe houres afterwards eate and drinke warme beere and bread vpon it.

But if so be this drinke through the bitterness thereof go against your stomacke, then take this ensuing, *Electuarium Indium* three drag. burnt copper eight graines, water of blew flower deluce two ounces, temper them all together and drinke it. Or take these pills: Take the root of *Laureola*, which hath bin steeped fve dayes in vineger, one scruple, Sulphur vife foure graines, burnt Copper two graines, Licorice, Annis and Dragagant, of each foure graines, make pills thereof with the iuice of Roses, and take them all at one time.

There must also be given to this patient those things to eate and drinke which do moue vrine, whereof many are specified where we shall speake of the Droopsie *Ascites*: but of these three things following, chuse which liketh you best.

Take red Bease about sixe ounces, two Fennell rootes, let them seeth well together, and take fve ounces of this decoction: or drinke fve ounces of Browne water. Thirdly, take the water of Melilot, and water of Smallege, of each two ounces and a halfe, Sugar as much as you please, and drinke this a whole weeke long.

A Confection to strengthen the Liuer.

Take *Trociscos Diarrhodon*; and *Spec. Diacynamomi*, of each one drag. burnt Juoꝝ one scrup. foure ounces of white sugar; seeth it with Fennell water, and make tabulats of it: of these take one quarter of an ounce before meate. When as then through the foresaid means the water be somewhat voided, then are these plaisters to be vsed: Take Masticke one ounce, Cipers nuts halfe an ounce, Dragagant and Gum, of each one drag. temper these together vnto a plaister with oile of Roses. This stoppeth, that there can no moze water run vnto it. Item take *Seseli*, Comin, Cammomill and Melilot, of each one ounce; seeth these together in a quart of water vntill the third part be spent, and foment therewith the Rupture. Then lay this plaister vpon it bounden warme to it: Take rootes of blew Flowerdeluce, and rootes of wild Cucumbers, of each three ounces, Bease meale and Beane meale, of each two ounces, oile of Rue and iuice of Bay leaues, of each two ounces; let this seeth till it be meety thicke, and so lay it vpon the ruptures, and bind it warme vnto it. But if this cannot be made, then vse the first with Mastick and Cipers nuts.

The Apothecaries haue also one in vse, which they call *Emplastrum ad Rupturas*, which is also very good, and is thus to be made.

Take Nutmegs, the iuice of Sloes, Gips, Comin, Annis, Rice, *Pyrola*, solwe Dates, Cipers nuts, Sanicle, of each one dragme and a halfe, fish lime or Asinglasse, halfe an ounce, *Bdellium* two ounces: but dissolve the two last in vineger, and with the rest beaten small make a plaister of it.

Another. Take Bran twelue ounces, beate it very small, and let it run through a sieue, put amongst it two ounces of beaten Comin, make a plaister of it with *Oxymel*. You may also seeth it well with white wine vnto a plaister. Item take Lilly rootes one ounce, Linsced meale one quarter of an ounce, Beane meale one drag. Comin and wild Rape seed, of each one ounce, Sulphur vife one quarter of an ounce, Cipers nuts one dragme, *Bdellium* molten in vineger halfe an ounce: beate all that is to be beaten, and let it seeth to a plaister with white wine. Item take *Marioram*, foment therewith the whole pꝛiuities; or annoint it with the iuice of *Parrow*: take also oyle of Pepper and of Saffron, of each a like much, and therewith annoint the rupture.

But if so be that this waterish rupture be taken for a species of the Dropsie, then must you looke for moe other plaisters, which stand described in the treatise of the Dropsie *Ascites*, and choose which you like best. But if the water (which is so gathered together) must be let out, then are you after the purgation to lay the foresaid plaister vpon it, and open the cod, yet let not the water run out all at once, and being run out, then lay drying plaisters vpon it. It is also opened sundry waies, as with a hot yꝛon, with a thred thrust through it, also with a coꝝa sieue, and otherwise, which we commend to the Chirurgions. But if so be that you be once cured, and that the same returne againe, then is he to be ruled in all things, like as is from the beginning hitherto prescribed.

Of the Rupture through Bloud or *Phlegma*. S. 5.

Although that out of all the humors of mans body, there be specially caused foure ruptures, yet notwithstanding is the same very seldom caused through *Cholera*: In like maner also not often of blood, vnlesse that such hapneth through strokes, wounds, falls, cariage, and through vse of meates which make much blood, that be very hot, moist, and sweet, and such like. These ruptures do make shew with notozious swellings, with heate, & many humors, which may easily be knowne by their feeling, for at the last they will be red, and beating or panting. The Liuer or Mediane beine is to be opened of such a patient, and foure or fife ounces of blood letten out, according to the strength of the patient. And the next day must he purge with this potion following: first, must you make ready a decoction, which the Apothecaries do call *Decoctio fructuum*, as followeth.

Decoctio
fructuum.

Take Figs and Prunes, of each fiftene, Aniubes and Sebestes, of each twenty, Hops a handfull

handfull and a halfe, Endiue, Purslaine and Cicozy, of each halfe a handfull, pœled Melon seed, Pompeon seed, Cucumber seed, and pœled Gourd seed, of each one dragme, solwe Dates one ounce, Violets halfe an ounce; seeth these all together (except the Dates) and breake them into this decoction, it is very good for the breast, and cooleth naturally, take of it thre ounces, Rubarb two scruples, Spica foure graines, conserue of Pynes halfe an ounce, temper these well together, and drinke it warme, and fast thereupon the space of fire houres. The same day lay vpon the rupture fire ounces of greene Nightshade, but if you cannot get it, then take dried Roses and broad Plantaine, of each two ounces, Linseed sodden in vineger, twelue ounces, barley meale five ounces, oyle of Roses foure ounces; let all these seeth together vnto a thick pap by a mild fire treatably, and then lay this vpon it twice a day. Item take water of Endiue, Nightshade, barley water, and beane water, of each a like much, temper amongst it a little Saffron & oyle of Roses, make it wet in a cloth and lay it thereon. Or take Barly meale, Lentil meale, Beane meale and Violets, of each a like much, temper these all together with the iuyce of the herb of winter Cherries, vnto plaister of salue, and vse it as aboue. But if so be that the paine of this accident will not stanch, then powne Henbane amongst it. The third day must two cups be set behind on the buttockes, and that at such time as the patient hath least paine, letting them draw much blood. His meates must be cooling and drying, as Meriuyce, the iuyce of Pomegranats, &c. His drinke must be solwe and thin wine. This is also to be noted, that this kind of rupture is of that nature that it may be cured in eight dayes.

But the rupture which is caused of phlegmaticke humors, is much more common, and they that gladly haunt strange women, are more subiect to these ruptures. Also all they that liue riotously, eate hard meates, and haue sate vpon a cold stone with their naked bodie, which may be knowne throught the coldnesse of the disease, when it beginneth to mollifie, and when one doth thrust his finger into it, that the dent of the finger tarieth a good while in it, which in the windy rupture noz in the water rupture happeneth not to be. Also the place is not perspicuous, and the swelling remaineth at a stay. This disease is to be cured with these purgations following: Take Turbith one quarter of an ounce, Ginger one dragme, white Sugar thre dragmes, temper them together: of this must the patient euery fourth day take one dragme with Wormewood water, and betwene them must he euery morning take this potion: Take water of Balme, Betony and Wormewood, of each one ounce and a halfe, Sugar halfe an ounce, Vineger of Squills one ounce, mire them together. Now for to strengthen the parts wherein the Phlegmaticke humor ingendzeth, it is very good euery morning to take one dragme of Treacle which is ten yeares old. This plaister following is also maruellous good for to consume all such matter: Take Sandaraca two ounces, Sarcocolla one ounce, ashes of Beane straw, or Wine stockes six ounces, Vineger of Squills two ounces, as much water as is needfull: let these seethe together vnto the thicknesse of a plaister, and lay it vpon the soze as aboue. Some do take in stead of common ashes, the ashes of *Saponaria*, which may be well done.

Of the fleshie Rupture. S. 6.



This rupture may also ingender of good blood, for that the nourishing operation doth work so vehemently therein, that the blood turneth into flesh. It may also be caused throught great heat of the cods. When as then this excrescence of the flesh doth much increase, then will this member be much feeble, and the new flesh which at the first was not hurtfull, will be vtterly destroyed. This excrescence of flesh, or fleshy Rupture, is first of all knowne, for that therewith is no paine at all. The heate is to be knowne by the rednesse of the place where the disease appeareth, & by the hardnesse it is also knowne, for that it agreeth with other flesh. Lastly, it is also to be discerned and known by the speedy increasing, by reason that sometimes it will be as big as ones head. The outward causes of the fleshy rupture are all that ouerheate and ouermoysten, whereby the blood inflameth and will be fat, euery as all delicate meats, yolkes of eggs, good fresh broth, sweet wines, Dates, Sugar, and all that is drest therewith, and such like. For to remedy this, first the Liuer veine or the Median is to be opened, and that at severall times, first one, then another. Secondly, you must looke to open the hemorrhoids in the fundament, throught continual rubbing it with Dre gall or with water wherein Sulphur bit is decocted.

decocted. Thirdly, through often applying great cups vpon the buttocks, hips, and other fleshy parts. He must eate no other meates than that are cooling and drying, thereby to hinder the generation of the blood: for which this plaister following is also to be layd thereupon: Take Lentill, Nightshade, Roses, and broad Plantaine, of each five ounces, Barly meale twelue ounces, three whites of Egges: seeth these all together in sufficient vineger, and thrice as much water, then make thereof a plaister, and lay it vpon the whole cod five or six dayes one after another.

Now when as this patient hath purged, and done all that is prescribed, then is this plaister following to be laid vpon the rupture: Take Bolus two ounces, Sealed earth and March, of each one drag. Sil dust one ounce and a half, Sandaraca and Mastick, of each one quarter of an ounce, make a salve thereof with the iuyce of Roies in a leaden mortar, and lay thereof twice a day ouer the rupture.

Afterwards vse this corroding ointment: Take blacke Sope two ounces, Oypiment one ounce and a halfe, Sulphur vis halfe an ounce, burnt Copperas one dragma and a halfe, temper all together in a mortar with water wherein *Sal Armoniacke* is dissolved: lay this vpon the lower part of the cod, about the breadth of a groate, and let it lye therein about one houre, but no longer, so that it may not bite in too deepe. When there is any vlcer, then lay easie things thereon, as Barrowes grease or butter untill that the escarre fall off. When this is all done, then take for this the salve of the Apostles: afterwards are you to lay this byting salve againe vpon another place of the cod, so that it may be opened in five or eight places, yet so, that one may comodiously come to it with the foresaid things. When you then see that such excrescens be consumed, which may be discerned and knowne hereby, that the cod is come to his wonted bignesse againe, the which sometimes happeneth to endure halfe a yere before it come thereto, then must you procede with incarnatiues, which things require an expert and patient Chirurgian.

Of the Rupture which is caused of broken veines, called *Varicose*. §. 7.



Hereof we haue in the beginning of the 4. §. made mention, how that it is none other but an intumescation of the veines through blood, for in the cods are many veines that compasse them all about.

This tumor or rupture proceedeth of melancholicke blood, to which do help sorrow, variation of the mind, many fantasies, and grosse meates, whereof the melancholike blood is ingendred: like as also of grosse red wine, salt flesh, pottage of Beanes and Lentils, and all that is dyed with sharpe vineger.

Such a patient is to rule himselfe no otherwise then is taught in the fleshy rupture, but that he must not vse any of the corroding salve, but in stead thereof vse the plaisters *De Muscilagini-bus*, and especially those that be made with *Opopanaco*, *Serapino*, *Bdellio* and *Ammoniaco*. For this is also good bathes which are Sulphureous, Copperish, and warme by nature. And (to speak the truth) this species of rupture is not to be holpen but with great paines, and continuance of time.

Of the terrible Rupture, called *Buris*. §. 8.



This rupture commeth also through melancholike blood, which not onely falleth downe into the cods, but also infecteth them wholly, so that beyond all measure it commeth thereby to swell, yea will be black and cold, and sometimes without any vlceration. But if so be that there come vnto it any hard swellings, which afterwards breake out and yeld much matter, then may the same be well taken for *Elephantiasis*: yet if so be that the swelling be not so big, and hath neuerthelesse the foresaid signes, then is it to be taken for the right *Hernia Oscene*, which some do call *Offealis*, which altogether descendeth into the cods. This disease will be cured like other hard swellings, or as hereafter folloiweth.

Take Beane meale three ounces, Cammomill, Pusilage of Hollibocke rootes, Annise seede,
Fene

Fenegræke seed: and Raisins without Stones, of each halfe an ounce; temper them with yolks of eggs. These things following are good for plaisters; as Cumin, Nigittihade, Beane meale, Camomil, Bellilot, oile of Lillies, Cow dung, crums of Rie bread; and moe other things aforesaid. But if so be that the hardnesse will not weare away, but inclineth to maturation, then must the same be opened and healed as other impostumations.

The plaister *Diachilon* is good to be used at the first, and the gum *Ammoniacum* by it selfe; for that they either consume or maturate the swelling in short space. There is also good for this Beane meale, Fenegræke meale, Lilly roots, Colewort leaues, and figs, as much as you please, sodden together, and then powdered, and so layd vpon the griefe. Also this rupture is to be oftentimes annointed with the oile of Camomill, Lillies and Spike, and chiefly when there is no speciall heate therein.

It is also to be noted, that it is not good, if it be knowne that the Cod is full of matter or corruption, to leaue the same long therein, lest that the testicles thereby might also spoile and putrefie. For this is this rule to be obserued, to the end that in time the melancholicke humors might be drawne out and purged away; to wit, to open the Liuer veine on the left side. The next day must he take half an ounce of *Catharticum Imperiale*, with Violet or Waterlilly water. Now for to cause the matter to discusse and consume, take five or eight dayes one after another these potions following: Take Violet water, Lettice water, and Hop water, of each one ounce, sirupe of Citron pills one ounce and a halfe: take this warme early in the morning.

Of the Ruptures whereby the Bowels do fall into the
Cods. §. 9.



The eighth and last sort of ruptures is here aboue mentioned in the title. The descending of the bowels or rim, is oftentimes very sodainly, & otherwhiles very slowly. But howsoeuer the same come, yet for all that can it not be without paine, and chiefly if it be touched: the inward causes are none other then wind, which clærely appeareth hereby; if the patient hold vp his breath long, the rupture wil be the greater, and in breathing out the smaller. The outward causes are sufficiently exprest in the treatise of the Ruptures of wind, and of

the Pauell.

For to helpe this disease, before all things diligence must be had, that the bowels which are descended may be brought againe into their place. And for to compasse this, take hold on the cods vnderneath, and treatably thrust it vp. Take also a great boring cup, set it aboue the priuities, or hard by, and let it draw a good space. The patient must also lie higher with his buttockes than his body, that the bowels thereby the easier may returne into their due places. If there be any great paine appoaching, then first of all looke to swage the same, and chiefly with clifters, which are thus to be made; to wit, the decoction wherein Linseed, Fenegræke, and white *Sesamum* seeds beaten grossly haue bene boyled, and therewith butter and oyle of Violets be mixed. Item, take Hens and Cocks broth, and oyle of *Sesamum*, of each five ounces, *Sal-gemma* halfe an ounce, or little lesse; temper them together, and minister this Clister meately warme.

Another. Take twelue ounces of sweet Wine, fresh butter, and oyle of sweet Almonds, of each two ounces, *Benedicta lax*, halfe an ounce; temper them all together for a clister.

Further, the whole Cods with all parts that are adioyning are to be well fomented or bathed. What waters are to be taken for it, you haue them set downe before in the end of the first §. beginning thus, Take Rue, &c. Yet another in the fourth §. beginning thus, Take *Seseli*, or Silver mountaine seed, &c. In one of these warme decoctions wet a great sponge, and lay it ouer all the priuities: which being done, then let the rupture be softly shooued backe. Afterwards must you lay this plaister following ouer it, and binde it as hard as may be abidden and suffered.

Take Cipers rootes two ounces, Bill dust thre ounces, Comfrey and Daisie rootes, of each one ounce, fish lime or Anglas, one ounce and a halfe. Dragagant, Gumme, Romy, and burnt Quory, of each halfe an ounce, Dragon blood, *Sagapenum*, Sealed earth, and fine Bolus, of each five dragmes: the meale and powdered rootes shall you seth in two third parts of water, and one third part of red vineger, vntill it be thicke inough; then mixe molten Wax amongst it as much as is needfull, stirre it with dissolved Gum well together vntill it be cold. You haue also before

before in the discourse of the Pauell and vpper Rupture, many good plaisters which are good for this vse.

But if so be that the rupture be large, and all that is salne down be much, then lay the plaister thereon which is described in the treatise of the vpper rupture, in the beginning of the 1. §. for it is singular good also for this kinde of rupture. Make a plaister thereof after the forme of a shield, whereof the narrowest end may passe vnder the cods betwene the legs, and the broad end ouer the whole cods: this being done, then put thereon an accustomed trulle.

Lastly, heed must be taken to cure and strengthen the place of the rupture where the bowels come through: for the which this following is very commodious.

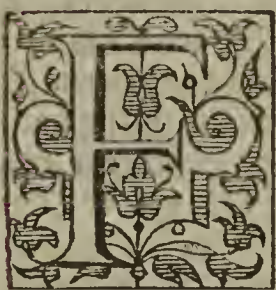
Take iron drosse which is sodden in vineger and Myrthe, of each halfe an ounce, Dragon blood, fine Bolus, frankincense, Mastick, Sealed earth, and the iuice of Sloes, of each one quarter of an ounce, Cipers nuts and Romy, of each thre quarters of an ounce, Singlas two ounces, temper them all together with Ware ant Resin as much as is needfull for a salve, and therewith annoint the Cods thrice a day, and knit it vp with the trulle as is vsuall. If the rupture be not too wide and too old, then may it be well cured therewith in forty or threescore dayes.

Of the Ruptures of Children. §. 10.

The yong children are subiect to the foresaid ruptures of winde and water, more than aged folke, and are also to be cured with the foresaid remedies. Concerning the vpper rupture of children, especiall mention is made in the fift §. But as in the beginning of this description we haue said, that children and tender bodies are to be dealt withall more milde and subtiler than with aged folkes, therefore is the same to be had in minde.

For the first, these are as much as is possible to be defended and kept from crying, and to be let lie with stretched out legs, and after the first binding not to vnbinding it in ten dayes. If the rupture as then be not yet cured, then is the rupture, the second and third times to be trussed, for that by the first trulle they heale not throughly, but all after as they be still or vnruly. But if the children be so small that they suck still, then must the mother or the nurse keepe a good diet in eating and drinke of dry meates: and they must eschue all meates which be moist of nature.

For to keepe vp the Matter that it descend no more. §. 11.



For this purpose are good the last mentioned clifters, the binding and rubbing of the knees downwards, the setting vp of boxing cups on the buttockes vn-pickt, the opening of the liuer veine or Median, wherewith also according to the importance of the cause, remedies must be vsed through vomits, whereby the matter that falleth out of the head will be diuerted: for all ruptures are much subiect to the desurion of humors, and especially the great ruptures. Lastly, it is very necessary that women do further their floures or Termes; and for men, the Veniozrhoides or Piles.

For to stay the reuerfion of the Rupture that it come not againe. §. 12.

This must be effected through such things as expell winde and flegmaticke matters, whereof is sufficient store declared, and chiefly that which hath Turbuh in it, in the fift §. If you had rather haue pilles, then take Coloquint one scruple, Turbuh one dragme, Bdellium one dragme, and Ginger one scruple; make thereof twelue pils with Hiera Logodion, whereof the patient is to take thre in the morning early, and thereupon drinke one ounce of the water of blew flowerdeluce meately warme and sugred. This medicine is good for all flegmatick diseases. This foresaid matter wil be expelled through these things following by vrine: Take water of Broome, Madder, and Smallage, of each one ounce and a halfe, temper it, and drinke thereof about halfe an ounce at a time: and immediatly afterwards take thre pils of powdered Millium solis seed, mixt with the iuice of Smallage;

or take one dragma of beaten *Lignum Aloes*, with Hony water. Also you may vse twice a weeke one dragma of *Nithidate*, tempered with Mint water.

Thirdly there is a strong confection discovered, made by *Nicholans*, by the name of *Opopyra*, which hath a special operation to drye by the flegmaticke humors. And if you desire to make the same, then are you to vse the aduice of an expert Physitian, for it is very hot. There are also simples, which be very necessary for to stay the bowels after the first curing, from falling downe into the cods any more: whereof, the first are *Cypers nuts*, when they are Greene to confect them with sirupe of *Roses*, wherof one is to be taken thre or foure houres before meate, and that continuing two or thre moneths long. Secondly, after the same manner shall be confected *Pineapples* (the kernels being taken out) and vse them in like manner. Thirdly, take one dragma of *Hony*, and make therewith twelue pills with the iuice of *Roses*, and take thereof alwayes thre houres before meate, one, two, or thre moneths space together. Fourthly, you are to swallow euery morning thre or foure peeces of *Pasticke*, and continue it thre or foure moneths: it is the most surest. Fifthly, you are foure houres before meate to take a roote of *Consolida media*. Sixthly, the powders of *Cypers nuts* is to be vsed in all meates. Seuenthly, there must be worne a plate of filed iron vpon the rupture. Eighthly, the patient is to sit oftentimes in an *Allum bath*, which is very sure to pzeuent the recidiue of all such accidents.

For this may be prepared these confections following: Take *Frankinsence*, *Pastick*, the iuice of *Roses*, *Hypocistis*, of each one dragma and a halfe, *Roses*, burnt *Quoy*, parched *Comin*, *Dill seed*, of each one dragma, *Cypers nuts* halfe an ounce, small filed *Steele*, *Iron* drasse, decocted together in red vinegar, of each one quarter of an ounce, dried seeds of *Pomegranates* one ounce; beate them all small together: *Hony* of *Roses* eightene ounces, white *Sugar* twelue ounces; *Granado wine* sixe ounces, *Dragagant*, *Gum* of each halfe an ounce; seeth both of these gums with *Hony*, *Sugar*, and this iuice vntill it be thicke. When it beginneth to be cold, put it into a mortar, and temper the other things amongst it, stirring it well about, and giue the sicke body thereof two dragmes in the morning two houres before meate: also two houres after supper one dragma. With this haue many bene cured.

The order of life or diet. §. 13.



When as all diseases in the world haue need of a good diet, so hath this malady most of all need of it: but if the patient do not gouerne himself in this sickness as it behoueth, then are all medicines of none effect, but in vaine.

For this is first required to keepe himself as quiet as is possible, and to ly vpon his back. The patient is also forbidden all cold and moist places, carnall copulation, much stirring after meate. To ouercharge himselfe with meate and drinke is also very hurtfull vnto him, all strong drinks, and chiefly *Must* or new wine is forbidden him. All meates that are binding, as sad baked bread, and all that is made of meale and dough must he forbear. Of all sorts of pottages, there are none more hurtfull than *Beanes*, *Turky beanes*, and *Lentils*: contrariwise, he may eate wel smoke-dried flesh, and all kinds of fish: but new milk, and all that is made thereof is hurtfull for him. Item butter; and all cold and moist herbes must he forbear, as *Spinage*, *Lettice*, *Wets*, *Hallowes*, *Bursaine*, &c. vntill they be mingled with some warme herbes, as *Rosemary*, *Mints*, *Thyme*, *Marioram*, and such like. Meates that are good for him, are well leauened bread not aboue thre dayes old, *Brewesse* of fresh flesh broth, reare *Eggs*, *Meale*, *Button*, *Porke*, *Hares*: Item *capons*, *Hens*, *Pheasants*, *Partridges*, *Ducks*, *Doues*, and all other field fowles. All fish fried in oile, and salt fish may he vse otherwhiles, &c. Hard salt *Cheese* is also sometimes permitted. All sorts of *Turneps*, *Olives* and *Capers* may he also vse. All manner of spice may he eate drest with his meate. Also *Annis seed*, *fennel seed*, *Comin*, and such like. All manner of solwe things in his meates cannot hurt him, as *Vineger*, *Meriuce*, *Lemons*, *Drenges*, and such like. For his drinke shall be good clere wine or beere. But if the patient can neither drinke wine nor beere, then is he to vse this Meade following.

Take *Rosemary* halfe an ounce, *Cinnamom* halfe a dragma, *Balme flowers*, *Ginger*, *Borage*, *Putmegs*, of each halfe a dragma: seeth these together in seven quarts of water vntill the fourth part be sodden away: afterwards put thereto sirteene ounces of *hony*, let it seeth againe vntill the third part be consumed.

This

This drinke is speciall good in the winter, and if the same be not continually vsed, yet may the wine be delayed with it.

This order is as well directed for flegmaticke humors, as for the cause whereof this rupture hath his being. And if the same be caused of *Cholera* and blood, we haue thereof discoursed before.

The Chirurgions haue two other meanes to heale the Rupture, which is, by incision, and with cauterisation, whereof we are not purposed to write.

The fourth Chapter.

Of the Testicles or Stones.



Some do name both these parts, the priuities: which name doth signifie more than the stones only of men or women, for that it is thought to be too grosse a terme, the stones: but if the matter be honest which is spoken of them, then can the true name of them not be shamefull nor dishonest. Both these small parts of a mans body were once fashioned thereto by God and nature (like as is discovered) whereby to continue mankind: for which cause they are by god reasō accounted amongst the principallest parts of mans body. For how greatly mankind is depending thereon, it is to be seen by such whole stones be cut out, who haue no beards growing, do lose their mans voice & naturall heate, yea are wholly vnfit for generatiō: In fine, do almost alter wholly into the nature of women, we may therefore with good reason write thereof.

Men and women haue both of them two of these stones, therefore do the Grecians call them *Didymi*, which is, *Twins* or *Twilings*. In men they hang outwardly out of the body in the abovesaid cods, and are of a fast fleshy substance, round and somewhat long, inwardly hollowish, wherein they receiue the purest and cleanest blood of the whole body: and for that they be hot and moist, they prepare that for the full perfection of the seed. Women haue the stones inward, on each side of the neck of the Mother one: but they are much lesse than the stones of a man, and also of another fashion. It is also adiudged, that the right stone is hotter of nature than the left; therefore the right also (is sayd) will ingender a son, and the left a daughter. It is found by experience, if a man haue one stone cut out, yet may he ingender children: likewise they that haue three stones are very vnchast of life. Of the diseases which these members of the body are subiect vnto, is sufficiently discoursed in the treatise of the Cods: for there can hardly come any infirmity to the cods, wherein they do not suffer with them, whether they chaunce to swell through wind, or any other humor. But chiefly yong children get lightly such diseases: for which you haue this plaister following for to vse, as well for yong as for aged folkes: Take Lilly rootes, foure ounces, Linseedmeale, Beane meale, halfe an ounce, yellow wild Rape seed halfe an ounce, Sulphur vife one dragme, make a plaister thereof. But before you lay on the plaister, annoint the place with oile of Pepper and Saffron, of each half an ounce, temper the, and vse it warme.

Another plaister. Take small beaten Annis seeds, temper them with well bzayed whites of eggs, and lay warme vpon it. This is approued and found good.

The fifth Chapter.

Of VVomens priuie Members.



The Priuities of women make outwardly a small shew, but within are much like to the priuy members of a man. The neck of the Mother or Womb is in steed of the Vard: the Mother or Wombe is compared with the Cods, where on the necke of the same (like as is sayd) the stones are fixed: so that with good reason may be sayd, That whatsoeuer men haue outwardly, the same haue women inwardly: but for honesties sake we will write no further of it. But as much as concerneth the inward parts thereof, and all that appertaineth thereto, shal

shall be discovered hereafter; here shall onely be touched certaine diseases which these parts are subiect to. For which, first of all the common aduise of women is against al paine of these parts, be it of whatsoeuer cause that the same proceede, to wit, that Wetony be laid to sleepe in Wine, and to drinke thereof.

Of the inflammation of the place with swellings. §. 1.



Take the whites of Egges, and bray them with a long peece of Allume a good space; then will it be a salve; spread it vpon a cloth, and so apply it, and when it is dry refresh it: this hath bene many times approued and found certaine. Item take of the white of an egge halfe a nutshell full, and Sallad oyle, stir them well together, and therewith annoint the hot burnt place. Or take the greene and yelloe barke of Elderne sticks, put them in a little bag, boyle them in wine, and lay them warm thereon; it driueth away all swelling, as well that which is caused of childbirth, as otherwise.

Item, take for the hot swelling of womens priuy places, *Consolida Saracenicæ*, *Auenæ*, and *Ladies mantle*, as much as you please: powne them all together, and wring out the iuyce, temper it with molten Capons grease and fresh butter, annoint the place therewith betweene day and night foure times at the least.

Of the Clefts of this place. §. 2.

The Grecians doe call the clefts *Rhagades*, and are such clefts as discover themselves with excrescence of flesh, which for the most part standeth alwaies inward, and bleedeth not of it selfe, vnlesse they be rubbed hard with the member of a man, which proceedeth of inward and outward causes. The outward causes may be falls, strokes, or bignes of a mans member: Also through putting in any sharp thing, as With seed, and such like. The inward occasions are, when as any inward swelling happeneth through descent of some sharpe humour which there seeketh issue; and (to tell the truth) this is very hardly to be healed, especially when all such diseases do stand deepe in the necke of the mother. But these clefts are to be healed with the same remedies which shortly hereafter in the treatise of the Arsgut shall be described, yet if there be no Ague nor sharpnesse present, then may these pessaries following be vsed.

Take Ducks grease, and the marrow of a Stags bone, of each halfe an ounce, Saffron one scruple, oyle of Lillies and of white Daffodill, of each one quarter of an ounce, Ware as much as is needfull, wherewith to frame pessaries. These pessaries must be put into the place, yet bounden at a threed, they draw the clefts together. Item take Frankinsence and *Hypocistis* of each halfe a dragme, Aloe halfe a scruple, Dragon blood three dragmes, the iuyce of Sloes one dragme, dried Asse dung one ounce, dyed Mints a scruple, burnt Egshells one dragme and a half, three whites of eggs, burnt paper two scruples, three ounces of the iuyce of broad Plantaine, Wineger one quarter of an ounce, temper them all together: it is especiall good for all clefts of the whole body. But if so be that there be any heate or sharpnesse therewith, then is oyle of Roses to be vsed for it, and the pessaries must be annointed with this white vnguent: or make a pessary of Cotton, steeped in Rosewater or Plantaine water. But if the heate thereof be great, take the iuyce of Purslaine, muscilage of Fleawort, and iuyce of Housleake: worke this the space of certaine houres in a leaden mortar, and temper a little Oyle of Roses amongst it: this healeth and cooleth. It is also very good against the Canker of the Mother, and such like diseases. Item take Dragagant and Gum, dissolued in Rose water, washed Aloe, Ceruse, Frankinsence, and Dragon blood, of each one dragme, litharge of Gold halfe an ounce, oyle of Roses two ounces, ware as much as is needfull; stampe all that is to be stamped, and make a salve of it.

Also this hereafter following may with a Siring be squirted into the place: Take washed white bread, Frankinsence, Bolus, and Dragon blood, of each one ounce, powne it, and seeth it in foure ounces of Goates milke vnto the halfe, then straine it through a cloth, and vse it as hath bene said.

Of the Vlcration in the priuities of Women. §. 3.

All that is ordained here before for the clefts, is also good for all vlcérations of the priuities in women: so is also in like manner that which followeth hereafter: Take fresh Butter, Badgers grease, and Deeres suet, of each one ounce, the marrow of a yong Stære halfe an ounce, fine beaten yolkes of Egges; temper them all together ouer a milde fire, and stirre it continually: when as it is almost cold, then put thereto Violets, Cammomill, and Roses, of each one ounce, Oyle of Olives one ounce and a halfe: let this seethe softly one quarter of an houre; stirring it alwaies about: afterwards straine it thzough a cloth. Item, take Barroves grease wherein Dill hath bene fryed, May Butter, and Harts suet, of each two ounces, Salad oyle one ounce and a halfe, the marrow of a yong Stære, and Roses, of each one ounce, Violets, Cammomill, of each one dragma and a halfe, sixe yolkes of egges well beaten, temper it as before: you may put thereto a little Beuercod: this is, the elder, the better. For a generall rule note, that whereas any vlcration or clefts do shew themselves outwardly, that for the same these foresaid remedies are commodious: if so be that they stand deep in the neck of the Mother, then vse the foresaid pessaries, and thrust them in deepe enough, for which cause the pessaries must be reasonable long. Also for all swellings and exulcerations vse the oyle of white Daffodill, for it is very much approued for it.

When any body catcheth any sore through carnall copulation. §. 4.

This is to be vnderstood of any sore which commonly commeth thzough copulation or venery. For this you shall take Calues suet, letting it melt treatably vpon hote coles, then temper therewith the marrow of an Ore: when it is molten, let it be cold: when you will vse this, then take a little of it and annoint the sore therewith. But if it happened that one haue his ordure to come forth before, then take a small Tunnell, and stick it into the fundament, like as it were a Cliffer pipe, then poure therein the molten fat, but not too hot. The patient must also keepe in his breath, and afterwards plucke out the Tunnell, and so stop the fundament with Cotton, that the same fat might not run out againe. And two or thzee dayes after he must bathe in warme water, or foment with a bag that is filled with Oken leaues, Plantaine and Roses, and is decocted in water.

For to make a Woman to be as narrow as a Maiden. §. 5.

Take *Consolida Saracenicæ*, Plantaine, red Roses, and Shepheards purse, of each a like much, and chop them small: when you haue two handfuls of them, then take a pound of May Butter; melt it, and put thereto the said hearbs: then let all seeth softly together halfe an houre long; afterwards straine it thzough a cloth, and therewith annoint the place. Item take Cope-ras and let it dissolue in Well water, wet a cloth therein, and lay it in the place; but it must otherwise be refreshed. If then one be troubled with the Crablice, looke the first part, in the third Chapter, in the 8. §. where is sufficiently written of Lice.

For to speake then more at large of this matter, and to declare (like as is said already) how much importeth mankind in the soundnesse and health of these parts of generation, therefore we will first speake of the Spermaticall fluxe or running of the reines, be it by day or night: afterwards of the impossibility of the venereal act: Thirdly, of the barrennesse both of man and woman, and how to redresse it. Fourthly, what belongeth to the *Secundina* or Skin wherein the childe is wrapt, we will shew hereafter.

The sixth Chapter.

Of the Spermaticall Flux or running of the Reines.

The Grecians doe call this infirmitie *Gonorrhæam*, which, is when one against his will, without the erection of the Yard hath his seede running out, thzough the losse of his strength and vnnaturall heate. This is caused thzough the feeblenesse of the vertue retentive, which is in the instruments of the seede, which may happen thzough

through any ouercoldnesse, be it by sitting on cold Stones, or otherwise. It is else daily scene, if any beare this mischiese too long, that he wareth leane thereby, and falleth away. And it is also no wonder, that by reason of this fluxe of the seed which sometimes ten yea twenty times hapneth betwene day and night, that thereby the best nourishment of the body is withdrawn. If so be then that this Spermaticall fluxe is caused through weaknesse of the retentive vertue, then hapneth it without feeling: or if it happen through the force of the vertue expulsive, which is knowne before by certaine impotency and trouble of these parts. But if the same grow through outward accidents, that must be vnderstood of the patient. And to cure this infirmity, first it is to be knowne, that albeit this disease proceedeth for the most part through heate, yet notwithstanding the same may be caused through cold, therefore we will here first write of the running of the Reines which commeth through heate.

Of the fluxe of seed, or running of the Reines through heate. S. I.



His fluxe of seed, is (as it hath bin said) felt with some grieve. All cold things are acceptable to the patient, & hot things do put him to paine, as to a man which is superabounding in seed, doth this fluxe of Sperme bring not any feblenes, & he wareth not therby leane at all: but if such come through heate of the seed, then feleth he also heate, itching and grieve: this must first of all be begun with a good order of diet. And first he must chuse for his dwelling a place and ayze which is neither too hot nor too cold, neither too moyst nor too dry. It is also not conuenient for him to stirre or go much, neither to ride: but rest & sleepe is highly commended for this infirmity, and not too long, but a little, and that oftner. Daunce, speculations, sorrow, beration, fright, feare, and especially all venereal thoughts must he eschue. All purgations, and that which abateth the body are very hurtfull: and if need require, the same is easily to be effected through vomits, sweates, and Clifters.

For vomiting, take water (wherein Radishes haue bene sodden) three ounces, sirupe of Vineger one ounce and a halfe, giue the patient this warme, after that he hath eaten sundry meates.

For to prouoke sweate, take Barly water three ounces, strong Wine two ounces, giue it him very warme, and let him sweat. The clifter must be thus prepared: Take Beets, Nicot leaves, Nightshade, Tassell leaves, of each one handfull, let them seeth wel together, and take twelue ounces of this decoction, The sugar one ounce and a halfe, yolkes of Eggs, oile of water Lillies, and of Roses, of each two ounces, salt one dragma and a halfe: the clifter must be set in the evening before meate.

In eating and drinking must be eschewed all that nourish wel, except there be great feblenes approaching, whereof ought most of al to be aduised. Also he must eschue al that prouoketh venery, as all sharp hot meates, spices, fat and windy meates: but much rather may he vse all that are contrary to these, as water wherein Lentils are sodden, and Waterlillies tempered in all his meates and drinks, also conserues of the same. Prepared Coriander is also good: be it of what maner soener they be eaten. These things haue a speciall property to expell incontinency. In like sort also Purslaine, Endiue, Cicozy, and Lettice. But Lettice seed excelleth all these, if one eate much thereof: it stayeth also exceedingly and speedily the running of the Reines. Item, oile Oliue and Nightshade, are very good for this. All these foresaid things is such a patient to vse continually, meetly solwe vineger, Oranges, and the iuice of Pomegranates may he also vse otherwhiles, and herewith eate shepes feet, and other beastes feet. Fish that are taken in fresh waters, are also good for him, with vineger and other solwe things, and dressed with sallad oile. All sea fish shall he forbear, Concerning flesh, there is good all kind of Venison, water Fowles, and in fine, the flesh of all Deeres that be not fat, but in good plight. For his drinke must he haue red clere and pleasant Wines, and if he desire to haue them watered, then take thereto water wherein Coriander, Lettice, Purslaine, (and that which is yet better) Gum of Araby, and dried Waterlilly flowers haue bene decocted.

And that we forget not the venerious and lusty women, it is specially aduised, that for them shall be made a potion of the iuice of Betony and Cicozy tempered together with vineger.

Item, yet more against concupiscence of man and woman that are hot of nature, may plaisters be made: Take Henbane, *Opium*, Camfere, the muscilage of Fleawort, Purslaine seed, and oyle of Poppy seed, make a plaister thereof, and annoint or lay it vpon the kidnepes. Yet must this plaister by reason of the extreme colones be vsed prouidently. Also to go bare footed is good likewise for this: and they that be full of blood are to be let blood.

These things following do much drie the naturall seed, to wit, Rue, and *Agnus castus*, wilde Mints, Comin, and morsels made thereof. But chiefly if one do take the seeds of the premises with vineger. Item take Dill seed three dragmes, Lettice seed, and Purslaine seed, of each half an ounce, drinke thereof euery time one dragme and a halfe with the water of Lentils. Item take Rue seed and Henbane seed, of each one quarter of an ounce, Roses and flowers of Pomegranats of each three dragmes: make thereof a powder, and giue thereof to drinke one quarter of an ounce at one time with water or watered wine. But to returne to the lessing of the Sperme, it is not amisse to write what is inwardly to be vsed for it. First then shall this confection following be necessary for it: Take Comfrey roots three ounces, cleanse them and cut them smal, pilled Pompeon seed and Waterlillies, of each one dragme, the iuice of Licorice two scruples, prepared Corall, fine Bolus, Mirtle seed and Roses, of each ten graines, Gum halfe a dragme, beate them all small (except the roots) and make thereof a powder: seeth the rootes in red Wine, and stamp them to grout; then temper the powder amongst it, and put thereto the sirupe of Citron pils and of Dzeniges, as much as you please, and then let it seeth together againe to a confection. Take euery morning one spoonfull thereof before breakfast.

Item, temper the Conserues of Roses with Marmalade, as much as you will: or take either apart.

Another. Take prepared Bolus one quarter of an ounce, Conserues of Roses three quarters of an ounce, temper and vse thereof euery time one dragme. Or take a whole new layd egge sodden and sugred.

A famous Sirupe for heate.

Take Purslaine seed, Lettice seed, and Waterlillies, of each one ounce, prepared Coriander, rootes of Waterlillies, of *Dandelion*, and of Nightshade, of each halfe an ounce, Camfere halfe a dragme, or fiftene Iuiubes, Dates (eight dayes steeped in vineger and chopt smal) two ounces, Rue seeds, mountaine mints, & parched Comin, of each one dragme; seeth these all together in two quarts of water vnto the halfe, then straine it through, being very hard wringing out, put more thereto, twelue ounces of the iuice of Quinces, Sugar fire and thirty ounces, and let them seeth all together, and clarifie them. Lastly, cast a little Mints into it, whereof shall be taken two ounces with three ounces of Purslaine water, it is very precious and approued.

For this is also good these sirupes following: as *De succo Endiniae*, *de Cydoniis*, *de Rosis siccis*, *Rosatus solutivus*, and *Mirtinus*. It hath beene also said before, that for this disease no purgations are fit. But if such were most needfull, then is there to be giuen him one ounce, or one ounce and a halfe of fine Cassia with Purslaine water. Another which is stronger: Take Cassia one ounce, and *De succo Rosarum* one quarter of an ounce, beaten seedes of *Agnus castus* one scruple, Waterlillies three ounces; temper them all together. Also there is to be giuen him one ounce, or one ounce and a halfe of Cassia with hony or milke. Afterwards take euery morning a draught of well decocted barley water, and temper therewith (according as the heate is great) a spoonfull or twaine of the iuice of Houslecke, or Purslaine, for it cooleth much. Item take one ounce, or one ounce and a halfe of Cassia, strew it with the powder of Licorice, and swallow it downe in the morning fasting. Item vse fourteene dayes continually in the morning early a little Cassia out of the pipes, and spet out the kernels.

A Confection that is very fit for this. Take prepared Coriander one quarter of an ounce, powder of Mints three dragmes, Lettice, Purslaine, and pilled Cucumber seede, of each two dragmes and a halfe, Gum, Comin, (both parched) of each one dragme, parched Dragagant one dragme and a halfe, Waterlillies one quarter of an ounce, all these beaten small together, Sugar fiftene ounces, and seeth the Sugar in Purslaine water, and then make Tabulates of it.

Hereafter follow Potions. Take Comfrey rootes and seeth them in water, drinke thereof three or foure ounces with Sugar: it is very fit for this disease. Item, stealed water (wherewith Mirtle seede hath bene decocted) being drunken, is also very good. For this is also meete Plantaine water, Sorrell water, Purslaine water, and Cicorie water. Or take Hallowes and Holihocke rootes, boyle them in water, and drinke of it. Or take of the *Trocisci de Carabe, de terra Sigillata, & de Spodio*, which you will, or of each halfe a dragme: for the whole Dose mixe it with whay, and so drinke it.

What ought to be vsed outwardly.

If so be that this infirmity haue long continued, then make Smiths Cinders glowing hot, and flake them in wine, and bath therewithall. You must fill y^e Pauer with Stags suet, which stayeth the affluxion of the heate and sharpnesse of the matter. If the patient then desire to make water, the must the patient hang his priuities in Plantaine water or Nightshade water.

Item, take oyle of Roses two ounces, oyle of Quinces and Mirtles, of each two ounces and a halfe, burnt Lead, white Lead, Bloodstone (both washt in Lettice water) of each halfe an ounce, Starch one ounce and a halfe, Willow leaues and Water Lilly flowers, of each five dragmes, Camfere one quarter of an ounce: mixe one with another in a leaden mortar with the iuyce of Plantaine, and make also a salve thereof. For this disease shall you finde many remedies both in the auncient and later Phisitions. The cooling salve is also very commendous for this; like as is the oyntment of Saunders *Unguentum Sandalinum*, which is made in this manner. Take Roses three dragmes, red Saunders two dragmes and a halfe, yellow Saunders one dragme and a halfe, fine Bolus one quarter of an ounce, burnt Suoꝝ one drag. Camfere halfe a dragme, white Ware one ounce, oyle of Rose buds three ounces: the Ware and the oyle are to be molten together, and then temper the other things amongst them. This is not onely good for this disease, but also for inflamed Kidneyes, and to coole the liuer, the stomacke and all other parts. With any of both these oyntments annoint the patients Kidneyes and the Cods, euen to the end of his Pard. Item, take oyle of Mirtles, Roses, Mastick, of each halfe a dragme, shauen Suoꝝ one scruple, Camfere two graines: powne all that is to be powdered, and with a little Ware make thereof a salve, wherewith annoint the Kidneyes. This salve is also good for the whites in women. It is also much commended to weare vpon the Kidneyes a peece of thin beaten Lead.

Unguentum Sandalinum

Womens whites.

Of the Fluxe of Sperme, or the running of the Reines through cold. S. 2.

If this infirmity is felt with the paine in the head, a distemperance also of the braines, and a veration of the whole body with cold, euen as in *Mania*. For this be especially Mints very meete also, and the seede thereof be highly commended for the same, mountaine Mints, *Agnus Castus*, Artichokes with the rootes, parched Comin, and Caraway, Annis, Frankinsence, and their barkes, Masticke and Marierome. This patient must then prouidently (as is said) and mildly purge, and afterwards euery morning take a dragme of Treacle with Betony water. You may giue him also stued Peares or Quinces to eate. Likewise reere sodden egges wherein is a little Masticke powder strewed, and red Corall powder. Also the Reines and bladder are to be annointed round about with oyle of Masticke, and oyle of Roses.

Of the Fluxe of the Sperme or seed in the sleepe. S. 3.



Beue the aforesaid mentioned fluxe of the seede, this yet is to be annexed vnto it; when as the seede also passeth away in the sleepe a nights, and very seldome by day. The cause of this is daily ryoting and surfetting, and specially meates which are drest with spice, and be easie of digestion. Secondly, the thoughts vpon a faire woman whom one loueth. Thirdly, to sleepe sound, and to lye vpon the backe, abundance of blood, abstinence from women, haile youth, whence all

other signes are to be had and taken, these are also to be remedied like the former. If it be caused of fulnesse, it is to be cured by abstinence: if through lust after women, then will it be eased with a goodly Matrimonie, as also by the vse of cold and dry things, as is already said, of the running of the Reines, of that which proceedeth not of abundance, but maketh a man unfit to get children, as shall be hereafter spoken of.

Of what and whereby naturall Sperme or seede will be most augmented. §. 4.

The cause of the diminishing or increasing of naturall seede may as well proceede of intolerable heate, as cold: also of inward and outward causes. The cold is repercussive, and keepeth backe, the heate consumeth. Likewise it may grow by fals, and such like other things moe, whereby the braines are weakened.

Item, of some kind of lesion of the stones and other parts, also of inward, as a bad concoction of the seede, cutting of the stone, or the Piles, whereby the generation of the seede is hindered, of soze precedent diseases, of sorow, heavinesse, temptation, smalnesse of the humaine member, and (amongst diuers other causes) of age also.

Now for to helpe this disease (even as is before said) not to increase lecherie or fleshy lust, but in fauour and preferment of Matrimonie. For this therefore is good, warme and dry weather, and also all such dwellings, yelow Rape seede baked in bread, as much that there be put one scruple in halfe a pennyworth of white bread is very requisite: yong fat flesh, not salted too much, a sauce with Saffron, long Pepper, and tayles of *Stincus* prepared with good Wine: all sowre, sharp, doughy and slimy meates, must be forborne, long sleepe, and especially after meate doth annoy: for the long sleepe immediatly after meate doth no lesse hinder venery, then surfeiting with meate and drinke. He is also to eschue all veration, sorow, and care.

But in generall, these things are good for the increase of humaine seede, and to recover the losse thereof againe, to wit, Eggs, Milks, Rize drest in Milke, Sparrowes braines, yea the whole birds. And the stones of these Beasts following, viz. as of Bulls, Cocks, Bucks, Rams, Bores, and all their pissels.

Of pottages are very good that of Beanes, Ciches, Lupins: the first bitter brothes of them cast away, and the rest sugred, Pease, Turkey, or French Beanes, and Wheate, sodden in flesh broth, and drest with Spice, Annis, Fennell seedes, white and red Mustard seed, Colewort seed, and yelow Rape seede, the seedes of white *Sesamum*, Fenegreke seede, sodden with Honey in fat flesh broth, Linseede tempered with Sugar and other meate, and also Pettie seede.

Of Rootes these following are highly commended, as stued Onions, Garlick, Leekes, yelow Rapes, fresh Ragwort rootes, and confected Sugar, or the powder thereof, dronken with the water wherein Mustard seede is sodden, confected rootes of *Eringus*, confected Ginger, *Costus* rootes, Sperage, Thistle rootes, Radish, Zeduary, Squills rosted, confected *Asarabacca*, *Pieretrum*, and Cypers nuts. Of Herbes, are the garden Cresses, and branches of Sperage. Of Fruits haell Nuts, *Pistacia*, Almonds, and aboue all, Marchpane made thereof.

All Spices are very commodious for this vse, as Cinnamon, Cardamome, Galingall, long Pepper, Cloues, Ginger, & Saffron. For this is also very highly praised *Assa foetida*, the waight of one dragme and a halfe dronken in good Wine: in like manner also Dragagant, the pissell of a Bull, or of a Hart, the waight of one scruple taken also in wine; likewise the tayles of *Stincus* the waight of a dragme, taken before meate with Wine. Of things compounded you haue these confections, *Diamoschu*, *Pliris*, *Aromaticum Rosatum*, *Diambra*, *Dianthos*, *Diagalanga*, *Trionpipercon*, and *Diamargariton Calidum*: also Mithridate in like manner.

And aboue all other things is the confection *Diasatyron* commended, for it strengtheneth the stomacke. This following is much vsed at *Angusta*: Take Ginger one dragme and a halfe, Almonds, Pingles, and *Pistacia*, of each one ounce, the kernels of an Indy Nut, and *Sisarum*, of each halfe an ounce, the pissell of a Hart five dragmes, Cynqfoyle, *Palma Christi* one dragme and a halfe, Galingall, Cloues, Cinnamon, white mustard seede, long Pepper, wilde yelow Rape seede, white Behen, of each one dragme, Onion seede, Radish seede, Rape seede, and Athen keyes, of each two scruples, the sides and tayles of *Stincus* three drag. Bozrage one quarter of an ounce, Sugar two pound, seeth it in Wine as you would make Tabulats, or a confection of it.

This

This also following may be prepared: Take yelloſw and other Rapes, Onions, Sperage roots, wilde Muſtard ſeed, Radith ſeed, Pingles, Aſh keyes, rootes of *Eringus*, of *Satyrion*, ſweet *Coſtus* rootes, Ginger, long Pepper, and Crefles ſeeds, of each a like much. Also take clarified Hony, three ounces to one ounce of the powder, then make thereof a confection. Of the ſame may three dragmes be taken at once, tempered with Sugar pennets and new Milke.

One may uſe outwardly Ware made to an oyntment, with Oyle of Beuercod. Or take Beuercod, Barlerom gentle, oyle of *Coſtus*, of each a like much, put thereto a little Miske or Zibeta, and therewith annoint the yard, with other places adioyning vnto it. If you will haue a ſlighter, then take the gall of a Beare.

An eſpeciall oyntment: Take of the great winged Ants three dragmes, oyle of white *Sesamum*, and oyle of Lillies, of each one ounce, poſſone the Ants and put them into the oyle, and ſo let them ſtand the ſpace of ſixe daies in the Sunne: afterwards wryng out the oyle, and put thereto *Euphorbium* one ſcruple, Pepper and Rue, of each one dragme, white Muſtard ſeed half a dragme: ſet this againe into the Sunne a while, and annoint all ouer the priuities therewith.

Another. Take oyle of Lillies two ounces, oyle of Beuercod one ounce, *Euphorbium*, Pepper, white Muſtard ſeed, of each one dragme, *Muſcus* halfe a ſcruple: temper it vnto an Oyntment. If ſo be that then the naturall heate be thereby excited and ſtirred vp, and other kindneſſe do come vpon you, then doe what in you lyeth.

The ſeuenth Chapter.

Of Barrenneſſe in generall.



When as then neither in the one nor in the other, as that neither in y Man nor in the Woman, there appeareth any infirmity in the parts of generation, and both parties are mighty enough for the worke, notwithstanding cannot come to any generation, then muſt there be a certaine cauſe of barrenneſſe, whereof there be many kinds. Firſt then concerning the Man, it may be well cauſed through outward and inward accidents: the outward are the hard meates, whereto there cometh then alſo the beleefe of witchcraft. But if ſo be that the ſame proceed of inward cauſes, then doth the ſame proceed of the weakneſſe of the moſt principall parts of mans body, as of the Hart, the Braines, the Liuer, the Stomack, and the Gilt. Or he may be too fat, or too leane, with many mo other infirmities, which may be in the priuy members, that are not to be here diſcouered. The ſignes of the Barrenneſſe of the man are theſe, great heate, which may be knowen by feeling him. The woman in receiuing ſeeleth the great heate of the ſeede, he hath great deſire to the action, and is very hairie ouer all his body, and got haire very early about the priuities: But if ſo be that cold be the cauſe, then are theſe things found to be all contrary.

Concerning the Woman, the Barrenneſſe may be cauſed by drinking too much cold water, by continuall vie of ſowre meates, by anger, by feare, by frighting, and other motions moe of the mind, which may cauſe all the ſame. Item, when a woman after copulation ſtirreth by and by, leapeſh, runneth, or danceth too much. If it proceede of any inward cauſe, then muſt it be either of the conſtitution of the whole body, or of ſome other infirmity of the parts of generation. If of the conſtitution of the whole body, then ſhall ſome principall part of the body feele the ſame, to wit, by reaſon that the Termes are hindered, or flow too much. Alſo a woman may be too old, or too yong, or too fat, which maketh barren. If the malady be in the parts of generation, then dependeth it moſt on the mother or wombe, which hath ſome vlceration, or is too wide, or too narrow, or too much obſtructed, and ſuch like.

The ſignes of Barrenneſſe in women are theſe, to wit, when it proceedeth of the coldneſſe of the mother, then hath ſhe her Termes very little; and if they do runne, yet are they not well coloured: they haue alſo but little haire on their priuities, they be by nature ſlow and ſlacke, they care not much for men, and are commonly of a pale colour, for which doth alſo much helpe the long vie of meates or drinkes which are cold of nature.

If the Barrenneſſe be cauſed through heate, then hath ſhe likewiſe her ſloures or termes very little, mixt with yelloſneſſe, the woman is haſty headed, crafty, thirſty deſirous of the man,

haire about her priuy place, she hath a quicke pulse, and blacke haire, with other tokens moe, al which dry or moyst diseases must needs be in the mother, or in the necke of the same.

Thirdly, they are sometimes of a contrary complexion, for that the seede cannot be rightlie mixed, or sometime also too neare like one another of complexion: For an example, when a cold man commeth to a cold woman, or that they be both dry of nature: and if in all things else they be also of like complexion one to another, then is it impossible that the woman can conceiue. There shall bee moe other signes described how to know by whom the let and infirmitie cometh, to wit, doe cast both *Spermata* vpon the water, and that which driueth on the top, is barren. Item, sprinkle both their vyines vpon a Lettice leafe, and whosoever doth dye away first, the same is vnfruitfull. Or take five eoznes of Wheate, seven Barly graines, and seven beanes, put them all into an earthen pot, and pisse thereon, let it stand so seven dayes long, and if they begin to sprout, then is the person fruitfull, or if they rot, then is he or she barren, be it man or woman.

Or let him pisse in a pot, and let the vyine stand a while, if wormes grow therein, then is that vyine barren. These thre last proofes doe the auncient Physicians themselues say to be vncertaine, therefore we will let them rest.

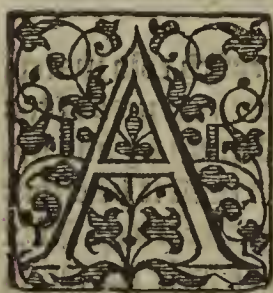
Item, make vnderneath an odoriferous fume, as of Myrre, red Storax, and such like odoriferous warme things to passe into the necke of the wombe, through a tunnell, which beeing close couered round about, if the woman finde that this smoke go through the body, and seeth it in her nose, then is she fruitfull.

Another. Take grosse beaten Garlik, and lay the woman with her backe thereupon, if so be that shee feele the smell in her nose, then is it a token of fruitfulnessse. There are moe such like tokens which are said to be approued: but how that fruitfulnessse is to be furthered and holpen, there are diuers remedies hereafter rehearsed out of the writings of the most famous Physicians, out of which may be chosen according to the complexion of women, whether they be hote, cold, moyst, dry, fat, leane, oppilated, or contrary by nature.

For to helpe and preferre or hasten fruitfulnessse. §. 1.

If that fruitfulnessse be desired to be furthered and holpen, then must the cause that hindzeth the same be abated and taken away, of which the learned do reckon very many, which may be contained in three especiall points, as when a woman is too hote, and too dry, too cold, and too moyst, or hath her termes or floures too much or too little, of which three especiall points we will now discourse.

Of Barrennesse through heate. §. 2.



All such Women must beware of hote ayre, dwellings, and such like: also of clothes which keep the parts and sinewes about the womb too hot. Also they must eschue all hot meates, as Spice, salt flesh, strong Wine, very fat meats, warme herbs, as Smallage, Fennell, Thyme, Southernewood, Rue, long watching, to lye much on the Reines or Kidnies, great labour, anger, heauiness, and such like motions of the mind: but all that moderately cooleth that must be vsed: They must take oftentimes conserue of Roses, or cold Dragagant lozenges, and the confections *Triasantali*, also to hold befoze the nose and smell to Campher, Rose water, and Saunders, as hath beene many times told for hote sicknesses.

Above all these, must the *Basilica* or Liuer veine be opened in the right arme, and to let out a boue five ounces of blood. On the next day is this purgation to be vsed: Take *Elect. de Epithimo*, *de succo Rosarum*, of each two dragines and a halfe, the whay of Milke foure ounces, temper them well together, and take it in the morning, then sleepe afterwards about one houre and a halfe, and fast foure houres vpon it: this being done, drinke a good draught of whay, and you may breake your fast one houre after.

Other do purge with *Triphera Saracenic*, and Rubarb, and also minister preparatiue potions mixed either with sirupes of Violets, Roses, or Endiue.

Or take the water of Water Lillies foure ounces, water of *Mandragora* one ounce, beaten Saffron

Saffron halfe a scruple : drinke them luke warme, and do this eight dayes one after another.

Also you may vse these pills following : Take Worme flowers, Smallage, Parsley seede, Comin, Mugwort, and Feuerfew, of each halfe a scruple, Aloe halfe an ounce, Indy salt and Saffron, of each halfe a dragme, powne them all together and mixe them well ; afterwards powre thereon five ounces of warme Feuerfew water : close it to, and let it stand and dry in a warme place : do this thre times one after another. This being all done, then make sixe pills of each dragme, and take allwayes one thereof before supper about the second day, all the while that this foresayd Potion is vsed, afterwards you must take one thereof about the third or fourth day, untill that she haue conceived. After the foresayd Potions must this purgation following be vsed: Take the conserue *Benedicta lax*. one quarter of an ounce, *de Psillio*. thre dragmes, *Electuarium de succo Rosarum* one dragme and a halfe ; temper them together with Feuerfew water, and drinke it warme in the morning early : thre dayes after this purgation must the Mediana veine be opened in the right foote, to wit, five or sixe houres after breakfast, and according to her strength must be letten out five or sixe ounces of blood, the next day, and also five dayes, one after another filed Iuorie is to be taken, one dragme and a halfe with Feuerfew water. And the whilest that this Potion is by her vsed, then is she in the morning one houre before that she do arise, and also at night before she go to bed, to sit in this bath following, and remaine therein about halfe an houre.

Take wilde yellow Rapes, *Daucus*, Balsam wood with the fruits, and the seede or keyes of an ash tree, of each two handfulls, red and white Behen, and Worme flowers, of each a handfull and a halfe, Muske thre graines, Amber, Saffron, of each one scruple, seeth all these in sufficient water. But the Saffron, Muske, Amber and Worme flowers must be put into it when all the rest be sufficiently decocted and wroong out.

A profitable Confection. Take *Pistacia*, *Pingles*, *Eringus*, of each halfe an ounce, of the sweet rootes which the Italians do call *Dolceguine* as much also, of Saffron one dragme, *Lignum Aloes*, *Galingale*, *Mace*, *Gariophilata*, red and white Behen, and Baulme flowers, of each foure scrup: Hauen Iuorie & Cassia rindes, of each two scruples, sirupe of confected Ginger twelue ounces, white Sugar sixe ounces : seeth these well together with the sirupe in twelue ounces of Baulme water untill it be all decocted : when it is cold, then put the rest amongst it, and stirre it well together: Lastly mixe Muske, and Amber amongst it, of each half a scruple. Hereof must a woman take thrice a day, to wit, in the morning, one houre before noone, and one houre after supper, euery time the quantitie of a Nutmeg, and that especially after purging and bathing. This confection is rather a strengthening and warming medicine than cooling ; and is specially to be vsed when it is perceived that the flegme and slime be approaching.

For Barrennesse through drought. S.3.

For this must be eschewed all that which is hot, for that hot things consume the naturall moysture too soone ; notwithstanding their meate and drinke must be meetly warme, as Barley and Dafen paps, Pullets, and small hard fishes. For this is to be vsed small Clifters : as the broth of Lambes heads, and common herbes which do moysten : to wit, Violet leaues, and such like : Dessaries of Hollihocke rootes fattened with fresh Butter, and so put into the necke of the wombe. Goats milke and such like, that do fatten and moysten, are very commodious for this purpose. In like manner also Almonds and Pingles, which not onely through their fattening withstand the drought, but also do strengthen all the sinewes.

Of Barrennesse through fatnesse. S.4.

The great fatnesse is no small cause of Barrennesse : therefore are all such women to leade and obserue such a rule of life, whereby the superfluous fatnesse may bee consumed, whereof in the first Part you shall haue an especiall Chapter. But for a generall obseruation, they must not sleepe much, and chiefly by day. Also they must forbear all baths, except such as be warme of themselves. For this is also good a dry swete bath

very commodious and profitable. To purge often is also good for this. Item strong Clusters which warme and dry, and other things moe which hereafter shall be described.

Of Barrenesse through cold and moysture. §. 5.

A Woman which is cold and moyst, meately strong exercise is very good for her, except it be then, when she hath accompanied with her husband: after which time she ought to rest two houres at the least. Also she is not to be ouercharged with any meate: but rather to refraine alwayes with appetite.

Much sleepe, sorow, anger, &c. she must beware of. To eate much fish is hurtfull vnto her, Milke, fresh Cheese, and all that is made of dough; Beetes, Lettice, Spinage, Endiue, Purslaine, Cherries, Hasell nuts, Garlick, Onions and such like, are not meate for her: fat flesh, much broth and Vineger must she refraine: for they be hurtfull for the Wombe.

There is therein specially to be considered, how to cleanse the wombe from all excessive moysture; for which are to be vsed some preparatiue potions of *Oxymel* of Squills, or at the least of *Oxymel Composito*, and sirupe of Wormwood, with a decoction of Annis, Fennell, Comin, *Cuscuta*, and Harts tongue. And then to take thereupon *Pil. Benedicte* one dragme once euery fourtene dayes, and then to fast five houres after them.

Secondly, take *Syrax Calaminta*, field Mints, *Asphalatus*, *Ameos*, *Seseli*, Rue, Balsam wood and the fruits, red and white Behen, of each halfe an ounce, make a bath thereof, and let her sit in it euery to the space of an houre.

In the meane time no delay must be in annointing the places adioyning about the wombe, with warming and drying oyle; as oyle of Spike, oyle of Elder, and such like.

Also this Confection is to be vsed: Take Cinnamon, Cardamome, Saffron, Cloues, Pace, long pepper, Cyper roots, Nutmegs, Comin, *Lignum Aloes*, and Cassia wood, of each one scrup. Cucubes and *Doronicum*, of each foure scruples, Muske, Amber, and Balsam, one dragme, white Sugar eighteen ounces, Balmeley, Buglosse water, and of Balme, as much as is needfull for to seeth the Sugar, then make a Confection; whereof she is euery euening to take a spoonfull when she goeth to bed, also halfe so much before supper.

Another. Take yellow Rape seede, Pease, and scraped Quozie, of each one quarter of an ounce, Pettie seede, *Ameos*, *Seseli*, Indy Spica, Cardamome, *Blatta Byzantia*, Bay berries, Nutmegs, Cyper nuts, Hyssope, Marierom, Spikenard, and Cyper roots, of each one dragme, white, blacke, and long Pepper, halfe an ounce together; Ginger and Cinnamon, of each one ounce, this being all stamp and mixed together, make with hony a Confection thereof, and lastly temper therewith two or thre graines of Muske.

All the foresaid thinge are speciall good to consume the windes of the wombe. Now for this purpose followeth here certaine simples and compounded medicines; as Annis, Fennell, Caraway, Smallage seede, and Rue seede, each vsed alone. In like sort, Marierom, *Agnus Castus*, flowers and seedes, Comin, prepared Spikenard seede, Bay berries, Rue, the Tabulats of *Diacumino*, and *Aniso*, that do altogether consume moysture.

For to fume or to foment are specially commended these things following, Rue, *Carui*, *Ameos* and *Gallia muscata*.

Item, take *Gallia Muscatam*, *Bdellium*, Beuercod, *Laudanum*, Hares grease, and Nutmegs, of each halfe an ounce, let these seeth all together in water, and wash or foment therewith.

This following clenseth and also warmeth well the Wombe, and dryeth the moysture of the same: Take Coloquint beaten grosse one quarter of an ounce; Cinnamon thre dragmes; temper them with good wine, or with oyle of Spike, dip Cotton therein; and put the same into the necke of the wombe.

Item take Swines bread, forme thereof a Pessarie of the bignes of a Date stone, and women must put this into their priuy places, being fastened to a threed: it is passing good. They may also lay this plaister following vnder their navel being cut round. Take the plaister called *Ceraneum* two ounces, *Laudanum* one ounce and a halfe, *Gallie* and *Alipte muscate*, of each halfe an ounce; temper them with oyle of Spike, and spread it on a round leather, and vse it as is aforesaid.

For to dry and correct a slimy and moyst Wombe this following is to be vsed. Take Silver mountaine, red and white Behen, Alhe keyes, shauen Quozie, yellow and wild Rape seede, of

of each one drag. Cinnamom, Mace, Cloues, Galingall, long Pepper, Rosenmarie flowers, Balsam wood, *Blatte Byzantia*, Marierom gentle, and Bennitroyal, of each foure scruples, Balme, Buglosse, Citron peeles, of each two scruples, Pearles one scruple, Muske two graines, white Sugar foure and twenty ounces, seeth the same with Palmsey, and make thereof a confection. This confection is very good and approued for all that is aforesaid, and also for fruitfulness.

For to comfort the retentive vertue of the wombe. §. 6.



If so be that there be any infirmity in the retentive vertue of the wombe, which doth commonly happen through ouer colonesse, for the which are strengthening and warming things to be vsed, as Amber, Frankinsence, with their rinds, Masticke, *Lignum Aloes*, Cloues, Nutmegs, Sage, Galingall, Calmus and Cardomome. Also she must be gouerned like as hath bene said in the discourse of barrennesse. Item, there is more good for this, that the necke of the matrix be often washed with water wherein Cyper roots are decocted: or with water wherein Iron drosse is sodden, which is stronger. Also for this may serue Masticke strewed vpon hot coales, and the fume thereof receiued from below.

A very good salve fit for this: Take the iuyce of Roses, of Pomegranates and Cloues, of each one ounce, Frankinsence, *Hypocistis*, the iuyce of Sloes, Mastick, prepared Coziander, and Iron drosse, of each one drag. Sealed earth and Starch, of each one ounce, bruse these very long in a Leaden mortar, and annoint the priuities therewith oftentimes. But if the infirmity procede of heate, then are things to be vsed which be astringent, roborating and cooling, yet tempered with some warme things. The cold things are these, burnt and washt Harts horne, Amber, iuyce of Sloes, *Hypocistis*, burnt Muske shels: Solus, burnt Gals Dragon blood, Sealed earth, flowers and shales of Pomegranates, Acornes with their cups, the rind of the Hedlar tree and the fruits, Seruices and Mirtle seede, of all these foresaid simples may salues, plaisters, and other things be prepared, which are all fit for this infirmity.

Of Barrennesse through repletion of the body, and obstruction of the Termes or Flowers. §. 7.

These women must forbear all slimy meates, as milke and all that is drest therewith, also from all doughie meates, pottage and old fish, unleauened bread, new Cheese (but olde Cheese is moctely tollerable) from all cold and moist fruits. Touching all other meates, they may liue according to their old custome: their drinke must be reasonable or meane strong white wine.

Concerning the medicines, you must first begin with the letting of blood, opening the *Basilica* in the right arme, and to let out foure or fve ounces of blood.

The next day following you may cause to be mixt together *Pillula de Opopanaco*, and of *Hiera Composita*, of each halfe a dragme, and to make seuen pills thereof, and to take them in the morning, and then to sleepe one houre and a halfe vpon it, and fve houres after to drinke a draught of sugred water, and then one houre after that to eate. This being done this powder following is to be prepared, and to be vsed foure graines thereof euery meale tide in all their meates. Take Cinnamome halfe an ounce, Saffron one drag. Spikenard two scruples, Licorice foure scrup. whereof make a subtile powder.

Immediately after the pills, they are to vse this potion fve or eight daies continually early in the morning: Take *Syrupum Acetosum Compositum*, *De Eupatorio*, of each three quarters of an ounce, Mugwort, Feuersew, and the water of Elecampane rootes, of each one ounce, temper them together. Or take the foresaid waters alone without sirupes fve ounces at one time.

Other pills: Take Aloe two ounces, *Agaricus*, and *Opopanax*, of each one drag. and a halfe, Spica, Mather, Cinnamome, Saffron and Indie Salt, of each one drag. Coloquint foure scrup. the iuyce of Feuersew foure ounces, temper all together and set it in the sunne, and stirre it often about untill it be dry, do this thrice. Then take the waight of a dragme, and forme fve pills thereof, & vse one euery three dayes iust before supper. Also likewise one in the day time, so long as they vse these foresaid potions: but not when they purge. The said purgation must be made thus: Take *Electuarium Indum* halfe an ounce, *de succo Rosarum* one drag. temper this with three ounces

ounces of water of Elecampane rootes.

After this second purgation, she is one moneth long to take the waters of Feuerseil, Elecampane rootes and Balme, of each one ounce mixed together, before none and against night she is to sit in this bath following: Take Balme, Marierom gentle, white Mints, Pennirovall, Feuerseil, and Bugwort, of each a handfull, small and great Camedrios, *Spica romana*, *Daucus*, Agrimonie and Stechas, of each a handfull, seeth these all together in sufficient water, until that about the third part be sodden away, and then put thereto Muske three graines, *Lignum Aloes*, *Gallie Muscata* beaten small, of each a dragme. This being so prepared, then shall she set her self therein, and keepe her selfe from her husband three daies.

In the meane while, she is to put into the necke of the wombe this pessarie following: Take Saffron halfe a scrup. Muske, Amber, *Lignum Aloes*, and Ash keyes, of each three graines, Hares renning, as much as is needfull: soyme it like to Date stones, and she is to weare it all the day in her body.

Another: Take Hares renning one dragme and a halfe, Thauen Juozie, red and white Behen, and Ash keyes, of each halfe a dragme, Sefely, Pennirovall, Pep, Hauine, *Gallie Muscata*, of each halfe a scruple, being all beaten small and tempered with oyle of Spike until it be soft; then temper therewith Muske and *Laudanum*, of each two graines, dip some wooll therein, and vse it as before.

For the pooze is onely the oyle of Lillies commended with a pessarie of Cotton dipped therein, and so put by and holden therein the space of three houres.

When such women haue purged and bathed, then must they, before that they come at their husbands, be let bloud in the *Saphena* or Median, two houres after supper, letting out three or foure ounces of bloud, if so be that she be any thing strong.

It were also very good that when such women arise a mornings, they do gird about them a long garment, and set some fire vnder them, and to strew therein this powder following, that she may receiue the vapour thereof, and vse a little at once.

A very good confection: Take *Doronicum*, Ash keyes, Bugwort, Feuerseil, flowers of S. Johns wood, of each one dragme, Balme, Basill, of each one quarter of an ounce, Thauen Juozie halfe an ounce, Amber one scruple, Muske five graines, small filed Gold halfe a dragme, the powder called *Nere* one dragme, *Syrup. de Calaminta* three ounces, Sirupe of Citron peeles five ounces, Sugar five ounces, all that is to be pownded powne small, seeth the Sirupe and Sugar meetely thicke: and when it beginneth to be cold, then temper it with all the powder (except the *Spec. Nere*, Muske and Amber) the which must be put in at the last. Keepe this confection in a Gally pot, whereof the woman is to take immediately after her second letting bloud, euery morning the quantitie of a Putmeg, and fast foure houres after. In like manner also after meate the bignesse of a Beane, and drinke thereupon a draught of good wine; the which hath holpen many women.

The powder before promised for suffumigation. Take *Laudanum* halfe an ounce, *Gallie Muscata* two dragmes, Muske, Amber, of each three graines, *Lignum Aloes*, *Opopanaxum*, of each one dragme, make them into powder, and vse a little of it one time.

For to further the fruitfulness in man and woman. S. 8.

Take Rapes, *Sisarum*, Thauen Juozie, Sefely, red and white Behen, Ash keyes, of each one drag. Cinnamome, *Doronicum*, Pace, Cloues, Galingale, long Pepper, Rosemarie flowers, Balsam wood, *Blatta Byzantia*, Marierom gentle, Pennirovall, of each two scruples, Balme, Buglosse, Citron peeles, of each one scrup. Indie Spike, Amber, Pearles of each halfe a scrup. Sugar decocted in Palmsey one pound, make Tabulats thereof or a Confection.

A powder for to strew vpon the meate: Take Putmegs, Cucubes and Ginger, of each halfe a drag. long Pepper, Nuttike: Cinnamome, red and white Behen, of each one scruple, stampe them together, and so vse them as is said.

Item, take the stone of a Boze hog being two yeares old, and the pissell of a Stag Thauen smal halfe an ounce, foure paire of Fore stones, and fittie or threescore Sparrowes braines, wilde yellow Rapes, *Eringus* rootes, *Satyrion*, confected all together in Sugar & Thauen Juozie, of each three ounces and a halfe, Cinnamome, the pissell of a Bull, Pingles, Dates, and Indy Put kernels,

nels, of each two ounces, long Pepper, Ginger, and Rosemary flowers, of each halfe an ounce, *Seseli* one dragma, Pettie seed Cloues, Saffron, Pace, Galingal, Cyper roots, Nutmegs, Cassy wood, *Cucubus*, *Doronicum*, field Mints, Benniroyal, Indy Spica, Musk & Amber, of each one dragma: white Sugar refined in the water of wilde Mints, foure pounds and a halfe, make therof a confection: this confection may be both by men and women vsed in the morning fasting, and in the euening when they go to bed, whereof haue bene great wondrous sene.

Another. Take clarified hony three ounces, *Lisice*, Greines, and shauen Iuoy, of each one ounce, Burrage three ounces, make thereof a confection, and temper therewith 24. ounces of sugar, Muske and Amber, of each halfe a scruple, Cinnamon two graines, Cloues and Pace, of each one graine, it is a very mild medicine.

It is also very good that men and women receiue euery morning a litle Treacle, to wit, halfe a dragma, with halfe a dragma of shauen Iuoy, but for such as be yong, it is not so good by reason of the heate.

A good salve. Take *Gallie Muscata*, Nutmegs, *Benercod*, Hares renning, *Laudanum*, of each one quarter of an ounce, oyle of Spike, oyle of Masticke and of Mirtles, of each three dragmes, Make as much as is needfull for to make a salve therewith: these are to be vsed as the other.

Wine of Rosemary is also much commended for this. In like manner the *Polse* wine: all which are described in the last part, with other moe such spiced Wines, which are very fit for such ouercold and barren men and women.

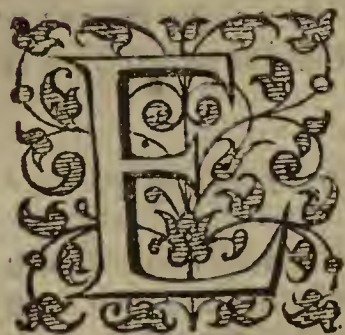
For to make a woman fruitfull, for which this serueth for a potion & bath following: Take *Mozmelwood* and *Hugwort*, of each a handfull, seth them together in a quart of Goates milke almost to the halfe, whereof euery morning and euening she is to take a good draught.

For to bathe: Take wilde Benniroyall, *Hugwort* and Rue, of each one handfull, make a bag thereof, and let them seth in raine water: bathe therein euery eight houres, and alwaies about the third day a fresh bath.

For a conclusion, in women is (as it is already said) the greatest cause of barrennes, for that the *Matric* or *Uomb* is not cleane, is ouercold, or hath some other infirmity, whereof hereafter in this part shall be discoursed and taught, also what is meete and fit for the same.

The eight Chapter.

Of the Reines and their paines.



When as we haue described now the outward parts befoze of the belly in this third part of our Book of Phisicke, so doth the cause require that we ought to write somewhat of the hinder part, amongst which the Reines are comprehended: and that these reines are a part of the back, it appeareth by all that heere befoze in the second part, in the fourth chapter, and also afterwards is witten, therefore it is thought needlesse to make any further mention thereof.

These Reines do suffer by reason of the Kidneys great paine, when the same are vered with heate, vlceration, grauel, stone, or other malady, the description whereof yet hereafter followeth in this third part, where it may also be noted and obserued what may be good and commodious for the same. There be commonly commended for hot paines in the Reines oyle of Roses, Violets, and yellow Violets, Waterlillies, and Poplar buds, in like sort also three salues following, of Saunders, the cooling oyntment of *Galen*, and the Poplar salve are verie good, and that in all causes.

But if the paine proceede of cold, then is Hony water to be drunke, and confected rootes of *Eryngus*, Fennell, Comin, Caraway, be it confected or otherwise, are to be eaten, for they abate swage much the paine. Some vse also the conserues of *Biony*.

This salve following is especiall good: Take blew and yellow Violets, of each one ounce and a halfe, oyle of Sweete Almonds, of *Sesamum*, of each one dragma and a halfe, fresh butter one ounce, Saffron one scruple, white Ware one ounce and a halfe, Ducks grease, oyle of Camomill, Oyle of Dill, of each one quarter of an ounce, and a small yolke of an Egge, the Oyle, grease, and butter melt together, and at the last put the Saffron and yolke vnto it, and stirre it well

well about, it swageth much the paine, which is caused through the grauel, stone, and any thing else, therefore it is called by the Grecians *Anodynum*, even as the Apothecaries doe call it vnto this day *Vnguentum Anodynum*.

The ninth Chapter.

Of the Buttocks.



Here are two Buttocks giuen to men for their vse, by nature compiled of a compact, fast, muscly, and hard flesh: and not narrow piked, bearing vp like to Beasts, but pretty and round, as well for a comelinese of the same place, as for to sit on, and ease the whole body, couering and defending the fundament, that the same cannot be violated nor strained through sitting. These foresaid buttocks do seldome suffer any other infirmity, but such as be subject to Chirurgery, as wounds, vlcérations, fistulaes, Cankers, and such like. Besides this, is no more to be spoken thereof: therefore we will passe ouer to the Fundament or outward part of the Arsegut, with his infirmities, which are incident vnto it outwardly and inwardly.

The tenth Chapter.

Of the Arsegut or Fundament in generall.



Here haue bin some doctrels in the world, who haue complained of Nature, wherefore she had not chosen as well a bone or some other neather member of the body, whereby she might expell the excrements, as she did this mild place of the body; which grosse speech is to be scorned as a great folly: for how could shee haue ordained a closer, fitter and handsomer place than this? Concerning then this Arsegut, it is a conueier of all excrements, long and wide; and wheras it cometh to our sight with a round circle, it is there shapen of a muscly and sinewy substance, (like as are the lips of the mouth) therefore hath it also such power that it openeth like a purse, and shutteth fast againe, that it might not receiue any winde or any thing else. Vnto these priuy places doe there come sundry accidents, amongst which the most manifest is, when this gut doth fall out of the body, therefore we will first write thereof.

Of the going out or hanging downe of the Arse-gut, *Procidencia Ani*. §. 1.

This may be caused by two maner of meanes, to wit, when the Muscles and Lacerts, which do open and shut this gut with two sinewes (which presently deuide themselues into two parts) do giue and relent through some falling down of humors, or thrust the same out through some impostume. Of the said sinewes, that which openeth the Arsegut is outward, & that which shutteth the same, inward. If so be then (as it is said) that any of these sinewes be too soze feebled or slacked through any humors, then followeth immediatly the *Procidencia*, or hanging out of the Arsegut. The signes that this is hapned through some resolution of the sinewes, are, that it may easily without paine be brought againe into the body; like as contrariwise if there be any impostume with it, then will it not be done without grieve. Also there is alwaies a hardnesse with it, & an apparant distemperature. Now for to remedy this, cause first that the patient may haue his going naturally to the stoule, that he be not suddenly forced for to open the gut. But if there be no swelling with it, and that you haue no other thing nere hand which is fit for it, then let y patient sit in common warme water. Otherwise it may be made stronger as thus: Take Acorne Cups, Gall nuts, flowers of Pomegranats, & Hirtle leaues, seeth them together in water vntill it be a litle red, and sit therein. The same do Cipers nuts alone, or the iuyce of Sloes, wherein Hirtle seed and the seeds of *Verbascum* are decocted. After this bath, then foment the dependant gut with warme

warne oyle of Roses, and afterwards strew this powder thereon: take white lead, blossoms of Pomegranates, Antimony, and Allume, of each a like much, make thereof a subtile powder.

Item take Butchers brome halfe an ounce, Gals, the yelloe seedes of Roses, Cyperus nuts, Myrre and Frankinsence, of each one dragme, beate them to powder, and vse them as aforesaid. Another. Burne Dates to powder, and strew that powder thereon, as is said. Or take *Mumia*, *Lycium*, *Hypocistis*, and beaten Gals, of each two scruples, burnt Myrre shells two dragme and a halfe, and vse it as before. This following is also very good for this: Take *Hypocistis*, *Masticke* and Myrre, of each one dragme, beate it meetly small: first annoint the gut with oyle of Masticke and Roses, strew it then with this said powder: this being done, thrust it softly into the body, lay a cloth thereon wetted in grosse wine, and it is good to put a little *Sandaraca* vnto it.

It is also very good to annoint the place oftentimes with scalded wine for the same: and in like manner Sauiue dried, beaten, and strewed vpon it.

Item, after the annointing with oyle, annoint the gut with the iuyce of Sloes: when as there through any superfluity of humors this gut doth fall downe in chilozen, then take Myrre one dragme and a halfe, oyle of Roses one ounce, annoint it therewith, and then put it by againe softly into the body.

This *Procidencia Ani*, or falling downe of the Arsegut, hapneth for the most part in the Piles with an excrescence of the flesh, the which the Grecians do call *Condyloma*: for which *Parietaria* is very good laid often vpon it, whereof we will write more at large hereafter.

Of the relaxation or slacking of the Arsegut. S. 2.

This disease doth manifest it selfe sometimes through the first recited falling downe of the Arsegut, and otherwhiles without the same, and is such an infirmity (as hath beene told already) that the sinewes which do shut it are become altogether without might, insensible and lame, insomuch that he cannot perceiue his Dure, and doth it without any sense or feeling: also oft times so contracted and made so senseles, that it holdeth by and stayeth the Dure altogether, whereby commeth gripings in the belly, and other great inconueniences. The causes of this, are sometimes falls, thrusts or blowes behind on the backe, and especially on the place whence the sinewes haue their ofspring; whereby the power of the opening and shutting of the Arsegut is infeeble.

In like manner when any body hath the Piles opened, whereby the Piles are in that place spoiled. This infirmity may also be caused by sitting too long on cold stones, and by suffering too much cold in the seete. But if this disease do come through cutting, or any other bruising of the sinewes, then are all remedies in vaine. If it come through cold, which taketh away all motion, then is the place to be kept alwaies warme: for which this bath following is very good, which is thus prepared: Take Cyperus nuts and the leaues, Mints, Sauiue, *Costus* rootes, Sage, Bay berries, rindes of the Pine tree and the leaues, of each one handfull; seeth them all together in a good quantitie of water, so that the sicke person may sit therein; when he hath bene bathed, then lay a peece of felt in this water, and lay it to the patients Arsegut: he must vse this bath twice in foure and twentie houres, it warmeth and strengtheneth the sinewes of the Arsegut.

Also he must seeth therewith Rue, *Scenanthus*, Allume, garden Mints, field Mints: and if it will not alter therewith, then vse these clifters following: Take sixe ounces of this foresaid decoction, and oyle of Spike two ounces, and mire them together: and annoint the Arsegut outwardly, and all other places adiacent with oyle of Lillies, Beuerdod, and of *Euphorbium*, tempered all together, or vled each apart. If there be any flegmatick moisture with it, then put vnto it halfe an ounce or three quarters of *Hiera Picra*: if that there be heate with it, let the patient after the vse of all necessary medicines take a bath of water, wherein hath bin decocted the rindes of the Medlar tree and the leaues, the rindes of Dke, Seruices, Pomegranate rindes and blossomes, Chestnut shales, or those that may be gotten of them, yet alwaies putting some warming things vnto it.

For this is also especiall good all naturall bathes, which are Sulphurish, Allamish, yea there is also good for this Sea water or salt water.

Of the Impostume of the Arsegut. §. 3.



If there happen then any vlcet or impostume of the Arsegut, whereby one can not get it into the body, and the same is caused through heate, there is nothing more fit than to open a veine, and afterwards to prouoke vomit, whereby the matter may be deriued: but for this is no purging good, and especially because the disease is in the fundament, but lay this following thereon: Take pœled Lentils three ounces, Roses and the iuice of Sloes, of each one ounce, the iuice of Nightshade three ounces, beaten Hollihock rootes, Figs cut, Linseed and Fenegreake beaten small, as much as you thinke good: let this seeth all to pap, and at the last temper therewith three or foure yolks of Eggs, and as much Butter as you thinke good, and lay it warme vpon the place where the paine is. If so be then this be caused through cold, then put vnto it a little of the rootes of Lillies, Cammomill, Melilot, and such like. And if so be that this Arsegut by reason of the impostume, will hardly be put vp againe into the body, then must the patient be set often times in warme water, and afterwards annoint the Arsegut with oyle of Cammomill and of Dill, which are molten with a little Ware; this swageth the paine. In like sort also descendeth the neck of the Matrix in women, and is in such sort to be cured, like as hereafterwards amongst other infirmities of the wombe shall be written more at large.

Of the Piles called *Hæmorrhoides* §. 1.

After the foresaid falling downe of the Arsegut, there cometh one disease more in the fundament, the which we call the Piles, and the Grecians *Hæmorrhoides*, which is a fluxe of blood, and *Sycoses*, that are Figs, which the Latiniſts do call *Ficus*, Figs, and *Mariscas*. All these are Accidents and Tumors, which do come behind in the Fundament, or in the lowermost part of the Arsegut. And they do appeare by their swelling, and otherwise (whereof they get their name) sometimes with blood, and otherwhiles without blood, but seldome without paine, but vexeth folkes with great trouble. They take their beginning from some small veines, which spread themselves into the vttermoſt parts of the Stomack, and are thereof called the Pile or Emroyd veines. When as these be then ouercharged with blood, or any other humors, then do they open themselves, and expel the melancholick blood from them sometimes in great quantity, whereby nature is much vnburthened, and getteth great health; therefore it is often commanded for to open the same, euen as hereafter shall be admonished: also they bleed otherwhiles so exceeſſively, that great trauell is taken before they can be stopped, whereof we shall speake hereafter. There be also some of these veines which lie somewhat deepe vpwarts, and therefore are called the blind Piles.

These Piles are properly the *Hæmorrhoides*, like as by their name may appeare. Others be without blood, of the which, they that make shew outwardly on the Arsegut are first of all the Figpiles, by reason that in their whole substance and quantity they be like vnto figs, and also are therefore called *Verrucæ*, the which are much worse than the other, whose cause is only melancholick blood. Other do shew themselves like to a black ripe grape, so that they be called *Vnales*, which haue their matter from blood mingled with melancholy. The third are like to Mulberries, red and blackish coloured, wherein the blood doth apparantly exceed.

The fourth kind is like to the bladder of a fish, which is extended very much without blood, filled or stuff with melancholick humors, but these sorts are seldome seene. The fifth sort are the secret Piles, which do come within the Arsegut, and be very hurtfull, especially those which extend towards the priuities, for that through their hot tumors they hinder the passage of the vrine, whereby the strangury is prouoked, and especially when they do not bleed. Now for to know these hidden Piles and diseases, there is nothing more certaine than to set a great bore or cup on the Arsegut without pricking, the which will draw the Arsegut outward, so that it may be apparantly seene how that the case doth consist within. The first kind of Piles are the Figs, a certaine excrescence vpon the Arsegut outwardly, who with a little veine like the stalk of a fig, is fastened to the gut, formed as it were a small dry fig, from thence a little bigger, and is pressed

pressed downe on the top like a Fig, which is called of the Greekes *Condyloma*, which is an excrescence of flesh, for it hapneth sometimes that round about the roundnesse of the Arsegut, or fast besides it, there do come great scabs which sometimes (yet vncertaine whether it be first or last, according as the patient ruleth himselfe) do happen to blæde, sometimes much and sometimes little. These figs and swellings are tempered also with bloud and melancholy, a little red outwardly and perilous ynough, euen as hereafter shall be further expressed.

In all these Species of the Pyles, the learned haue a generall rule, that they esteeme them for an accident that can hardly be cured. They recite nine causes of these accidents, albeit we will recite but foure. First, for that it is an vncleane place, and no man medleth willingly therewith. Secondly, for that this place is very hard to be seene. Thirdly, for that it is a place whither all vncleannes of the body doth descend: Lastly, for that it is a place cold by nature, and therefore voyd of strength, notwithstanding there be many good remedies prouided and ordained for them, as hereafter followeth.

But before we discourse of the foresayd remedies for the Pyles, Blathers, Figs, Warts, Tumors, and their accidents, we will first of all shew their causes, and teach how the same may be cured, for which the principallest is to obserue a good dyet in meate and drinke, and such like.

Of the Dyet.

It is sufficiently declared before, that the greatest cause of these accidents is the heauie melancholick bloud, which is mixt with the pure bloud, and perisheth the same, which all other members expell from them, like as it were a poyson, and so falleth downewards from the other bloud into the veines, openeth them through his heate, and maketh them blæd.

This is altogether caused of a bad digestion of the stomack, and other members, and of all such grosse meates, whereof there can be none other ingendred but melancholick bloud, the which must be altogether left off, as Beanes, Lentils, and other Pottages. Item, Coleworts, Cheese, old Beefe, Harts, Hares, Goats, salted and smoked flesh, sodden Wheate, Rice, vncleanned bread, which bring much moisture with them.

Also all water Fowles, Geles and other Fish without scales, scæte, heads, and all entrailes of Beasts, grosse Wine, Must, and Beere. Item, all things which burne the bloud, as much Mustard, Pepper, Garlike, Onions, Leeks. All things which be very cold do also increase melancholy, as Melons, Cucumbers, and such like.

Amongst the medicins which are contrary for this disease, are Coloquint, Centorie, Scammony, and chiefly Aloe, very hurtfull for the Arsegut, for it openeth the Pyles.

Euen as we haue recited what is hurtfull for this disease, so we will also teach what manner of dyet might be commodious and profitable for the same. The dwelling of this patient must be a warme and dry place, which is close and toward the South. But if the house be not of it selfe fit thereto, then is it to be prepared for the same with fire and fumes: yet is alwayes to be eschued things which be too hote, and must take the mild meane which are hot and dry, as Frankinsence, *Lignum Aloes*, red Styrrax, *Laudanum*, and such like.

And whereas all kinds of Pyles do agree in this, they be caused of bloud and melancholie (like as is already alledged) and of both together mixed, so may the patient vse one and the selfe same dyet.

Next after the dwelling place, the patient must also according to the time of the yeare, prouide himselfe of clothes, which are meetely dry and warme, keepe the head well couered, and defend the outward members from all cold.

His meate must be white bread, not aboue thre dayes old, Eggs, Butter, Lambs flesh, Meale, Kids, Putton, Pullets, Capons, Partridges, Pheasants, and Pigeons, yet of all these a little: in like manner all field Fowles.

His drinke shall be good white Wine, all grosse and soure Wines shall he forbear, albeit that it were much better a good Sugred water than Wine, sodden Milke, fresh and meetely well salted Cheese, be meetely good for him; but good regard must be had that he seede thereof moderately, so that the stomack be not ouercharged.

But if any excesse be perceiued, then is it not amisse that the patient be moued to vomit, and to take that with one ounce and a halfe of Vineger, and thre ounces of warme water, and after

wards to put the finger into the throte, and if that will not be, then may he take an easie Clister.

These patients are alwayes for the most part bounden in the body, the which bringeth with it great paine and griefe, therefore diligence is to be had that he keepe an open body, for this shall he sup every morning and evening before meate some broath, wherein is sodden, Mercury, Gallowes, Burrage, Beetes, and Fumitory, and with a little of the oyle of sweete Almonds or Butter. Also to eate sometimes new Prunes and Raisons, and drinke vpon it some broth of Coleworts; after that, he may eate some other meates. Also it were not amisse, to eate against this binding of the body one dragme of peeled wilde Saffron seede, or one quarter of an ounce of Cassie, now the one, and then the other.

Reasonable motion, yet more with the hands, then with the feete or the whole body, is very good, but riding and sitting hard is very bad. In fine, long rest is better then short, so must it be alwayes with sleepe. He must lye most vpon his right side, but little on the left side, or on his backe. Lastly, he must utterly eschew all sorrow, veracions, anger, and other passions of the minde.

To staunch the bleeding of the Piles. §. 5.



For to come to the remedie of this accident, therefore we will first begin if these Pyles hapned to bleede ouermuch, how and wherewith the same is staunched.

First therefore we will rehearse this (whereof hath also bene spoken before) that if this bleeding chaunce without paine, and not but by salues, then is it no counsell to stay it vnlesse the patient were greatly weakened thereby.

For when these veins begin to bleede, then do they exonerate the whole body of melancholick diseases, as of the Leprosie, Pocks, dry Itch, Dropsie, quartaine Agues, hardnes of the Milt, or Spleene, and mo other such like infirmities, which grow of burnt blood, and of such like humors, as hereafter shall appeare in a proper §. wherein shall be taught how the same shall be opened: also if they that accustomed to bleede and now remaine stoppt, do cause the Dropsie, the Consumption, and many other Sickneses.

But if the bleeding of them do get the maittie, and thereby do weaken the patient, then must the same be staunched, and take good heed, whether the same bleeding be on the right side, for it is sometimes a messenger of some long lingering sicknesse, as headach, gibbinesse, hinderance of the breath, and to conclude, feblenesse of the whole bodie, so that he cannot well goe nor stand: at the last followeth great thirst and binding of the body.

When as then these kinds of inconueniencies do all appeare, or part of them, then must such bleeding be staunched out of hand, and forbear from all manner of Spices, also from Onions, Garlicke, Mustard, strong white Wine, Menery, great labour, and all such like things, which inflame the blood, and to the contrary, vse all things that increase blood: for this, is also good the sirupes of Quinces, Roses, Hittles, Troisci de Terra sigillata, and de Carabe. These staunchers of blood must be laid outwardly vpon the Fundament: Take the white of an Egge, and temper among it beaten Romy, sealed earth, fine Bolus, and Dragon blood.

Also these things following by their proper vertue, staunch this bleeding, as Amber, prepared Bloudstone, burnt or prepared Corall, Dragon blood, fine Bolus, burnt Vitrioll, Aloe, Plantaine, Masticke, Blossoms of Pomegranats, the barks of Frankinsence, Copwebs, Hares haire cut small, burnt Asse dung, and powdered Basill.

The compounded things are these, Troisci de Corallis, de Spodio: Also, one may take one drag. of Amber, and sealed earth with water wherein is decocted Butchers brome seede.

The pills of Bdellio, and de Sandaraca, must one take the first eight daies the waight of halfe a dragme, and fast fve houres after it.

Powders and other things to staunch Bloud.

TAke the bones of Bulls feete, red and white Corall, the stones of Dates, Mytter shels, burnt al together, of each one quarter of an ounce, Vitriol halfe a dragme, burnt Iuozy, Amber, and bloudstone, of each three dragmes, Dragon blood, the iuice of Sloes, the powder of sowze Pomegranat blossomes, Dragagant and Gum, both of them tessen, of each two dragmes

dragmes and a halfe, beate them together very small, and temper one amongst another, then strew it vpon the place of the bleeding, and lay Cotton thereon, which is made wet in Rose vineger, afterwards binde it hard vpon it, this stancheth blood maruellously, although it had continued a yeare and a day; and not onely for this, but also for all excessive bleeding.

There may also a plaister be made: of the foresaid powder, and Mill dust with the iuyce of Plantaine, Comfrey or Wallis.

Item, take Aloe, Frankinsence, Dragon blood, Pomegranate blossomes, and Siesmemithe, of each a like much, make a powder thereof, and vse it as before.

Another. Take Cyppers nittes, and worme eaten Bals, of each halfe a dragme, Dragon blood, Gummy, Dragagant and Gum, both of them tosted, of each one dragme, Gips halfe an ounce, temper them all together, and strew therewith the whole Arsegut, it stancheth bleeding a whole day.

One more. Take the yellow seedes of the Rose, stampe them to powder, strew it thereon, for they dry and stanch blood.

Item, take *Hermodyli* two scruples, prepared Antimony one dragme, Frankinsence one scruple, Myrre halfe a scruple, make a powder thereof, and strew it vpon the Pyles where they blede: and further, spread round about the same Pyles this salve following:

Take of the vnguent *Pompholygos* halfe an ounce, vnguent of Roses two ounces, Oyle of Quinces, Linseed Oyle, and Oyle of Puts, of each halfe an ounce, *Hermodyli* two scruples, Pomegranate blossomes and Dragagant, of each one scruple, Gummy, Dragon blood, and prepared Tutty, of each one dragme, Beane meale and Mill dust, of each one dragme, Plantaine, *Verbasum*, Willow leaues, Mirtle leaues, and Horse tayles, of each one dragme and a halfe, Camfer ten graines, Oyle of Roses as much as is needfull therewith to make a salve, spread thereof vpon a wollen cloth and lay it vpon the fundament: the blood of the Pyles hath therewith bene stancheth at sundry times, when all other remedies had bene vied, and would not help, untill this aforesaid was applyed. Item, take Gips, beate it small, and make it to dough with the beaten white of an Egge, this stancheth blood marvellous well, and that in a quarter of an houre, in what sort of bleeding soeuer.

Item, take Aloe, Frankinsence, Dragon blood, fine Bolus, and small cut haire of a Hare, of each one quarter of an ounce, beate them all small, afterwards take a Cobweb out of a Mill, rub it amongst it, and make thereof a salve with the white of an Egge, and annoint the place therewith; this also stancheth much. It is also good for rent or cut veines, where the blood cannot be stancheth.

Or take the water of Hounds tongue, distilled from the herbe and roote; when the Pyles grow inward, then are you to take euery morning thereof foure ounces, but if they be outward, then cleanse the same, and lay on this water with a cloth, it healeth much.

Another: Take the kernels of Abzicoakes one ounce and a halfe, oyle of Mastick, and vnripe Sallad oyle, of each three ounces, the iuyce of Sloes, Dragagant, Gumme, and Fish lime, or Asinglas, which haue bene long steeped and are dissolved in the foresaid oyle, of each three quarters of an ounce, temper them together, and dip Cotton therein, and hold it continually on the fundament. You may also prepare this following: Take Masticke, Spica, Cyppers rootes, Squinant, Caluus, Saffron, and Myrre, of each a like much, make a plaister thereof with red Wine, and lay it ouer the Liver.

Item, take the iuyce of Plantaine two ounces, Rosewater halfe an ounce, beaten seeds of Butchers brome, as much as is needfull for to make a milde plaister, lay this vpon the Arsegut.

Here now follow some Salues.

Take oyle of Myrre and of Masticke, of each one ounce, *Trotisci de Carabe*, Paper glew, burnt Date stones, burnt Iuoy, *Sandaraca*, and Bloodstone, of each one dragme; Make as much as is needfull for to make therewith a soft salve, annoint therewith the fundament.

Or take beaten Plantaine, *Verbasum*, Willow leaues, Mirtle leaues, and Horse tayles, of each a like much: to an ounce and a halfe of this powder, adde ten graines of Camfere, and oyle

of Roses as much as is needfull for to make salve thereof. This stancheth blood, and dryeth gently.

A precious salve. Take Comin, Caraway, Rue seede, *Ames*, *Seseli*, and *Gallie Muschate*, of each one dragme and a halfe, Rosin three dragmes, oyle of Dill two ounces, Sallad oyle one ounce, *Lignum Aloes*, and Cloues, of each halfe a dragme; melt the Rosin in the oyle, and temper it with the other things being beaten small, stir it then well about untill it be a thicke salve. This salve verily hath great vertues, it stancheth the excessive Termes in women, if they annoint the reines and hips therewith: being applyed on the Paue and the stomacke it expelleth wind, and taketh away vomiting and parbraking. Will you then haue it stronger to vse for the Pyles: then temper amongst it two scruples of Saffron, and one dragme of *Opium*.

Other good Salues moe.

Take dried Orange peeles, beate them very small, put thereto a roasted Apple, and bruse it in a dish: then temper the foresaid powder amongst it untill it be as thicke as a Salve: then wash first the Pyles with Plantaine water, and afterwards annoint it with the foresaid salve.

Take two ounces of new Ware, three ounces of Hony, foure ounces of Butter; melt them all together, and straine it warme thow a cloth: then set it vpon the fire againe, and stir therein as much Wheate flour untill it bee as thicke as pap, and then lay it thereon. Item, take white Dogs dung, that hath eaten nothing but bones; burne it to ashes and make a salve thereof with cleane Barrowes grease, and annoint therewith the Pyles, and then strew thereon the powder of *Hermodactiles*. Or take the stones of Indian Pirobalans, burne them to powder: thereof take halfe an ounce, prepared Iron drosse one quarter of an ounce, temper them well together with the iuyce of Plantaine in a mortar, and therewith annoint the Ariegut within and without.

If so be that these forementioned will not helpe, then take two ounces of the iuyce of Roses, the brayed whites of a couple of Eggs, Cipps three dragmes, bruse them in a mortar one amongst another, and vse it as aforesaid. The like is also counselled, when as this bleeding commeth too soze, that the *Basilica* is to be opened, whereby to deriue and withdraw the blood, and afterwards that he be bathed with water wherein Linseede and the seedes of Hollihocks be decocted; or at the leastwise that he be well fomented therewith. Lastly, like as it is said already, there must be laid thereon beaten *Parietarie*, or Bellitorie of the wall.

For to foment withall, take Pomegranate blossomes, Roses, Cipers nuts, seedes of Butchers broome, Pomegranate peeles, Mirtle seed, the iuyce of Sloes, Frankinsence, of each halfe an ounce, beate them a little, and seeth them in thicke red wine, and water, of each a like much, and foment the place with sponges; or set the patient in water wherein Gals, Pomegranate blossomes, Butchers broome, Mirtle seede and such like are decocted.

Item, seeth Turnep leaues in water, and therewith wash oftentimes the fundament meetly warme. Another: Boyle Rose campion in thicke red Wine, and foment the Pyles often therewith.

If so be that through all these remedies the blood be not stanchd, then dippe a little wooll in boyling oyle, and lay it hot vpon it, then will it cease. Afterwards place him in water wherein Gals, Pomegranat peels and the blossomes, the barke of the Medlar tree, Seruises, Roses, and Allume, of each one ounce beaten grosse were decocted: but red wine were moze forcible for this.

How that the inward Piles are to be stanchd.

Of this hath mention bene made at the first; and for this purpose doe serue these foresaid remedies, if they be to be had. For the stanching of these Pyles, if they doe bleede excessively, then is this salve especially to be ordained for them: Take Pomegranate blossomes and peeles, burnt Mussel shels, Frankinsence, Pasticke, Dragon blood, sealed earth, and Copwubs, of each alike much; make a powder thereof with dissolved Asinglas, and common glew in stealed water: make then a taint of Hares haire, or at leastwise of wooll, and lay it too keepe therein, and put it into the fundament, refreshing it oftentimes.

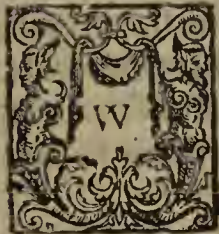
What

What is to be vsed inwardly to staunch this bleeding.

For this excessive blēding of the Pyles are these things following highly commended: Take *Mirobalani Indi*, *Emblici*, *Bellirici* a little parched, of each fine dragmes, Pearles halfe a dragme, temper them all together with the iuice of Garlick, and vse halfe a drag. thereof at one time with stealed water: the party is also euery morning to eate a couple of confected *Piobalans Chebuli*, and to fast foure houres vpon it, and that during the space of ten dayes, or as long as the blēding continueth. A stronger: Take the confectiō of *Triphera*, ex parte *Phenonis*, or *de Scoria ferri*, (of which you will) one quarter of an ounce or lesse, tempered in two ounces of Purslaine water. Also the iuice of Parrow may be taken for this, one ounce and a halfe: the same stauncheth much. Item take *Mozmelwood*, *Venus haire*, and *Sozrell*, of each one handfull: *Sozrell* seed and the seeds of *Plantaine*, *Belons*, *Purslaine* and *Roses*, of each one dragme; seeth then in saye well water, afterwards wyng it out, and put thereto shales of yellow *Piobalans* one quarter of an ounce, red and white prepared *Cozall*, *Citron* seed, of each halfe a dragme, let it seeth to thre or foure ounces, then mire with this decoction *Syrupum Acetosum Compositum* one ounce, *Syrupum de Plantagine* halfe an ounce, take this certaine dayes one after another in the morning betimes. For this is also good one quarter of an ounce of *Galbanum*, dissolued in water and dronken.

A very commodious confectiō for to be taken allwaies befoze meat: Take *Butchers bzuine* seed, parched seed of broade *Plantaine*, the iuice of *Sloes*, and *Coziander*, of each one scruple; *Amber*, all beaten small, and *Sugar* which is dissolued in *Purslaine* water thre ounces: take thre dragmes thereof at one time. Aboue all these astringent medicines you shall finde many more in the discourse of the excessive fluxe of the *Termines* in women: also in the first part where many are specified for the staunching of blood, the which are altogether good for this purpose.

How that the Pyles are to be opened. §. 6.



What good this blēding of the Pyles doth cause when it cometh by nature and of it selfe, and from what sicknes it will preserue a man, it is partly declared in the 5. s. Likewise what this blēding doth procure if it be staunched contrary to the old customs: also what inconueniences may come & ensue thereof. When as this blēding discōtinueth, & the Pyles do bere the patient with great paine and extuberation, then are they to be opened for to let the blood haue his accustomed course; for this preierueth one (besides all the recited perillous maladies) from all corroding vlcers, wildfire, cankers, madnes, melancholy, falling sicknes, enflaming of the Lights, both the kinds of dropsies and consumption, And if so be that this blood be staunched, then is it to be feared, that all the foresaid diseases may ensue thereby: therefore when any body desireth to open them, then are these things following to be vsed.

First put the sicke body in a bath whereby the Pyles may be mollified. Or in the stead thereof make this fomentation: Take *Marierom*, field *Mints*, and *Hallowes*, seeth them in wine, and receiue the vapo: thereof from beneath, sitting on a close stole mēstly warme: the next day after open the *Saphæa*, or the *Median*. The *Saphæa* is vpon the hindermost part of the foot, besides the hēle, whereby the melancholike blood is drawen downeward: afterwards annoynt the Pyles with oyle of bitter *Almonds*, or oyle of *Puts*: also a little *Cotton* is good for this, made wet in the iuice of *Onions*, and laid thereon. This may you effect also with the Galles of all beasts, although the *Dregall* be especially commended aboue all the rest. Secondly, put *Horseleaches* into them through a pipe, whereby they may fall right vpon the Pyles, for by nature they do draw out the melancholike blood, which is contrary to the boring cups: Therefore if there be boring cups set vpon it, then must they be fastened vnpickt, be it on man or woman, and that betwēne the priuities and the *Arsegut*. Thirdly, rub the *Arsegut* with *Fig* leaues vntill it begin to blēde. In like sort may the powder of *Pep*, of *Marierom*, of *Fleawort*, of *Swines bread*, & of *Pepper*, or any other biting powder, as *Cantbarides* and *Esula*: also *Flammula* may be laid thereon. But if you will haue milder things, then take the iuice of *Centorie*, or water wherein a good quantitie of *Hallowes*, be decocted. Item, beaten *Stauesacre* tempered with *Honie*.

Fourthly, this is the most certaine way, viz. that two or three Pyles be opened with the Flein, and to the end they may not shut suddenly together againe, like as their nature is, then vse this salve following: Take Oyle of Peach kernels, of Abzicocke kernels, (or the same kernels beaten) and the iuyce of Garlick, of each one quarter of an ounce, Ware as much as is needfull for to make a salve. But if so be that these inward Pyles cannot be seene, then must the patient be required once to straine hard as if he would goe to the stoole. Do not the Pyles as yet appeare thereby? then let a bore or cup with a wide mouth be set vpon the fundament: when these haue pluckt out the Arsegut, then open a veine or twaine that be fullest. Fifthly, vse this salve following: Take small beaten Aloe one quarter of an ounce, Dre gals one ounce, Vineger two ounces, temper them all together, put therein some Cotton, or wet a cloth, and rub it well therewith. Item, take Centorie, *Rapontica*, *Stauesacre*, *Flammula*, and white *Pæselwoort*, of each alike much, temper it with Dre gall, and the iuyce of Onions; let it then dry, stampe it, and once againe do as befoze. Reiterate this foure times together, when you will vse this, then wash well the Pyles with warme water, and temper the foresaid powder with Dre gall, and annoint therewith the Pyles.

Another. Take two small Onions, foure heads of Garlick, beate them together, and temper them with the meale of Lupins, and with very eager Vineger vnto a plaister, which will open the Pyles immediatly.

Sixtly, make a long suppositozy of Swines bread, put it vp into the fundament, and keepe it therein a whole night; if it come out, then put in another, vntill the Pyles begin to bleed. Also with the suppositories of wilde Cucumber rootes doe the like. Item, take Coliquint three drag. bitter Almonds halfe an ounce, sodden Hony three ounces, and make suppositories thereof, and vse another euery five houres, so that the Pyles will then bleede immediatly. Some doe open these veines with hote Irons, and some through Canteries potentiall, as *Arsenicum* and such like, but because they are perilous, it is better to rest with the former remedies.

Against the paine of the Pyles. S. 7.

If so be that there be any impostume besides the paine of the Pyles outwardly on the Arsegut, then must the patients Liuer veine be opened on the right hand, and this plaister following laid vpon the fundament, thereby to allwage the paine: Take the yolke of a roasted Egge, one dragme of Saffron, *Opium* halfe a drag. Linsæde meale, Wheate meale, the muscilage of Linsæd, Butter, and Goats suet, of each halfe an ounce, a fresh yolke of an Egge, Roses one dragme and a halfe, Ware as much as is needfull for to make therewith a soft plaister. Item, take Hollihocke rootes six ounces, Lilly roots one ounce and a halfe, great Ballowes and Henbane, of each one dragme and a halfe, Cammomill one ounce, Belilot and Dill sæde, of each one quarter of an ounce: let these seeth well all togither, and stamp them to growt; then temper therewith Fenegreke meale, Linsæde meale, and Barly meale, of each three quarters of an ounce, oyle of *Sesamum* one ounce and a halfe, *Opium* halfe a dragme: make thereof a soft plaister, with the decoction wherein they were boyled.

Many kinds of Salues against the paine of the Pyles.

Take oyle of the kernels of Abzicocks one ounce, oyle of Roses half an ounce, Ducks grease, and washt Butter, of each three dragmes, *Bdellium* one quarter of an ounce, melt it in the foresaid oyles, Ware as much as is needfull therewith to make a soft plaister. Or take Oyle of Peach kernels, and oyle of bitter Almonds, of each one ounce, liquid Styxar, *Bdellium*, of each one dragme, temper them well together, and therewith annoint the grieve.

Item, take oyle of Roses, oyle of the yolks of Egges, Ducks and Hens grease, of each halfe an ounce, Ware three quarters of an ounce, melt them together, and vse it like as the rest, couering it with warme clothes.

Item, take of that well knowne plaister *Diachilon* one ounce, oyle of Roses halfe an ounce, the yolke of an Egge, Saffron and *Opium*, of each one scruple, temper it well togither, and therewith annoint the place where the paine is.

Another

Another. Take *Opium* one dragme, dissolve it in Rose water, make Cotton wet therein, and lay it vpon the Pyles, and keepe it a litle while therein, it doth presently asswage the paine. But note, that all these narcoticke and stupefactiue remedies must be applied warme vnto it.

Item, take oyle of Roses and Violets, of each a like quantitie, and lay it warme vpon it with a woollen cloth. Or take Oyle of Roses and fresh Butter one quarter of an ounce, the iuyce of Garlike one dragme, *Bolus*, Dragon blood, Gum, Roses, Myrrh, and Pomegranat blossomes, of each two scruples, powne all that is to be pownded, and temper them all together. Item, take oyle of Roses, and the white of an Egge, of each a like much, with a few crums of bread steeped in Milk, and a little Saffron tempered amongst it, and so vse it. Item, take Wine cutt two quarts, and the yolks of two Eggs well brayed, Saffron halfe a dragme, Cammomill powder, and Dill powder, of each one dragme, temper them together. Or (that which is more maruellous and better) take the yolks of foure Egges, oyle of Roses thre ounces, Saffron one dragme, temper them together: this is somewhat stronger: Take the oyle of water Lillies, Cammomill, and Dill, of each one ounce, Saffron one dragme, the yolks of thre Eggs, Barly meale two ounces, let these sethe together in two ounces of the iuice of Lettice, vntill the iuice be wasted, then put thereto Venbane seed, and *Opium*, of each one dragme, and lay it vpon the Pyles.

Item, take the middle of cozne roses, and temper it with the oyle of Abzicock kernels vnto a soft salve, and vse it as the rest, for it is very good and approued.

Philonium Romanum rubbed on the Pyles asswageth the paine greatly. Item, take fresh Butter, and oyle of Violets, of each halfe an ounce, and beate amongst it the white of an Egge. Or take oyle of Roses, and Linsæde oyle, of each one ounce, oyle of Abzicock kernels one ounce, and a halfe, muscilage of Fenegræke, and of Linsæde Butter and Goats suet, of each one ounce, the yolks of thre Eggs, and Ware as much as is needfull for a salve.

Another, Take Linsæde, Hollyhock sæde, Fenegræke, *Verbascum* sæde, S. Iohnis Wort Malloves, and Wounds toong, of each one handfull, sethe them together in water, and foment the place infected with a sponge, afterwards annoynt the foresayd place with oyle of Eggs, for euery ounce and a half whereof, haue one graine of *Opium*. Or take Sallad oyle as much as you thinke good, pownded Chalke as much as is needfull therewith to make a plaister, it dryeth well, and cooleth much. This can oyle of Oliues do also alone, being made warme, and Shæpes woll vnderest dipped in it, and so applyed vnto the Pyles. Item, take Uerdigreace one quarter of an ounce, burnt Allume one ounce, dissolve them in Wine, and then vse it with Shæpes woll. Or take Ducks grease, the fat of Shæpes woll, Goats suet, and white Ware, of each a like quantitie molten together. Item, take Harts suet one ounce & a half, the grease of a Heronshaw halfe an ounce, melt and stirre them together vntill they be very white. This next following is passing forcible for to asswage the paine: Take a great Onion, make it hollow within, and fill it with Sallad oyle, or fresh butter: afterwards close it againe, and rost it in the ashes vntill it be mellow, then binde it on the Pyles. Also you must boyle Onions to growt, and temper them with Sugar, and vse it as is said; they be both very good. Item, annoynt the Pyles with the iuice of Rosemary or Cloues, and lay a Peach leafe vpon it; this asswageth much the paine, This following dryeth, and easeth also the paine: Take pownded Houslæk two ounces, small brused litharge of Gold one quarter of an ounce, sethe them with fresh Butter to the thickenes of a salve. These two salues ensuing do mollifie the hardnes, and take away the paine: Take Ducks and Hens grease, of each one ounce, oyle of Roses two ounces, Ware as much as shall suffice: let them melt together, and coole afterwards; then mixe the yolke of an Egge amongst it, and one dragme of *Opium*, and halfe a dragme of Saffron.

Item, take fine *Bolus*, Gum, Mastick, Dragon blood, Roses, and Pomegranat blossomes, of each thre dragmes, powne them all small, Butter one ounce, oyle of Roses thre ounces, iuyce of Garlike thre ounces, iuyce of red Sarifrage foure ounces, melt all that is to be molten, and temper the rest amongst it, this allayeth the swelling, asswageth the paine, dryeth and healeth all blcers, and it is also especiall good for all clefts of the fundament.

Certaine Powders for the same.

Take Garden Snailles as many as you please, put them into a pot stopped tight, and burne them at a Potbakers ouen to ashes, strew these vpon the Pyles, it asswageth the paine forthwith.

forthwith: also it is to be asswaged with Egge Shells, wherein Chickens haue bene hatched, or with dried Cipers nuts powned to powder, and strewed thereon, as before.

Of fomenting, bathing, and such like.

Take Mallowes, Hollihocke leaues, Violet leaues, Bearefoote, Garlicke and Parietarie, of each two handfuls, Cammomill, *Amaranthus*, of each one handfull, chop the herbes, seeth them in water, and place the patient lukewarm therein. Or take Dken leaues, Hounds tong, Mallowes, and Cammomill, of each two handfuls, Fenegræke, Linsæde, of each one ounce,ampe and seeth them in water; then make a sponnge wet therein, and so apply it warme vnto the fundament. Also you may lay these hearbes following, being sodden, thereupon. Item, take small beaten Pease, cast them on a hot stone, and receiue the vapoꝝ from beneath: it swageth the paine, it drieth wonderously, and taketh away all superfluous flesh. If so be that the fume or smoke be noysome to you, then put some wine thereto. Item, take Caraway, make it prettie moyst with Wine, cast it also vpon a hot stone, and receiue the smoke, as aforesaid: or take *Gariophyllata* and Lady Mantle, of each one handfull, seeth it in a bag, and therewith foment the reines. This hath holpen whereas the Piles hang out a finger long, and it cannot hurt women with childe.

Take Venus haire and Water toꝝch, of each a like quantity, butter as much as you thinke good, let it seeth all together, powze the butter thꝛough a cloth, and herewith annoint the piles: it is said that this hath holpen the piles, where the paine hath continued twelue yeares long. You may also annoint the piles with Ducks grease, wherein Colewoꝝts haue bene fried, be it before, or after the bath.

Of the Piles which are called *Verrucales*. §. 8.



Note that this sort of Piles are called *Verrucales*, for that they be much harder, than the other, and therfore haue moze need of mollifying and discusseue remedies: and those must be vsed according to the opportunity of the time and the age of the patient. In the sommer there is to be laid thereon thꝛee yolks of eggs with oyle of Violets, also sweete vn salted Butter, or oyle of sweete Almonds tempered with muscilage of Linseed, and Fenegreek. If so be then the paine be intollerable, then temper a little *Opium*, *Mandragora*, *Benbane* seede, *Poppie* seed, or such like amongst it. The old Physicians describe very many such like things for remedies, but these aforesaid shall be here sufficient.

Of the Piles that do hang farre out. §. 9.

But when as the Piles doe hang far out, and do so dry that they ware blacke and stinking, then are they often to be annointed with warme Butter, vntill the blacknesse be againe cleane: and if so bee that such stinking moisture would procede further, then vse the foresaid coꝝtiues. But in case that this rotting cease, then will it heale forthwith with the salue of Ceruse and such like. There are also vsed somtimes for this hot irons. Also while they be green, they may be cut off with a paire of sizers, and afterwards the white of an egge and oyle of Roses laid vpon it, to asswage the paine. But when they be old, then it is safest that they be bound about with a silke thꝛed, and so often repeate the same till they die and fall away of themselves. The which afterwards is to be further healed with the salue *Apostolorum*, and to lessen the paine, steepe the silke thꝛed, or Horse haire in Rose water before, wherein is dissolved two or thꝛee graines of *Opium*. In the same manner may all other warts of the body be diuened away, whereof we will speake in the fift part.

Here before in the common description of the Piles, we haue rehearsed the kinds of these grievous Piles. Thꝛough these Piles there is to be feared, when they begin to coꝝrode, that they may so infect the Arsegut, that there may follow a Canker or *Fistula*, yea, that which is moze, if there follow a salt defluxion to them, that the waies may be so dilated and opened, that the patient might bleede to death. For this disease, there is great haede to be taken, to forbear all hot meates,

meates, as Radishes, Mustard, Garlick, Onions, and from all spiced meates. For this must be also abstaine from all ouer cooling and slimie things, as fish, dough, and all entrailes, sinewes and skins of beasts. Metely good red wine shall be his drinke. But if (as it often falleth out) there come any other Piles, then are such meates and drinks to be forborne as make melancholicke blood, as pottage of Beanes and pease: but red and white Pease, and Turkie Beans may be eaten sometimes drest with Salad oyle. Also in this case the Median is to be opened, and five or six ounces of blood to be let out, according to the strength and age of the patient. But if this letting of blood may not be done for some causes, and that it be thought better to apply Leeches, as is already said, that may safely be done; yet first make the place moyst with cold water, for then will they fasten the rather. When as the Leaches be full, then fall they off of themselves: if not, then strike them off with a twig, or burne the off with a Ware candle. But if after their falling off the bleeding will not stanch, then lay this plaister following thereon: Take Starch and Mill dust, of each one drag. fine Bolus, Dragon blood, Aloe, *Sarcocolla*, Frankinsence, *Hypocistis*, of each one quarter of an ounce, the iuice of Plantaine as much as is requisite, temper it in a leaden mortar untill it be very tough.

A plaister: Take of hard Pitch three ounces, Roses and Singlas, of each one ounce, Dragagant, Gum, *Sarcocolla*, of each one dragma and a halfe, refuse of Iron halfe an ounce, make a plaister thereof with red vineger. This is for this purpose as forcible a remedy as may be found: Item, take wood ashes two ounces, Parrow, Bellitory of the wall, Cammomill, and roasted Squills, of each two ounces, burnt Allume one quarter of an ounce, red wine as much as is needfull for to make a plaister, and apply it warme. Item, take Parrow, Varietarie, of each one handfull, Salt halfe an ounce, and vse this daily. It is also said that this for certaine will cure the Piles, namely, Venus haire with Aristologie beaten and tempered with red wine, and so continually vsed thereon.

This following is said to be infallible: Take the ashes of an herbe which the Germans call Koozwozt, and roasted Squills of each two ounces, honie as much as is needfull, for to temper this withall; apply it, and it healeth very speedily.

The confection of Iron drasse *descoria ferri*, must be vsed six daies one after another, euery morning one quarter of an ounce, and fast five houres vpon it. And if the Piles be without any affluere of humors, or other accident, then are you to vse this following: Take oyle of Abzicocke kernels 3. ounces, liquid Styax one quarter of an ounce, fowre hard sodden yolks of eggs, prepared Iron drasse, *Sandaraca*, and *Sarcocolla* steeped in womans milke, of each one dragma and a halfe, Huske three graines; bruse this a long time together, afterwards temper as much Barly meale amongst it as is needfull for a plaister, annoint therewith the Piles inwardly and outwardly. But if so be that the patient haue neede of any purging, vse thereto those things that are ordained in the description of the other Piles. Or take of the confection *Diasena* three quarters of an ounce, temper it with whay of milke, and take it betimes in the morning. After the purgation the Arsegit is to be annointed the next day with these things next after following.

Take Swines bread, Cowslips, *Bistorta*, Dog fennell and red Saxifrage, of each one dragma and a halfe, *Alumen Iamenum* one drag. oyle of Abzicocke kernels and Rosine, of each one ounce: temper them all together, and annoint therewith foure times a day, and lay this plaister following vpon it.

Take the plaister *Apostolicon* that shall be hereafter described, halfe an ounce, burnt Copperas, Frankinsence, *Colophonia* and Dypiment, of each one scruple: mingle it all together in a mortar, till that it be a plaister, with a little dissolued *Laudanum*, but it may not be laid vpon the fundament: but whereas the least exulceration is, the veine exulcerated is to bee annointed with the foresaid salve, and if there come any scabs thereto, then must they be oftentimes annointed with the oyle of swete Almonds.

The Plaister *Apostolicon* which is also called *Triapharmacon*, is described after two manner of waies: the first is a good *Triapharmacon*, for that it is made of three things, as followeth.

Take small Litharge of gold and vineger, of each foure ounces, old Sallet oyle eight ounces, let them sethe so long together untill all the vineger be sodden away, allwaies stirring it about, till it be the thicknesse of a plaister. This plaister maketh the flesh grow, and

Apostolicon.

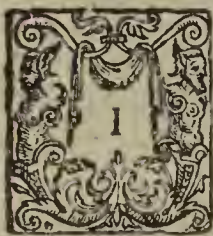
and healeth all wounds. Some put amongst it one quarter of an ounce of Merdigrease, Ware and Turpentine, of each as much as pleaseth them best, and when it is made, then it is called at the Apothecaries *Apostolicon*.

The second: Take eight ounces of Sallad oyle, small bzuised litharge of gold fowze ounces, Vineger eight ounces, let it seeth well, and then put thereto prepared *Galbanum*, Frankinsence, Myrthe, Basticke, Tozmentill, of each halfe an ounce, Dragon blood thre quarters of an ounce, Aloe two ounces beaten small, Ware one ounce, then mingle them all together, and let it seeth to a plaister.

There are other means moe to heale these kinds of Pyles, namely that they be cut off where they be thinnest: But by reason that then they bleed much, therefore it is moze certaine to take away the same with actuall cauteries or hot irons, which is not vnknowne to all Chirurgions, which is afterward better to be holpen.

Some take them away with potentiall cauteries or corosines, as with poisoned *Anacardus*, Opiment, *Arsenicum*, and such like: afterward they lay salve thereon that asswageth the paine, and mollifie the escars with sweet butter, or some other fatnes: But the Binding, whereof we haue spoken, is moze certaine.

Of the impostumes in the Arsegut. §.10.



It happeneth also very well when that one commeth to burne, cut, or corode these Pyles, that thereby the blood is staunched: which notwithstanding, for that it cannot haue his course, doth sometimes putrefie there, and impostumate, and causeth also therewith great paine, heate, Agues and thirst: for which these things following may be vsed. First, the Liuer veine in the arme on the side of the accident, is to be opened, thereby to diminish the affluent blood.

If the patient also be corpulent, then are boring cups to be set on the shoulders with pricking. Further, you are to binde the vppermost parts of the body, and to chase them, by reason that for this accident may no purging medicines be vsed, to the end that thereby the matter may be drawne out downewards. But if the great obstruction or binding of the body require any purgation, then must the same be brought to passe with Clusters, and according to the opportunity of the time, to open also a veine besides in the Ancles, and to vse this salve.

Take oyle of Abzicocke kernels two ounces, *Bdellium* one ounce, liquid *Styrax* one ounce and a quarter, fresh butter, Ducks grease, Starch, of each one ounce, white lead one drag. and a halfe: temper it a long time in a mortar, and make a salve thereof, annoynt therewith this impostume when the gut is turned and drawen forth, you shall finde good ease thereby.

Secondly, take grease, Hallowes, Fenegrake seede, of *Sesamum* and Linsede of each sixe ounces; seeth them in water, straine them, stampe and temper them with halfe an ounce of Rie meale, oyle of Abzicocke, vnripe Sallad oyle and oyle of sweet Almonds, of each one ounce, roots of Smalage, Elecampane rootes, of each halfe a dragme: lay this warme thereon, or set it thereon, that it touch very well the Arsegut, it is very good,

Thirdly, if this impostume be not hereby sufficiently mollified, then vse this hereafter following: Take Sallad oyle seven pounds and a halfe, sweete red wine sixe quarts, Saffron one dragme and a halfe, *Bdellium* one ounce; seeth all these together vntill the gum be dissolued: herein shall y patient be set 4. times a day, being made luke warme as deepe as to his priuities.

Others vse for such Impostumes as procede of heate, this plaister: Take Hallowes and Nightshade, of each one handfull, Violets and shaled Lentils, of each two ounces; let this seeth till it be as thicke as grout: afterwards stir it well about in a mortar, and mingle therewith oyle of Violets, Roses and the white of an egge, of each a like much, as shall seeme needfull for to make a plaister: spread then thereof on the Arsegut, and lay ouer it.

Take white Lead five dragmes, Frankinsence one dragme and a halfe, litharge of gold one quarter of an ounce: This being beaten small, temper it with oyle of Roses, and therewith annoynt the impostume, spread it on a cloth, and lay it thereon.

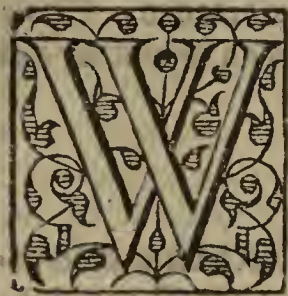
Item, take the crums of white bread, or in the stead thereof thre ounces of Mill dust, oyle of sweet Almonds two ounces, beaten Saffron halfe an ounce, temper them one amongst another, and lay them warme vpon it.

If there be a great heate present, then foment the impostume with Rose water, Purflaine water, or water of Nightshade, and afterward apply this salve following thereon: Take crums of white bread three ounces, oyle of Roses two ounces, Saffron, *Opium*, of each one quarter of an ounce, foure yolks of Egges, fresh Butter one ounce, mixe them well together, and vse it as aboue. But if it proceede of a cold cause, then vse this following: Take Onions, Garlike, and Woadblade, of each a like quantitie, boyle them till they be soft, and beate them to a grout, afterwards adde as much Butter and oyle of Cammomils as shall suffice.

All that hath bene written before to allwage the paine, may bee also used for this: But note this, if so be the impostume begin for to maturate, then are you to look to open it, to the end that the matter corode not inward, and so there follow a fistula after it, which hapneth very often.

Afterwards vse this salve following for to finish the cure: Take burnt lead, Cyperus nuts, and prepared litharge of Gold, of each one dragma, Rosin one ounce, oyle of Basticke halfe an ounce, Ware three quarters of an ounce: first melt the Rosin with the Ware, and when it be ginneth to streame, then mingle the foresaid powder amongst it: you may also strew the powder of Knotgrasse vpon it, for it dryeth much, and causeth great alterations.

Of the Clefts that are called *Rhagades*. §. II.



What manner of infirmity it is, is sufficiently declared in the fifth Chapter 2. §. These may proceede of five sundry causes in the Arsegut: as of the bloody fluxe called *Dysenteria*, of too hard excrements; of heate and drought of the Arsegut; otherwhiles also of the Pyles that corode inward; lastly, of some outward inconueniences that cleaue the Arsegut: the signes are paine, and burning, and sometimes such clefts as may be sene, and doe yeld a blacke greene, or red stinking matter. There are also two sorts, the one with matter, and the other without matter, whereof shall severally be spoken.

First for to cure those that are without matter, the partie is first of all to be purged (if neede doe require the same) and to open a veine, like as it is told of the Pyles, and especially with *Epithymo*, *Polypodie*, and *Whay*, by reason of the melancholicke blood: also in like manner with the pills of *Baellio*, or with Clitters, and other like purgations. Afterwards when these clefts do yeld matter, then are they often to be washed with water, wherein are sod Roses, *Polypodie*, and Allume, and afterwards annoint them with this salve following: Take ashes of Muscle shels, and rootes of *Polypodie*, of each two ounces, leaues of the Plue tree halfe an ounce, poune them all small, and temper them with oyle of Roses, and if they be with inflammation, then vse salve made with Ceruse and Campher, and other salues that follow hereafter. This following is marvellous good, for it dryeth, cooleth, and also healeth.

Take litharge of Gold, white lead and burnt lead, of each a like much, bruse it in a leaden mortar with Rose water, oyle of Roses, and whites of Egges as much as is needfull, and with a little Campher, vntill that it be wholly blacke; annoint the clefts therewith, and lay a cloth ouer them. If there be no heate thereby but onely a manifest drought, then take Hens and Duckes grease, Marrow of Harts bones, and Calues bones, and the fatnesse of Shepes wooll, of each halfe an ounce, fresh Butter, oyle of swete Almonds, oyle of Poppie seeds, Dragagant, oyle of Lillies, and oyle of Peach kernels, of each one quarter of an ounce, Myrre, Starch, Mill dust, Romy, Frankinsence, Basticke, Dragons blood, white Lead, and burnt Allume, of each one dragma, Ware one ounce and a halfe, melt all these in the foresaid Oyle and fats, and make thereof a salve: this salve allwageth the paine, moystneth and causeth the flesh to grow.

Item, take yelloiw Ware, oyle of *Sesamum*, Ducks grease, Marrow of Dre bones, the fat of Cammels scete, or (in stead of them) Goats suet, or Hens grease, and *Bdellium*, of each a like much, melt these together in Muscilage of Linsed, and temper them together, for it is very commodious. Item, take Turpentine, Ducks grease, oyle of Violets, of each two ounces, dissolved Dragagant and Ware, of each one ounce, powdered Dragagant two ounces, temper them by the fire vnto a salve.

Or take muscilage of Licebane one ounce, Hens grease one ounce and a halfe, the yolke of a new laid Egge, Saffron one dragma, temper them one with another, and annoint the clefts therewith.

Another.

Another. Take Dragagant and Gall nuts, of each a like much; temper them with molten Dre suet, and a little oyle of Roses vnto a salve.

But if the vlcers be deepe, and yeld much stinking matter, then are both outwardly and inwardly sharp waters to be vsed for them, and especially dresse it with the remedies that are described in the first Part, and the eight Chapter, of the vlcers of the Nose, or strew them with Verdigrease, and powned *Anacardus* for to cleanse them. But note, that this corrosiue inwardly in the Arsegut is not wholly without danger, vnlesse the Arsegut be drawen out by a boring cuppe. Afterwards coole and heale them with white lead, or any other cooling and healing salve.

Item, take washed white lead, Aloe, Masticke, Frankinsence, and Dragon blood, of each three dragmes, Oyle of Roses one ounce and a halfe, Ware as much as is needfull. For this you may also vse the salve that was befoze described, and made in the leaden mortar, or prepare this following.

Take Pomegranate blossomes and the pils, Pyrhe, washed white Lead, burnt Lead, washed Aloes, seeds of Roses, Frankinsence, Masticke, Dragon blood, and burnt Mussell shels, of each one quarter of an ounce, Olive leaues, burnt Allume, *Alumen plumosum*, Verdigrease, and Litharge of Gold, of each one dragma and a halfe, Ware one ounce, melt this in as much oyle of Roses as is needfull to make a salve: vse this oftentimes, and wash the vlcers twice or thrice a day with water wherein Gals, burnt Allume, Olive leaues and Roses are decocted. These are very good for all such like diseases, being holden ouer the vapor or dampe of water wherein Pallowes, Hollihocke rootes, Violet leaues, and Beare foote is sodden.

Of the Fistula and Canker in the Arsegut. §. 12.

This infirmity commeth very sodainly into the Arsegut, and albeit it hath bene accustomed (like as in other the like diseases in the body) to vse incision or an actuall cauterie: notwithstanding in this place it must be vtterly omitted, that there be no sineweshurt.

For it might easily thereby befall, that the patient afterwards should neuer stay his ordure, but (against his will) to let his excrements passe from him. The cause of these Fistulaes may be the bad healing of the diseases in the Arsegut, be it of what cause soener it may procede. In like manner also through vsing of the Dyles badly, or any other impostume that hath not bene opened in time, but that the matter was left to stinke or putrifie therein, all which may cause Fistulaes, as is aboue said; amongst the which there are some that penetrate the Arsegut, others the necke of the bladder, and some that remaine allwaies at a stay. These are hereby discerned, that either the urine, the ordure, or winds passe through the Fistula. Also if the Muscles be therewith infected, then can he not retaine or stay his excrements, but as soone as it descendeth to this place it passeth from him.

If then these Fistulaes bee moyst and matterie, and the matter sharpe and stinking, and wareth from day to day bigger, then it is a signe of a depascent Fistula, for the which strong remedies must be vsed to stay the same, that they corode not deeper: for it hapneth otherwhiles that these depascent vlcers will consume the whole buttocks, and all parts adiacent, and bring a body at the last after many miseries to his liues end. But if so be that this Fistula corode not deeper, then must the same be cured with drying things, so that for a while they neither runne nor swell any moze: but if so be the matter come to runne againe, then must be done as befoze, and that so long as one liueth. As concerning then the curing of this Fistula, it must alwayes be looked to, that the hole be kept open, which may best be effected with the pith of an Alder tre, dyed Gentian rootes, or Bziony rootes: afterwards you must vse those things that are set downe in the first part, the eight Chapter, and 11. §. and also afterwards of the Fistula of the eyes. Some doe commend two or three drops of oyle of Sulphure to be injected into the Arsegut; which will haue a wonderfull operation; and if so be that there follow any inflammation, that it should be delayed with the white of an Egge, or fresh Butter. Fistulaes and such like vlcers, are to be washed with Rosemary Wine, for it cleanseth and keepeth the vlcers cleane; but of this Fistula will we intreate further hereafter in the fift part.

Of the itch in the Arsegut. S. 13.

The causes of the itch in the Arsegut are foure: first, that there remaines somewhat that is sweatish or saltish in the fundament; which causeth the same: Secondly, through the Wormes *Ascarides*, that haue their being in the end of the Arsegut: Thirdly, some kind of vlcers that are in the lower part of the gut: Fourthly, sharp humors, as it oftentimes hapneth through some vncleannesse that resteth in the Arsegut, and then must the Arsegut be washed with warme water, and be cleansed with clothes or wolblade leaues. But if the same come thorough the small wormes, then take a sharpe Clister, yet not aboue eight ounces in quantity: also dip wooll or any such like thing in soft Pitch or Turpentine, then do the wormes sticke fast thereon; besides, the Pitch doth kill the wormes by nature: or annoint a great taint with Bistolime, and binde it on a thred that it may be drawne out againe. You may also see in this present part what hath bene written for the wormes, but if the same be caused through any vlcers, then vse for it the white salve and others moe: but keepe the vlcers alwaies cleane and dry with fresh cloathes, wash the same oftentimes with water wherein Agimoury, Olive leaues, and such like are decocted, put also burnt Allume thereto, and plume Allume, and binde clothes ouer it, and keepe your selfe quiet. But if this itch procede of a sharpe matter, then vse Suppositories with *Opium*, Clisters, and others, as shall appeare hereafter for the laske or losse of the body.

The eleuenth Chapter.

Of the inward members of the third part.



In the beginning of the third part of this our booke of Practise, we haue giuen to vnderstand, how that therein are contained the Stomacke, the Liuer, the Gall, the Kidneyes, the Bladder, the Bowels, and in women the Mother or wombe; but because we haue hitherto treated of the outward parts and their accidents, therefore will we now discourse orderly of the inward members; and first we will begin with the Stomack, for that the same is couered with the Liuer, and lyeth on the top therof: for it hath not onely his beginning at the mouth of the Stomacke, but is also the meate come or hatching of all the other members, and therefore will we (and that by good reason) place it before.

Of the stomacke in generall. S. 1.

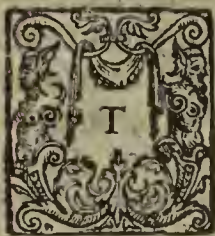


Vnder the *Diaphragma* or *Membrana*, betwene the Liuer and the Gall on the right side, and the milt on the left side, that is, right in the midst of the body, yet a little moze on the left side, there lyeth the Stomacke, that is so ordained by nature, for that the Liuer might keepe come and scope. The Stomacke is called of the Greeks *Gaster*, *Coelia*, and sometimes also (although vniustly) *Stomachus*, and of the Latinists *Ventriculus*. It is ordained for a receiuer of the meate, to dresse the same, and afterwards, like as out of a Cubbord, to impart all that is cooked, to each member his due, & that might suffice for his sustentation and nourishment; and to send out all that is vncleane or not fit for the nourishment, thorough the bowels and other naturall passages as a superfluitie. His substance is outwardly hard flesh, inwardly compacted full of veines; rough, and with many pleites or folds, whereby it draweth the meate vnto it. His forme is long, and round, hollow within, and like a Tunne, to let passe easily that is receiued, wide beneath, and neare the mouth of the Stomacke (which is commonly called *Stomachus*, *Oesophagus*, and by the Arabians *Meri*) it is narrow. In comparison of the bodies of beastes, it is not big, so that thereby it doth not much exceede the blind gut *Intestinum cecum*, and is otherwise not much vnlke to a dogges mawe. With the vppermost end of the Stomacke doth it receiue the meate, and with the lower end doth it let all that is digested fall into the bowels, from whence

all

all superfluities are cast out. Both these ends of the stomacke, below and above, after that the meate is receiued, do shut vp most wonderfully, lest that the concocting and digesting warinthe should vanish away. For if in the mouth of the stomacke there were not such closing, then could not the meate be well digested: whereby then must ensue a noysome vapoꝝ, and a diminishing of naturall heate. So happeneth also of the lower passage of the stomacke, when as it, after the meate is receiued, will not be shut vp, a bad digestion and other diseases, as the fluxe, &c. whereof we will hereafter speake moze at large. But thus much we would write in generall of the stomacke: Now will we procede forward with particular things.

Of the necke and mouth of the stomacke. §. 2.



This passage, through which the meate and the drinke descendeth out of the mouth into the stomacke, is properly one peece of the same: therefore will we first write thereof, as of the beginning of the stomacke. The necke of the stomack is of the old Grecians, and now adayes called by all learned men *Oesophagus*, and vnrightly *Stomachus*, and of the Latinists *Gula*, the which we in English do name properly the vpper part of the stomacke, the necke: and the neathermost part, the mouth of the stomacke, which lyeth right in the pit of the heart. So that both these parts haue some difference, and that by reason of their situation and for other causes moe, euen as also *Galenus* maketh two sundrie Chapters of them. These foresaid necke and mouth of the stomack, are subiect to many diseases, be it out of heate, cold, drought, moisture, or of any compounded complexion. Also through the obstruction of those parts, whereby the meate is drawne into the stomacke. Item, through impostumes, vlcers, blowes, wounds, and other inconueniencies, all which may hinder the swallowing, whereof much is written in the second part, the first Chapter, §. 5.

But we will here onely rehearse somewhat of the signes, and their difference. When as now then the whole necke hath any disease, then can the meate not be but slowly swallowed. But if the disease be in a certaine place of the necke, then remaineth the meate sticking in the same place. But whether it come of heate or drought, that shall be bewayed by the drought and thirst, for that cold water is very acceptable vnto him. But if so be it procede of cold, then hath the patient neither heate nor thirst, but onely an anguish in the throte. If so be that one can hardly swallow through excessive moisture, then doth the same appeare through much spittle and whitenesse of the tongue. Or the same cometh through drought, that maketh the drought of the tongue and the mouth knowne, for the patient will drinke continually, or wash his mouth with cold water. If there be any impostume in these places, then haue you the signes of Squinancie therewith: whereof we in the second part, the first Chapter, the 4. §. haue mentioned. Also when he would drinke, then runneth the drinke out of the nose: neither can he addit himselfe to lie, but seeketh alwaies to sit vp. When cometh this disease through blood *Cholera*, that may be knowne by the pricking paine, also by the thirst, heate and Ague: and to the contrary, when the same is caused through cold, then is the paine small, but with drought and the painefulnesse of swallowing is felt in moe places than in the place of the tumor. But if this impostume breake out, then do they cast vp matter, and are very prone to vomiting, whereby also they lose their paine in swallowing.

These impostumes are also to be knowne, if that one do swallow downe, Vineger or any other soure thing, or that is salt, not onely in the necke of the stomacke, but also euen into the shoulder blade.

Or if the same be caused through any cricke of the necke, then will the paine also be knowne there: or there groweth a bunch either before or behinde. And if so be that the same bee caused through the crampe, then shut to the patients mouth: and he shall feele the paine most of all in the Pipples, and on the breast.

But before that we come to the remedies for this infirmitie of swallowing, we must prescribe some common rules: and first, because that the necke and mouth of the stomacke are tender parts, therefore heed must be taken that there be not vsed for it any sharpe or biting things, that thereby they be not grieved nor hindered in their actions. Secondly, if these parts do rangle, or get any malady (like as often hapneth) then must all sharpe, soure and biting things be eschued,

eschued, vnlesse the same things be drying withall, yet very little, because such sharp things do augment the same paine, do feeble the naturall power, and enflame the whole throte. Thirdly, if so be that the necke of the stomacke be ouer cold, then must plaisters be laid vpon the shoulders, and there about. But if this coldnesse be in the mouth of the stomacke, then must the plaisters & other things be laid vpon the pit of the hart. Fourthly, if there be a hot impostume with paine and a cholerick body, then must he be let blood, purge, and vse other remedies, euen as hath been said in the description of *Squinancie*. Fifthly the remedies that are to be vsed for the healing of the exulceration of the throte, and to incarnate, they are alwaies to be tempered with some tough limie thing, to the end that they may cleaue the faster in the throte, and thereby also may haue the better operation.

Now to come to the remedies: If that this impediment be only caused through heate, or heate and drought, then purge the patient with solwe Dates, Cassia, and Damenna tempered in some broth, wherein Prunes, Violets, and Figs haue bin sodden; for all these things do expell such matter, and moisten the throte and the necke of the stomacke, like as in this disease is required.

Therefore shall the patient (and that oftentimes) vse sirupe of Violets, water Lillies, and such like, and swallow the same leysurely.

There may also be made a sirupe of Prunes as hereafter followeth: take solwe or fine Damaske Prunes, Violets two ounces, seeds of Lettice, Endiue, small Endiue, Purslaine of each halfe an ounce, Sugar 18. ounces, make a sirupe thereof, like as before in the Introduction is taught.

Beneath vnder the neck betwene the shoulder blades there must the patient be annointed with coling oyles, or any such like plaisters laid thereon, that are tempered with oyle of Violets, water Lillies, and oyle of Roses: afterwards take wheate meale three ounces, the muscilage of Fleawort, iuice of Housleke, of each one ounce and a halfe, iuice of Purslaine one ounce, stampe them together vnto a plaister.

Take the iuice of great and small Housleke, Rose water, of each two ounces, Melon seede, Lettice, Gourds, Cucumbers, Purslaine, and both kinds of Endiues, of each one quarter of an ounce: let this seeth al together vnto a plaister, then stampe them to growt, and vse it as aboue.

If there be no drought thereby perceiued, then may thereto be put red and white Saunders and Roses, of each one quarter of an ounce, and one ounce of vineger.

But if there be great drought therewith, then vse the muscilage of Fleawort, Dragagant, the seeds of Quinces, Violets, and such like: also he must eate cold herbs (whereof the seeds are here aboue named) fried with Butter, and annoynt himselfe outwardly with all manner of beasts marrow. In like maner are also very good for him conserues of Roses, the cold singes of Dragagant, and Diapenidion without spices, and new reere eggs.

These ensuing pills are also to be prepared, and to hold them continually in the mouth, and lastly, swallow them downe: Take Dragagant, Gum of Arabia, Purslaine seede, Malloves, and Quince kernels, of each one quarter of an ounce, Licorice one dragme and a halfe, the gum of Cherry tree a dragme, make thereof flat pills: Barly water and Buttermilke are good drinke for this sicknes, also he may drinke watred wine.

But if this impediment be caused through cold (like as most commonly hapneth) and if so be that neede require, then giue to the patient some potions of *Sirapo de prassio*, de *Calaminta*, or de *Hyssopo*, and purge him with *Diaturbith*, or *Hiera Logodion*, and if it be needful put a little *Esula* to it.

These tabulates shall he also hold in his mouth, and then swallow downe the iuice of them, to wit, *Dianison*, *Diatrionpiperion*, *Diareos Salomonis*, *Diaplis* made with Huske, and such like. Upon the shoulders must he be annoynted with the oyle of *Costus*, or with the oyle of *Rue*.

For this is also good the salues *Martiaton*, *Agrippe*, and *Althea*, whereupon this plaister following is to be applied: Take *Laudanum*, the fat of Sheeps wool, *Galbanum* and *Ammoniacum*, of each one ounce, dried Mynts, Sage, Indy Spica, *Spica Romana*, and Cloues, of each one drag. Ware one ounce, oyle of Spikenard as much as is needfull to make a plaister, spread it ouer a cloth halfe a quarter of a yard, in compas solwe square, then draw it ouer with Syndall, and lay it after the length from the neck to the ridge of the backe,

Amongst other Medicines may also those be vsed, that shall against a cold stomacke be described

scribed hereafter, whence is to be taken also an order of life.

If that then this impediment in swallowing be caused through excessive moisture, then is the first described order to be obserued: but that is not needfull to expell such excesse of matter, but to keepe a sober diet in eating & drinking: further, he must vse this gargarisme following.

Take Cyperus nuts, and the leaues, of each one handfull, Frankinsence and his rinds, one ounce of each, burnt Allume three quarters of an ounce, plume Allume halfe an ounce; sethe this in a quart of Wine, and gargarise herewith, afterwards wash cleane the mouth, but swallow it not downe: or he shall vse all that in the first part, the thirteenth Chapter, and 6. S. is taught, of the swelling of the tong.

If then a hote or cold impostume, or the Squinancie be appoaching, then rule you like as it is shewed in the second part, the first Chapter, and 4. S. of the Squinancie: now we will goe, forward with the Stomacke.

To preserue and keepe a good digestion of the Stomacke. §. 3.



How much the health of man is sustained through a well digesting Stomacke, is sufficiently knowne to all the world: and it is also very true, that if the same receiue no wholesome meate, it cannot digest it well, the which appeareth in the disease of the Stomacke, that all meates must corrupt, the which may evidently be discerned through the sickness that shall hereafter follow.

Therefore it is first requisite and necessarie to prescribe a rule, how to keepe this good digestion in her full efficacie. And although in all places hereafter, whereas shall be discoursed of any of the infirmities of the Stomacke, it shall be taught what shall be eschued or vsed: notwithstanding, it cannot be but auayleable briefly to comprehend the same in these ten rules. The first is, of the motion of the body, which (as followeth) is much commended. The motion of the body is a preseruation of a mans life, a quickning of naturall heate, and an excitation of sluggish nature, a digesture of all superfluous humors, a strengthening of all the members, an ouerthrowe of the diseases, a medicine for all anguishes, a gayning of time, renewing of youth, of mirth, of old age, a pleasure, a help of health and blessednes, an end of all infirmities, and enemy of sloth and lithernes; therefore do they feare and shun all labour, that will want mirth, and if any body desire not euery day to eate, he may keepe himselfe from all labour.

This motion is most commodious for sober folks before both mealetides, if they moue not aboue their might: for when one beginneth to be weary, then must he rest, and each one must exercise and stirre according to the ability of his body. The men of occupations haue exercises ynough about their occupations; but if any one at any mealetide haue surtetted, then must he fast the next day, and vse temperate motions, to consume all superfluitie through abstinence and exercise.

All people that haue great exercise, may much better digest grosse meates, then they that are idle and liue at ease, whereby may easily be discerned the vertue of motion.

The second is of the propertie of meates, that they be not too hote of nature, or too cold whereby they may not inflame the naturall heate, or might ouercole it, the which is also to be vnderstood of all other qualities of meates. Secondly, prouidence must be had that all meates be well boyled, sod, and roasted, otherwise can the Stomacke not digest it as it becometh.

Thirdly, binding things eaten before other meates, they binde the body, like as if they be eaten after the same, they loose, and are laxatiue. Fourthly, light meates are, Barley well sodden, well baked bread, small Fishes, Partridges, Pheasants, and such like. Fifthly, meates that are acceptable to nature, will be the more willingly receiued by the Stomacke, and also digested. But this is only to be vnderstood of healthfull persons, and of them that vse the same moderately: otherwise, that is not alwayes good which is pleasant to the mouth. Sixthly, although the sutable & light meates do lesse molest digestion, and are requisite for health, yet are they neuerthelesse nothing the stronger or apter for labo, therefore they passe all others herein, that fade on grosse meates. Seventhly, would or might any one not eate such healthy meates altogether: then is he notwithstanding to do the contrary as seldome as he may, tempering with some wholesome meates, like as men do pepper & wine with Mushrumps, and Spices or Carlick with Fish, &c. Eighthly, slimy meates tarry long in the Stomacke, before that they passe into

into the bowels. Bread with his Bran goeth much sooner into the bowels, than where the bran is boulded out. Pinthly, flesh boyled on the gridiron giueth good nourishment when it is digested: but it goeth slowly towards the guts. Tenthly, Pullet broths do delay the humors more than Hen broth, yea and giue much more nourishment.

The third rule dependeth on the quantitie of the meates, whereof too much must not be taken in, lest they make some grieve or winde in the body. Secondly, much meates do not moysten thzoughly, but only those that be without sharpnesse, sowzenesse, saltnesse, and bitternesse. Thirdly, when any body hath taken much meate and drinke, and thereby findeth some weaknesse or drought in the stomacke, he shall then the other day afterwards fast, and sleepe the more in a temperate place. Fourthly, a haile man shall take even so much meate, as shall not græue him. Fiftly, all they that liue lasciuiously and riotously, do die before their old age. Sixtly, great bodies haue neede of more meate and drinke than small bodies: they require also more heate and vitall spirits for their sustentation. Seuenthly, much and many meates taken at one time be preiudiciall two manner of waies: first, by reason of the variable digesture, as when light meates are mingled with grosse meates: secondly, for that it is sene, that there is more eaten of that which is pleasant in taste, than with moderate feeding would suffice.

The fourth rule containeth a good diet, whereby the meate is not to be tempered with the medicine, for that it were an vnnæte cost, when as the seeds of wild Saffron, Pettles or wild Time should be mingled amongst meate, that spoyle the meate, hurt digesture, and drine it into the bowels before the body haue his nourishment out of it.

Secondly, grosse and hard meates are to be eaten allwaies at the first, and afterwards the light meates. Thirdly, if one do eate milde and moyst things at the first, and then afterwards hard meates, then do the light meates run quickly thzough the stomacke, and leade the hard grosse meates away with them vndigested. Fourthly, all they that be loose of body, are to take at the beginning of their meale tides binding things and spices: and if not, then are they alwaies first to take that which will quickly passe thzough the stomacke, and leade the way to other meates.

To this end are Melons, Peaches, and other fruites to be eaten before one eate bread or flesh: for that when as they which be harder do hinder the passage, then is the digestion spoiled, and so it is with all other kinds of meates. Fiftly, meates which be of this nature that they do not easily passe thzough, or without requisite digestion, then must the grosse meates be first taken, and the light meates last of all: as Button before Birds, and Wese before Putten. For the bottome of the stomacke by reason of his heate, hath more force to digest the grosse meates first, than the top or vpper part of the stomacke. Sixtly, milke and solwe things are not to be eaten aboue once, for that the milke runneth into the stomacke, whereby the digestion is hindered. Seuenthly, Butter, milke and Radishes, are not mæte togither, nor yet with any birds, for the birds hauing subtile flesh, will be spoiled thzough the sharpnes of the Radishes. Eightly, sodden wheate in flesh broth or in water, is not to be vled after Spice, for that both of them be of grosse nourishment, and do obstruct the waies. Pinthly, Vineger, oyle, and all manner of fatnesse are not at any hand to be kept in Copper vessels, for that they do draine the venemous nature of the Copper vnto them.

The fift rule containeth the time, that in the winter and spring more meate is behoouefull than in the sommer: for that then the stomacke is at the very hottest. Secondly, that there be nothing eaten vntill the former be digested. Thirdly, in the winter, things be not tollerable to be eaten which do little nourish, as herbs, and such like, but compact and strong meates are to be vled, which be long in digesting. Fourthly, in sommer is the most fit time to eate before the heate commeth, and in euening when the heate is past. Fiftly, in the spring is one to eate but little at dinner, and in sommer nothing at all. In the haruest fruites do bring many sicknesses with them: but in winter one may eate his fill.

The sixt rule prescribeth a diet for euery complexion. First, he is not to forbear meate which is hot and drie of nature: for there is nothing more hurtfull vnto him than abstinence. Secondly, for to preserue & keepe a good digestion, those meates are to be vled which do best agree with euery ones complexion: to wit: if any be warme by nature, that he then fede vpon mæteley warme meate, and so the like for drie and moyst bodies. Thirdly, if so be that heate do increase in any one, then must coole things be take for it. Fourthly, a melancholike man must fede vpon moyst

moyst things and somewhat warme: A cholerick body, cold and moyst meates. Fiftly, all that be hote and dry of nature, and doe much exercise, for them are all light and subtile meates very hurtfull.

The seventh rule doth yeld a reason of repletion and inanition, whereof is first to be marked, that how much the more you fede an vncleane body, so much the more doth the same annoy and hurt it: for when the meate is mixed with the corrupted humors it is then also corrupted: the same happeneth also vnto them who haue the stomacke full of bad humors. Secondly, no man ought so to ouercharge himselfe with meate, but that he might feele still some hunger. Thirdly, when one hath filled himselfe wel the one day, although he might the next day feele some hunger, yet he is the next day to forbear as much as is possible, and to sleepe in a temperate place. Fourthly, when any accustometh to eat flesh and to drinke wine, and doth not labour at all, the same person (to the end he may be discharged) is the oftner to be let blood. Fiftly, there is nothing worse than when one hath fed on strong meats, before they be digested to eat againe: for when as the one meate commeth to the other vndigested, then do they both spoyle. Sixtly, all they who after dinner take their supper vpon it, must then fast out the same. Seuenthly, all that doe liue soberly, and after much eating and drinking doe fast againe, they liue the longer. Eightly, all ryoters and great drinkers must sometimes force themselues to vomit, and betake themselues therewith for to fast it out, and to sleepe a day times.

The eight rule comprehendeth the drinks: which first are not to be vsed so much that the meate come not to swim in the stomacke, for thereby will the digestion of the stomack be spoiled. Secondly, albeit some be of opinion, that men ought not to drinke to their meate, yet doe they speake against all skill; therefore be they not to be heard. For one ought to drinke, that the naturall heate be not aggrauated. Thirdly, when he feleth good thirst, and when as the heate of the stomacke requireth the same, the which neuer happeneth to such as be haile but when they doe either eat or doe great labour, and after a long Casterly wiude. Fourthly, all sharpe, new, grosse, and swete Wines, likewise, all they which are kept in Sulphured caskes, and also all Must ought to be eschued if so be that they be not vsed for medicine. White, clære, thin, red, and pallet wine which is not troubled, and of a good taste, drunken moderately, is verie healthy: but to water them much is very noysome, because that thereby is made gripings in the belly, windinesse in the stomacke, tumor in the milts, and spoyleth the digesting of the stomacke.

The ninth rule is of the customes. First, all they that be wont or accustomed to eat much, and that of all manner of grosse meates, shall not onely altogether relie on the strength of their stomacke: for they shall not be able to escape the harme which they shall feele thereby in time to come, because that thereby bad humors are increased in the body by little and little. Secondly, the custome of eating once or twice a day, and if that thereby men remaine healthy, it is not good to alter it: for that custome (as is wont to be said) is nature it selfe. Thirdly, good and tolerable custome is to be continued. Notwithstanding, if one were wont to be drunken every day, or to drinke in the morning fasting, who is it that can commend the same? Euen so is sobriety to be adiudged of, and fasting. It is also to be vnderstood, that all they who bee wont to eat twice a day, and would accustome themselues to eat but once a day, that the same might cause some inconuenience vnto them, and so to the contrary: for the stomacke cannot tolerate it. Fiftly, all they that vse to eat at a certaine houre, and should suddenly alter it, doe stand in danger that the same will not prosper well. Sixtly, although that the accustomed meate and drinke be such that it be not much to bee commended: notwithstanding it ought not slightly to be changed into other meats and drinks which be taken to be healthier.

The tenth rule requireth the dressing of meates: to wit, that each meate bee boyled, roasted and dressed as it ought to be, so that the stomacke get no loathing thereby, and the same meate may the better be digested. Thirdly, delicate sauces for each meate in particular prouoketh one to eat more than is good for him: therefore they ought to be omitted and forborne. Fourthly, stinking and putrified meates, be it fruit, flesh, fish, or whatsoener else, howsoener they be dressed, can bring none other but badnesse with them.

Hereof is now sufficiently spoken for the preservation of good digestion, and how the bad digestion of the stomacke is to bee amended. For that what might faile therein, these sicknesses following sufficiently declare.

Of the debilitie of the stomacke in generall. S. 4.



If these debilities or infirmities of the stomacke there be three principall accidents, vnder which are all other comprehended. The first the Grecians doe call *Bradypepsian*, which is slowe digestion. The second *Apepsian*, which is when the stomacke cannot digest. The third *Dyspepsian*, which is when the digestion is utterly spoiled, and the meates do turne into bad humors, which is when the stomacke is wholly weakened and departed from his naturall actions, and hath lost the same: which default may be prouoked through inward and outward causes: the outward causes be the motions of the minde, as anger, care, sorrow, rough windes, and grosse meates which be hard of digestion; as old base, hard, old, and unleauened bread, Hasell nuts, old Cheese, cold herbs and fruites whereof hath bene used much a long time, as Gourds, Melons, Mushromes and Apples &c. Item all excesse, windy meates and drinks, pottages, Musses, and all ouermuch watered wine, or water drunken alone (if it be not in great heate) and to eate before the former meate be digested.

Item, blowes or falls in and about the stomacke, bathing in very hot or cold times: also inward and outward heate and cold of nature, great exercise, extreme venery which infeebleth much and weakeneth the naturall powers. Likewise ouer much sleepe and rest: also to study too much and straight after meate.

The inward maladies of the stomacke be these; ouer great heate, cold, drought, moysture, windes, impostumes, and such like: Also through the infirmities of other parts; as if out of the braines there do fall any rheumes into the stomacke, or when the heart beateth, the liuer is obstructed with any cholericke humors, the Spleen with melancholicke humors, and the stomacke is too much ouer charged. When as then the property of each member is weighed, then may easily be discerned what annoyeth the stomacke.

If then the debility of the stomack be caused through heat, that is to be knowne by the stomacke: also there is euermore thirst with it, and all cold things are welcome to the patient, and hot things are loathsome.

Or if this debilitie do come through any liminesse, then is there heauines in the stomacke, drought, bitternesse, and wambling. When as this proceedeth of cold, that may the stomacke finde: for that the thirst is small, the digestion little, and no desire of meate: warmth is welcome, but cold is tedious vnto him. If it be of phlegme, it is knowne by drowlines, swelling, much spittle, quicke passage of the meate through the body, and almost after the manner of one that hath taken somewhat he doth belch with a slowe taste, & such like. But if this infirmity of the stomacke do come of any melancholy, then is there also drought, heauines, and wambling with it, the teeth will be loose, the patient will be plagued with vnnaturall lust of eating, the Spleen doth swell, whereof great heauines doth follow of the minde. If so be that the same be caused through drought, then insueth great thirst thereby, drought of the tongue, binding in the body, vnlustinesse, and harme through drie meates. If it be caused through moysture, then is there little thirst with it, but loathsomnes of all moysture; all drought doth good to the patient, and there is much spetting with it. Or if these humors be mixed, that is easily to be perceived through the signes aforesaid, like as euery accident bringeth with it a proper description.

But before we come to any particularities, we will here discover one thing, which is so renowned that it can preserve the stomacke from all diseases, and suffereth nothing to putrifie therein, because it expelleth all humidity and vncleannes from the stomacke, and cleanseth the same: they which vse it often get neuer any more paine in the stomacke: it causeth mirth, it strengtheneth the heart and head, it clenseth also the reins and the wombe exceedingly: which are the pills of Amber called *de Succino*, which are thus prepared: Take the white or other Amber and Masticke, of each one quarter of an ounce, Aloe fine dragmes, *Agaricus* one dragme and a halfe, right Aristology halfe a drag. this being all beaten small and tempered with the sirupe of Moxmelwood, make thereof a masse of pills, and forme seven pills of one drag. Take alwaies two or three of them when you go to bed.

Pills of Amber.

Of a weake stomacke through cold. §.5.

First this is to be noted, that (to speake naturally) the stomacke in the summer and in the haruest is coldest of all, and that by reason that the heate is drawne into the outward members, and therefore is so much the weaker about the stomacke. Contrariwise (as we haue mentioned before) the stomacke in the winter and spring time is hottest of all, because the outward cold driueth the heate inward: and therefore then people are to eate so much the more. For in the debilitie of the stomacke regard must be had of the times. Now for to write of the coldnesse of the stomacke, so it is, that (besides all the foresayd signes) the meate will scarce settle it selfe in the bottome of the stomacke, so that the same otherwhiles after the patient hath taken it, hath no rest ere and before he hath vomited out the same againe vndigested: and although it be digested, yet happeneth it slowly. Also if one feele with the hand thereon outwardly, then may it be perceived to be cold there: It is also full of winde which is expelled vpwards and downewards. There be yet moe other signes here before rehearsed of a cold stomacke: When as then the cold of the stomacke is small and of no continuance, then is the patient euery morning to take *Trociscos de Rosis* two or thre dragmes in an ounce of *Mina cideniorum* wherein Comin and *Ameos* be boyled.

Trociscos of
Roses.

The foresayd *Trocisci* are thus to be prepared: Take Roses thre dragmes, *Lignum Aloes*, *Masticke*, *Indy Spica*, *Cally wood*, *Squinanth* and *Wormewood*, of each one drag. beaten altogether small, and tempered with old wine, and then formed. These *Trocisci* are very good taken with halfe an ounce of the spirit of wine.

They are also to be fed with light meates, which haue but little moysture and superfluitie: Also their meate must be strewed with *Galingale*, *Pepper*, *Ginger*, *Cloues*, *Ameos*, and such like.

Before meate the patient is to exercise himselfe well: they that vse this water, must alwaies drinke more thereof after meate than before. After meate he must sleepe much, and drinke neate old *Renish wine*; but eate lesse than he was wont, for the weaknes of the stomacke cannot digest much meate. Meates which be requisite for him are *Duttons*, *Kids*, *Hens*, *Pullets*, *Fowles*, *Partridges*, *Felants*, *Pigeons*, *Quailes*, and such like; yet rather roasted than boyled and dressed with spice: also vere eggs and such like. But if this weaknes of the stomacke hath long continued, then may be used one of these *Sugar plates* following (which one will) one quarter of an ounce or more at once. Or if so be that it be made after the maner of a conserue, then to take one ounce at a time daily with wine: viz. *Diatrion Pipercon*, *Diagalanga*, *Dianison*, *Diamantha*, *Caryophilatum*, *Rosata nouella*, *Diaciminum*, *Diaolibanum*, also the warme *Dracagant cakes*, the which also do strengthen the stomacke and procure digestion. But especially is the Confection *Diacinamomum* commended for a blessed medicine for all moist, bad, and spoiled stomacks, as that consumeth all superfluous humidity, helpeth digestion, and strengtheneth the eyesight, therefore be there two sorts here described.

Confectio Diacinamomi.

Diacinamomum.

Take of the most purest *Cinnamom* fiftene drag. grosse *Cinnamom*, *Comin*, and *Elecama pane*, of each halfe an ounce, *Galingale* seven drag. *Cloues*, long *Pepper*, *Cardamomum*, *Greines*, *Ginger*, *Lignum Aloes*, *Mace* and *Putmegs*, of each thre drag. *Saffron* one drag. white *Sugar* five drag. When you will make *Tabulats* thereof, then take one pound of *Sugar*, one ounce and a quarter of the foresayd spices, and seeth the *Sugar* in *Wormewood* water as becometh. Another with *Kubarbe*.

Take excellent *Kubarbe* one quarter of an ounce, *Angelica*, *Rapontica*, of each halfe a drag. *Cinnamom* thre drag. *Putmegs* one drag. and a halfe, *Cardamome*, long *Pepper*, white *Dipentamus*, and *Zeduary*, of each halfe a drag. *Galingale* two scruples, *Calmus* halfe a drag. *Ginger* two scruples, *Pimpernell* rootes, *Masticke* and *Cucubes*, of each one scrup. *Saffron* ten graines, *Sugar* eight ounces, boyle the *Sugar* with *Wormewood* water, and cast a plate of *Sugar* of it.

In like manner is the confection of *Aromaticum rosatum* not onely commended for the debility of the stomack, but also for many other diseases, like as heere and there the same be discovered, for which purpose it is also prepared after sundry sorts, like as be some here expressed.

Confectio Aromatici rosati.

TAke fiftene dragmes of red Roses, Licorice seven dragmes, *Lignum Aloes* and yelloſſe Saunders, of each thre dragmes, Cinnaſomone, Mace, Cloues, of each two drag. and a halfe, *Gummi Arabicum*, and Dragagant, of each one quarter of an ounce, Nutmegs, Cardamome, Galingall, of each one dragme, Muske one scruple, Indie Spica, and Amber two scruples, temper them altogether: and if you will then cast a plate of Sugar of it, take one ounce of these Species, and twelue ounces of Sugar, decoct them in Rose water as is accustomed. Thus is this confection at the Apothecaries made, and not only for his pleasantnesse, but also for his commodiousnesse vsed daily; for that besides that it doth strengthen the weake stomacke, and comforteth the heart, the braines, the head, and the Liuer; it driueth out also the bad and superfluous humors of the stomacke: it helpeth the digestion of the stomack, and especially in them which be afoote againe after a long continued and lingring sicknesse.

Another which is common at *Augusta Vindelicorum*.

TAke Roses one ounce, Licorice thre dragmes, Cinnaſomone two dragmes and a halfe, Cloues, Mace, of each one dragme and ten graines, red Corall, Cardamome, Galingal, of each halfe a dragme, *Spec. Diarrhodon Abbatiss* one scruple, Indie Spica, long Pepper, of each ten graines, *Lignum Aloes* one dragme and a halfe, Greyſes eight graines, Shauer Auozie one dragme, Gum, Dragagant, of each thre scruples and a halfe, Nutmegs 2. scruples, Muske ten graines, Amber one scruple, make a subtil powder thereof. Or if you will haue Sugar plates of it, then doe as befoze. Item, take beaten *Calamus* halfe an ounce, the iuyce of Wormewood as much as is needfull to make plates of Sugar: and if you desire to haue this strong, then seeth it in Wine, and giue it him at two or thre times.

Or take Cinnaſomone one quarter of an ounce, Ginger, Nutmegs, Cardamome, Galingall, Cloues, of each one dragme, Mace, *Lignum Aloes*, of each halfe a dragme, Annis one dragme, the skins of Hens Halves washed with Wine and dyed, thre dragmes, white Sugar 34. ounces: seeth the Sugar in good Wine, and thereof cast Sugar plates.

Another.

TAke Cinnaſomone thre dragms, Galingal one dragme, sugar fixe ounces, but boyle the sugar with one ounce of Rose water, this Confection doth make also good appetite to meat. In like manner you haue also in the first part the twelfth Chapter, and 12. s. a confection on *Diamargariton calidum* which is very good for this. Item, take Ginger one dragme, Cloues and Galingall, of each halfe a drag. Pepper, prepared Coriander, of each one scruple, Annis, Fennell, *Ameos*, *Spicanardi*, Cardamome, of each thre scruples and a halfe, confected Citron pills one ounce, Rose water one ounce and a halfe, Licorice halfe a dragme, Sugarcandy halfe an ounce, Currans one ounce: powne all that is to be pownded, but chop the Citron pills and Currans very small, then seethe the Sugarcandie, and tenne ounces of white Sugar with Rose water, and so make tabulats thereof.

Confected Annis seeds are also very good for all debility of the stomack, it helpeth digesture, it expelleth the paine and winde of the stomacke, the same doth Fennell seed also. But there is yet a better for this, to wit, confected Comin and Carnway seeds, for that the same haue also power to warme the stomacke.

Certaine Powders for meate.

TAke prepared Coriander, and Cinnaſomone, of each halfe an ounce, long, white, and blacke Pepper, Cloues, Galingall, and Ginger, of each one dragme and a halfe, Annis, Fennell,

of each thre dragnes, Saffron one dragne, Sugar as much as all the rest; make a powder thereof, or a confection, which you had rather haue. Item, take Cinnamome, Pace, Cloues, Pepper, Cyper roots, of each alike much, Sugar as much as you please. Item, take Cinnamome two ounces, Nutmegs one dragne, prepared Coziander seeds, Roses, red Corall, of each one scruple, Sugar fowre ounces; temper them all together: it is of a temperate nature. For this may also things be vsed, which are described in *Aromatico rosato*, beaten to powder.

Here follow now certaine stomachicall medicines against all coldnesse, windines, and humidities of the stomach, and all other inward parts of the bodie: Take Annis, Fennell, and prepared Coziander, of each one ounce, Caruway, halfe an ounce, Licorice (beaten small) one ounce and a halfe, Ginger, Calmus, of each thre dragnes, Galingall, Zeduary, of each one dragne and a halfe, Cloues one dragne, temper all together. One may take thereof euery morning the waight of two dragnes.

Some do take the fowre seeds confected with Sugar: other do let them to be all together confected with Sugar, that it might be so much the more pleasant to take. Some temper amongst it cut Cucumber rootes, because that they (besides all their vertues) cause the winds to depart, and dry vp bad humors. Item, take Licorice cut small one ounce, Galingall one quarter of an ounce, Calmus halfe an ounce, Pace thre dragnes, Cinnamome and Nutmegs, of each one dragne and a halfe, confected Annis seeds fowre ounces, Caruway, Fennell, prepared and confected Coziander, of each two ounces: cut all that is to be cut, and temper all together. Or take cut Licorice, prepared Coziander, Fennell, and Caruway, of each one quarter of an ounce, Gentian, Calmus, and Ginger, of each thre dragnes, Pimpernell rootes or the seeds, and Rue seed, of each one dragne: cut all that is to be cut, and temper them all together, as before.

These foresaid stomachicall compositions are very commodious for the common people, and also commodious for all the foresaid infirmities, but especially the Gentian doth expell all slimie and venemous matter of the stomach. This is to be vsed in the morning on tosted bread, molli- fied or soaked in Wine, and to fast thre howres afterwards.

In like manner you shall finde before in the first part the twelfth Chapter and first s. a good Medicine for the stomach, which may be well added vnto these: Calmus and Cinnamome tempered together are also speciall good for this purpose.

This Confection following is also highly commended for all feeble, cold and moyst stomachs, as also for the strengthening of the Liver, Milt, Hart, Vaines, and whole body: it increaseth Venerie, maketh fat and merry, and is also good against the beating of the Hart. It is called *Electuarium de Citro*, or confection of Citrons: Take Citron pils, Zeduary, *Doronicum*, Amber, and red Corall, of each one dragne, Silkewoymes nests cut very small, red and white Behen, *Lolium*, Rosemary floures, and Calmus, of each fve dragnes, two Harts bones, and Pearles two scruples, Rubies, Iacints, Sinaragdes, Marierom gentle seeds, and Stechas floures, of each one scruple, small filed Gold and Silver, Buglosse floures, Tormentil, red Stirax, burnt Iuorie, Basil seed, and long Pepper, of each halfe a dragne, Muske, and Amber, of each one scruple, dry Hints, and Bastick, of each two scruples and a halfe, conserue of Buglosse one ounce, white Sugar 18 ounces: seeth the Sugar mextely thicke in Buglosse water, and so make a confection thereof. Barmalade with spices (as hereafter in the last part it is described) is also commodious for this, for that it strengtheneth and warmeth the stomacke inuarnellous well,

*Electuarium
de Citro.*

Another. Take Ginger one dragne, Cloues, Galingall, and Cinnamome, of each halfe a drag. Zeduary, long Pepper, prepared Coziander, of each one scruple, Annis, Fennell, Ameos, Spikenard, Cardamome, and Pace, of each fve graines, confected Citron pils, and Raisons (the bones taken out) of each one ounce, Sugar twelue ounces decocted in Rose water: cut and beate the Citron pils and Raisons, and temper the rest amongst them. Item, take prepared Coziander and Cinnamome, of each halfe an ounce, long, white and black Pepper, Cloues, Galingall, and Ginger, of each one dragne, Annis, Fennell, of each thre dragnes, Saffron one scruple, Sugar twelue ounces; make it (as before) vnto a Confection.

Take the whites of 24. Eggs sodden mextly hard, Honny twelue ounces, stirre them apace a good while together, vntill it waxe thick, afterwards put thereto halfe a dragne of Zeduary, Cinnamome, Cloues, Spica, Licorice, Ginger, Pepper, Galingall, Roses, and red Saunders,

of

of each one drag. beaten small. Hereafter shall be described in the description of the grauell & conserue of Horse radish rootes, which is also very good for a cold stomacke.

Item, take clarified Hony twelve ounces, clarified iuice of Quinces one ounce and halfe, Vineger three ounces, seeth all these together untill they be mextly hard, and temper amongst it halfe an ounce of Pepper, Ginger one drag. vse thereof about the waight of halfe an ounce alwayes before meales: with this also ensuing may be made a plaister to lay ouer the stomack, to wit Rithydate, Treacle, and Diatesano. They are also good for a weake stomack, for that they dry and further the digestion of the stomack, if one take thereof one drag. in a draught of Wine.

All confected things, as Rootes, Fruites, and all such like, which be warme of nature, are good for a cold stomack, as is confected Ginger, which not only warmeth the stomack, but also all inward parts, and doth restraine the vapors from ascending and drawing by towards the head. Calmus is passing good for a cold stomack. Elecampane rootes also strengthen the stomack, helpe digestion, driue out all venimous humidities, and warme the same. Confected Putmegs do consume all moysture of the inward members, they do warme and strengthen the stomack, and are good for the digestion of the same. The like do also confected Drenge pills, Citron pills, rootes of *Eringus*, and Walnuts, all which be described in the last part of this our booke of Phisicke. The hearbes and floures which be warme by nature, are Eyebright, which is also very good against all Agues that be caused of putrifaction. Conserue of Betony, and of Gillofloures do the like also, if that one take thereof halfe an ounce or more daily before meales. They do also stay the ascending vapors of the stomack, and strengthen the same. The like also doth conserue of Marierom, Hyssop, Piony, Sage, Lavander, Spikenard, and Rosemary.

All aromaticall Wines are much commended for this, not only for the stomack, but also for all other parts to be used outwardly: They do also take away the insatiable hunger. Secondly, there can be thought no better thing for the stomack than good old strong wine for common drinke: But if the same cannot be had, then may be used in the stead thereof, some Meade, or Hony water. In like sort also *Mida aromatica*, and other sirupes moe, which shall be described hereafter.

The rich and very daintie persons may also get Hippocras made, whereof you shall finde many kinds described in the eight part: especially this following called *Stelladia* is used much in Italy. Take Cinnamon, and Cloues, of each one drag. Pepper, Graines, and Galingale, of each one drag. and a halfe, Cardamome one drag. and a halfe, one quart of Wine, Sugar or Hony, as much as you please: make Hippocras thereof, as is taught in the eight part.

Amongst the most used Wines made of Herbs, are these ensuing warme of nature, Wine of Eyebright cleanseth the stomack of all humiditie, withstandeth the Ague, and is of a temperate nature.

The Wine of Hyssop warmeth also the stomack, and all inward members. The like do also Rosemary wine, & Marierom wine, which also prouoke appetite. *Asarabacca* wine & Wormewood wine, are very good, especially if there be any Mastick decocted in the common wine. Betonie wine & Gillofloure wine are very good against windines. The herbe Bennet wine and Clary wine, are also very good for this purpose. Item, take Must as much as you thinke good, let it worke foure dayes one after another, then put therein a small bag, with the leaues of the right wilde Wine, and let them also worke together as before, whereof will be a very pleasant wine. You haue the like before in the second part, the first Chapter, and 5. s. of the panting of the hart through cold, a spiced wine, beginning thus: Take Ginger two ounces, &c. What a vertue also the Elecampane wine hath (which is very common) shall be amongst other discovered in the eight part.

Here haue you also some moe such like drinks for a psofe: Take sirupe of Pints one ounce, Cinnamon water three dragmes and a halfe, oyle of Cloues two drops, oyle of Vitriol three drops, temper all together. The oyle of Vitriol is very sharp and perillous, as is rehearsed in the description thereof.

Take water of Currans foure ounces, temper therein as much Saffron as the bignes of a Pease, drinke it lukewarme in the morning, likewise also after none and after supper: it is especiall good against all paine of the stomack. The wine may also be tempered with Currans water. Item, seeth Wormwood in wine or water, and drinke it: it is very good for poore folks.

Item, in the second Part the fifth Chapter and 5. s. you shall haue a pectorall water, beginning: Take new Figs, &c. which also doth cleanse the stomacke from all excessive humidity. In like manner doth also a forcible Capon water in the second Part the first Chapter, and 4. s. which doth strengthen the stomacke and the hart marvellous mightily. Charuell water, Larkes spur water mixed, or each apart, strengthen the stomacke.

The vitall waters and other waters are very requisite also for this, whereof many be described in the eighth Part.

Of sirupes which do strengthen the stomacke. Sirupe of Citron peeles doth strengthen and helpe digestion, sirupe of Wormwood doth make appetite, sirupe of Hints is good for all diseases of the stomack which proceede of cold, sirupe of Fumitorie helpeth all obstruction. *Oxymel Compositum* and of Squills be good to breake all tough slime. Ginger and *Calmus* steeped in wine or Vineger are also very good, if one eate a spoonfull thereof. Some do put Gentian roots vnto it, for such as can away with bitterness. Also twice a day you may eate sixe or eight peeled Almonds, therewith to dry the stomacke, and euery third day once to eate a few water Cresses tempered with wine. Also if there be any new Figges to be had, then eate foure or fve in the morning fasting.

Amongst all these foresaid remedies there be many which may bee used as well to the old, as the new diseases of the stomacke, like as each one may know for to rule himselfe thereafter.

What then belongeth to the order of life we haue spoken thereof at the first: but if need were (whether it be of superfluous moysture, binding the body, or other debilitie of the stomacke) to purge, then must good heed be taken of such things as be contrarie to the stomacke, and might distemper it: to wit, wilde Saffron seede, Polypody rootes, and seeds of *Palma Christi*, (which are enemies to the stomacke, and accounted but Quacksaluers remedies) but in this is providently to be dealt, and after the taking of some preparatiue potions, he is to vse the last mentioned Sirupes, or these ensuing, and such like purgations. Take *Hiera Picra* one ounce, Turbith halfe a dragme, Ginger one scruple, and three ounces of the before mentioned Wines. Make also a potion thereof: also there may be put into this a little Cinnamome for the tastes sake.

Another.

Take of the Confection of *Diacatholicon* fve dragmes, *Diaphenicon* two dragmes, sirupe of Treos and Rubarbe, of each halfe a dragme, *Spica* two graines: both beaten small, temper them with *Decoctione Fructuum* (which is described before in the third Chapter 5. s.) whereint some Spikenard is decocted. If you had rather vse pills, then take pills *De Agarico*, *Hiera Picra*, or *Inde*.

Item, other that be lesse laxatiue, and do strengthen the stomacke. Take *Mirobalani Chebuli*, and *Indi*, Rubarbe, Cinnamome, Cardamome, Cloues, and Galingale, of each one dragme Aloe one dragme and a halfe: these being beaten small together, temper them with the iuyce of Hints wherein *Agaricus* hath bene foure and twenty houres steeped: of these pills may one swallow two or three morning and evening, especially if the paine of the stomacke haue long endured. These following do strengthen and assuage the paine of the stomacke: Take *Pillule Alephangine* one dragme, *Opii* and *Beuercod*, of each one graine, make fve pills thereof with *Oximel*. Item, take washt Aloe one scruple, and make two pills thereof: take them one houre before meate, and especially before that he be purged.

Pills which will not purge, but onely strengthen.

Take beaten Mastick and the iuyce of Wormwood, of each a like quantitie, set it couered close in a warme place vntill it be drie, that one may make pills of it, whereof euery day two houres before none, you may take one pill.

Now we will declare what is to be used outwardly for such bad stomackes: for which we haue expressed many plaisters, as hereafter do follow. Take Pitch and Rosin, of each one ounce, Masticke, Hints and Cloues, of each halfe an ounce, *Trocisci de Bolo*, and *De Terra sigillata*, Amber, Bloudstone, Dragon blood, *Hypocistis* and *Pemmy*, of each one dragme, *Gallia Muscata* and

and red Styax, of each halfe a dragme, the iuice of Quinces, as much as is needful for to make a plaister with it. This is not only good for the stomacke, but is also much better for that fluxe which cannot be stoppt or staied.

Another. Take red Styax, Spica, Squinant, Wormewood, Calmus, Masticke, of each a like much, temper them with old wine and the iuice of Quinces vnto a plaister, and lay it on the stomacke. Item, take Masticke, Galingale, Zeduarie, Ameos, Mints and Wormewood, of each halfe a dragme, Turpentine and Ware, of each halfe an ounce, temper them with the oyle of Masticke to a plaister.

Or take oyle of Masticke, oyle of Wormewood, of each one ounce, oyle of Mirtles halfe an ounce, Cloues, Cinnamome, Galingale, of each halfe a drag. *Lignum Aloes* and Ginger, of each one scruple, vineger one spoonfull, Ware as much as will suffice. Another: Take Bayberries and Masticke, of each one drag. Cinnamome, *Lignum Aloes*, Cyper roots, Saunders and Cucages, of each halfe a drag. Mints, Wormewood and Roses, of each fowze scruples, Spica, Hare, of each one scruple, *Gallia Muscata* one drag. Galingall, Calmus, Comin, Frankinsence, of each two scruples. *Laudanum* one quarter of an ounce, Rosine and oyle of Masticke, as much as sufficeth to make a plaister; then spread it on a peece of leather, and so lay it vpon the stomacke.

Item take Wormewood and Roses, of each one handfull, Mints halfe a handfull, Calmus, *Lignum Aloes*, of each one drag. and a halfe, yellow Saunders, Galingall and Putmegs, of each halfe a drag. wash Turpentine with wine, two ounces, Masticke thre drag. and oyle of Masticke, as much as is needfull to make a plaister.

Another: Take the iuices of Mints, Wormewood and Marierom, of each two ounces, Frankinsence and Masticke, of each halfe an ounce, Cloues, Hare, Putmegs, of each two dragmes: temper them with Turpentine vntill they be thicke, as a plaister ought to be, then spread it on leather, and couer it with red Syvall: you may also temper a little *Laudanum* amongst it, and so lay it thereon. Item, take Mints and Wormewood, of each one dragme and a halfe, red Corall halfe a drag. *Laudanum* thre drag. Ware an ounce, Turpentine halfe an ounce. First, melt the Ware, Turpentine and *Laudanum*, and then mingle the rest amongst it. Item, take the vppermost leaues of Wormewood, Mints, Roses of each halfe an ounce, Cinnamome, Galingale, Hare, Putmegs, *Lignum Aloes*, of each one drag. Masticke one quarter of an ounce, Frankinsence one drag. and a halfe, and Barmalade thre ounces: poune all small which are to be powdered, and afterwards temper the rest in it with Palmsey, This so tempered. spread it on leather (as is sayd) and sprinkle it with beaten Cloues and Masticke, of each halfe an ounce; then with oyle of Mints make a plaister thereof.

Yet another: Take Mastick, Cinnamome, Cloues, Violets, Spica, *Lignum Aloes*, *Gallia Muscata*, Calmus, and Galingall, of each one drag. and a halfe, red and white Saunders, prepared Coriander and Sozell seeds, of each one dragme, *Laudanum* halfe a drag. boyled Pitch (as is taught in the Introduction) one ounce, Muske two graines, and then make it to a plaister with oyle of Masticke.

Another; Take Mastick thre ounces, Galingale, Ameos, Zeduarie, of each halfe a dragme dried Mints and fresh Wormewood, of each one drag. Turpentine halfe an ounce, poune them all together, and temper them with the oyle of Masticke vnto a salve, and spread it then on Fustian.

The plaister of Bayberries, which is called at the Apothecaries *De Baccis Lauri*, is also specially commended for a cold stomacke, as is made as followeth: Take Frankinsence, Masticke & Myrthe, of each halfe an ounce, new pouned Bayberries one ounce, Cyper roots, *Costus* rootes, of each thre quarters of an ounce, clarified Hony eight ounces: seeth it till it be thicke, and then temper all the other things amongst it, and so make a plaister thereof. This foresaid plaister is not only good against all paines of the stomacke, but also for the bowels, for the liuer, kidneies, bladder, belly, & all other parts of the body, where is any paine throught cold winds. And how much more Cyper rootes you put vnto it, so much the stronger do you make it to expell the winds, and especially it is very good for the dropsie called *Tympanites*, a Tympany.

Item, take Cloues, Masticke, Spica, Galingale and long Pepper, of each one quarter of an ounce, Ware, *Laudanum*, *Ammoniacum*, of each one drag. oyle of Spikenard as much as sufficeth for a plaister.

Here

Plaister of
Bayberries.

Heere followeth now all that is to be outwardly applied
vpon the Stomacke.

TAke a great Onion and make it hollow, and put therein Saffron floures about one drachme and a halfe: this Onion must then be wound in wet tow, and afterwards rosted in ashes. This being done, you are to make it cleane, & stamp it to pap: lay thereof vpon a cloth, the thickness of a finger, and then lay it vpon the pit of the Stomack, and as often as it is cold, take another againe which is warme. This is passing good for a cold Stomack.

Also you may seeth Masticke in wine, and of this Wine must you lay vpon the Stomacke with a cloth, as hard as you can suffer it.

Item, vntwashed Sheepes wooll kemmed must you let soke vpon thicke red Wine, wherein is oyle of Spikenard, and so laid warme vpon the Stomacke, the same taketh away the paine of the Stomack. Or soape the foresaid wooll in oyle of Masticke, oyle of Wormewood, or oyle of Spike, then wring it out, and so lay it very warme vpon the Stomacke.

Another. Take Ginger, Mints, Southernwood, *Costus* rootes, to wit, the swete roote, Wormewood, wilde Thyme, and Mastick, of each halfe an ounce, Frankinsence one quarter of an ounce, Spikenard, Cloues, *Lignum Aloes*, Cassy wood, of each halfe a drachme: let all these seeth together in nine ounces of Sallad oyle and three ounces of good Wine, vntill the wine be cleane consumed: afterwards straine it through a cloth, and then lay it vpon your Stomacke like as is before said.

For this is also very good Pellitorie of the wall, with oyle of Spike, of Masticke fryed, one drach. of Saffron put thereto: likewise a Swallowes nest boyled in Wine, vntill it be cleane thorough mollified and dissolued, and so laid warme vpon the Stomack. Or take water of Mints, Wormewood and Palmsey, of each sixe ounces, Cloues, Mints, Cinnaomone, *Lignum Aloes*, Galingall, of each halfe a drach. temper them all together, and make a peece of felt wet therein, and so lay it warme vpon the Stomacke, like as is taught before.

Item, carrie vpon the Stomacke a young naked Childe, or in stead of him a yong naked Dog: they doe both of them warme the Stomacke, and strengthen the same. The same doth also a Cushion of fine feathers: likewise also a warme hand holden vpon the Stomacke. It is also found good to rub the Stomacke with vitall waters. One may also make a cloth wet therein, and so lay it warme vpon it.

Bags to be laid vpon the Stomacke.

TAke Mints, Wormewood, wilde Wine leaues, Rosemary, and Pennyroyall, of each one quarter of an ounce, Cloues foure scruples, Nutmegs, Mace, Masticke, of each two scruples, Galingall halfe a drach. Roses and prepared Coziander, of each two scruples, *Gallia Muschata* one drach. beate them all together grosse, and make a bag with it.

Another: Take Wormewood, Mints, wilde Wine leaues, and white Mints, of each one drach. Cloues one drach. and a halfe, Nutmegs and Mace, of each two scruples, Galingall halfe a drach. prepared Coziander and Roses, of each two scruples and a halfe, Mastick, Cinnaomone, *Calmus*, of each one scruple. *Gallia Muscata* foure ounces, *Laudanum* one quarter of an ounce: make thereof with red silke a bag to apply vnto the Stomacke. Or take this next following: Take *Lignum Aloes*, Wormewood, white Mints, Betony, Mastick, Frankinsence, Cyper roots, *Costus* rootes, Caraway, Fennell, Roses, and Bziony, of each one drach. Iuiubes, Mace, Cinnaomone, Cloues, Spica, Nutmegs, white and long Pepper, of each halfe a drach. *Calmus*, Cassy wood, and red Cozrall, of each two scruples: this being all beaten grosse, make a bag thereof for the Stomacke.

Oyntments and Oyles for all cold Stomacks.

TAke Oyle of Masticke, Wormewood, Spikenard, of each one ounce, Cloues, Masticke, Aneos, of each one drach. beate them well together, and make an oyntment thereof. Item, take oyle of Mastick, and of Wormewood, of each one ounce, oyle of Vireles halfe an

an ounce, Cloues, Cinnamome and Galingall, of each halfe a drag. *Lignum Aloes* and Ginger, of each one scruple; make an oymment of it with a little Vineger. Take Roses five drag. Wormewood one quarter of an ounce, *Spica* one drag. Cloues two scruples, long Pepper halfe a drag. Basticke, crumpled Mints, of each one drag. these being well beaten, then take Oyle of Basticke three ounces and a halfe, oyle of Roses six ounces and a halfe, Ware one ounce and a halfe, (but the oyle and the ware must be leysurely molten together) and then temper the rest together vnto an oymment, wherewith you are to annoint all the bzeast very warme. And if it be in winter, and that the party must goe abroad, then lay vpon the bzeast annointed two or three leaues of writing Paper, for it preserueth naturall heate, and defendeth the stomacke from all outward cold.

Another: Take distilled oyle of Bastick; or in the stead thereof oyle of Cammomill, Wormewood, Mints, Quinces, and Roses of each one ounce and a halfe, Haze, Basticke, Putmegs, Cloues, Cardamome, Graines, Galingall, and *Lignum Aloes*, of each one quarter of an ounce, red Corrall, prepared Coriander, Roses, Mints, Wormewood and Cammomill, of each two drag. and a halfe, crums of new Rie bread which haue bene steeped 24. houres in Sharpe Vineger, foure ounces; take them out and beate them to pap: afterwards melt three ounces and a halfe of Ware in oyle, and then temper it vnto a salue.

Another which is vsed in Italie: Take oyle of the blossomes of Dzeniges one ounce, powder of Beneseine one drag. and a halfe, Cloues, Haze, of each halfe a drag. *Laudanum* one quarter of an ounce, temper all to a salue.

Another: Take oyle of Quinces, of Spikenard and Basticke, of each two ounces and a halfe, red Styaz, Squinant, Cipers rootes, red and white Corrall, Roses, Bastick, of each one quarter of an ounce, Cloues, wilde Vine leaues, of each halfe a drag. Ware and Rosin, as much as is needfull for to make a salue. This doth strengthen the stomacke, withstandeth the wambling, and is also good for all humidity of the stomacke.

Item, take oyle of Basticke, Spike, oyle of Quinces, of each three ounces, oyle of Wormewood one ounce and a halfe, Basticke, Cloues, Putmegs, wilde Vine leaues, Mints and Mirtle seeds, of each one quarter of an ounce, Wormewood, Roses, red and white Corrall, of each one drag. with a little Ware, and make an vnguent thereof.

Another. If one can get none other thing, then take greene or drie Wormewood, seeth it in Sallad oyle with a little Wine, vntill the wine be consumed, and annoint therewith the stomacke.

Oyle of Basticke is thus prepared: Take oyle of Roses six ounces, good wine foure ounces, of grosse beaten Basticke one ounce and a halfe: let this seeth together vntill the Wine bee decocted: This oyle doth not only strengthen the stomack, but also the braines, sinewes, ioynts, and the Liuer, allwageth all paine and all swellings in all the parts of the body.

To make Oyle of Quinces.

This oyle of Quinces is also (next to the oyle of Basticke) very highly commended; for it is chieflly and good for all debilities of the stomacke, it alayeth all wambling, it strengtheneth the digestiue vertue, and also the sinewes, &c. and it is thus prepared: Take Quinces that be yet scant ripe, cut them with the Pils in peeces, and take out the seedes; then take the iuyce of Quinces, of the one as much as the other in a glasse, and powze into it as much oyle as there is of the iuyce, but rather vnripe oyle then other: this being bounden tight, then set the glasse the space of fiftene dayes in the Sun, afterwards let it boyle two or three houres in water, and then wring it hard throug a cloth: this must be done three or foure times one after another, and so kept close stopped.

For a conclusion of this weaknesse of the stomacke throug cold, some doe vse this brieue meane. First, they doe ordaine a Clister made in this manner following: take Lineseede and fresh butter, of each six ounces, of well washed Turpentine dissolued in wine or any decoction (wherein be much Annis seede sodden) one ounce; let the patient also drinke much of some decoction of Cloues, Galingall, Cinnamome, Balsam fruits, and Calmus: Lay then lastly this plaister following vpon the stomacke. Take Rue one ounce, Wormewood foure ounces: this being beaten together, temper it with hony, and then lay it warme vpon the stomacke.

Of the debilitie of the stomacke through heate. §. 6.



If so be that this weaknesse of the stomack, and bad digestion of the same be with great thirst, without appetite, with soure foule belchings, & with great drought of the mouth, it is then very easily to be adiudged that the same is caused through heate. If there be *Cholera* mingled amongst it, then followeth wambling and parbaking, and that after the taking of light meats, as eggs, fowles, and other good flesh. The mouth is bitter, and sometimes there commeth a shooting paine: he desireth all cold things, and all which is hote goeth against him. The digestion of the stomack is strong, if the heate endure not too long, which otherwise spoileth the same. These are the signes of the Gall or *Bilis*, which troubleth or inflameth the stomacke, and (as is said) molesteeth the same with vomiting and a sharpe scowling. Now for to remedy this paine of the stomacke, it is to be marked whether the sicke person were not wont to cast; and if he were, he is then to vse this sirupe, which is necessarie for it: Take the iuyce of soure Quintes eight ounces, white Sugar foure ounces, Vineger two ounces, seeth them to a sirupe; this sirupe doth not only coole unnaturall heate of the stomack, but also strengtheneth it for to effect her worke, and expelleth the windinesse of the same. For this, is also very commodious the sirupe of Meriuyce, or *De Agresta*, which doth also the same. Item, the sirupe of Peares, Peaches, and especially of Apples, which is described in the second part, the first Chapter, and 4. §. which be also these following that be made of the iuyce of Bayberries, Sorrell, Roses, Water Lillies, Limons, Citrons, Mirtle seeds, and the iuyce of Pomegranats. Item, *Oxysacchara*, Iulep of Roses and Violets, sirupe of Dzeniges are also highly commended for this, which be euery where described.

Item, sirupe of Roses laxative, *Oxymel* sirupe of Endiue and of Vineger, or these following: Take Endiue, small Endiue, and Lettice, of each one handfull, the seeds of Melons, Cucumbers, Gourds, and Pompeons, of each one quarter of an ounce, Wormewood one handfull, Roses, Violets, of each one ounce, peeled Barly one handfull, the iuyce of Pomgranats foure ounces, Vineger three ounces, Sugar as much as you thinke good, make a sirupe thereof. Item, Honey of Roses expelleth all cholericke matter from the stomack, and doth strengthen the same; and if it be needfull to vse any purgation for this, then shall you finde good instructions for it where we shall treat of *Cholera*, but chiefly is Cassie commended for it, because her cooling operation is very fit and meete for the stomacke, for it clenseth the same from all moysture, and therefore are the confections of Cassie and Hanna which be described hereafter in the binding of the booke, esteemed very meete.

Item, the Tabulates *Diaturbith cum Rhabarbaro*, and a certaine powder more, which is expressed in the same place. Amongst the Simples are Sene leaues the very principall, which haue a propertie to purge the hote *Cholera*; the like doth also Aloe, Coloquint, the iuyce of wilde Cucumbers, *Epythimus*, and twentie or thirty seeds of *Palma Christi*, which be very good, but that they be somewhat preiudiciall to the stomacke.

Esula is somewhat too strong, for if the same be not well prepared, then is it venime in the body. Lawzell and the floures of *Mexereon* be exceeding sharp and perilous to be used. The Hypodie roote is very safe, but yet somewhat hurtfull to the stomacke. The yellow Piobalans aboue all other do purge *Cholera*, and loose very necessarily. There be of such laxative simples many mo, but we haue onely recited here these simples for example, whereby to choose that which liketh him best, and to forbear that which is to be eschued. When he hath purged, then is it counselled by diuers that this Potion following be taken after it. Take fumitorie, Violets, Wormewood, of each one ounce; let these seeth so long in water, untill about foure ounces do remaine of it. You are then to steepe in this decoction one quarter of an ounce of yellow Piobalans the space of a whole night, and being wung out, then are you to temper amongst it one drag. or one quarter of an ounce of *Hiera Picra*, and in the morning early to drinke it warme.

The order of Dyet.

The patient is to be sustained with such meates as be somewhat solwe, and that haue also an astringent vertue, as flesh boyled with vnripe Pomegranats, or for sauce for his meate Meriuyce

Geruyce, wine of Pomegranats, iuyce of Oranges, Limons, and Prunes of Damaske, Lettice, Purslaine, both of them made solure with Vineger, and so vsed.

Barly pap, Quinces, Rosted Peares, or stued Peares strewed with Fennell or Annis seede, eaten after meales, do shut vp the stomacke: The like do also wilde dry Peares.

Before in the first part, the twelfth Chapter, and first S. you haue an especiall good stomachicall powder which is very good for all paines of the stomacke which procede of Cholera. Item, take Roses ten drag. burnt Iuoy three drag. prepared Coriander seeds fine drag. giue him halfe an ounce thereof with sirupe of Pomegranats, or sirupe of Quinces. For this, are also good these confectiōs following, as *Triasantalon*, *Diarrhodon Abbatis*, *Rosat anonella*, and *Aromaticum rosatum* which is wholly of a temperate nature.

Confected things which do coole the stomacke.

The Conserue of Raspes and of Lettice are both of them good for to coole the stomack: they make also a desire for meate, and do quicken the appetite. Muske peares doe stay the vaporing or fuming vp into the head. All preserved Cherries, Barberries, Cicozy roots, vnripe Grapes, for what they be good, and how they are to be confected, shall sufficiently be taught in the last part. Item, take new conserue of Roses foure ounces, sirup of Apples as much as you please; temper them all together, and take halfe an ounce fasting in the morning. Or take Mastick one drag. Roses, burnt Iuoy and Hints, of each halfe a drag. prepared Coriander one quarter of an ounce, red Corall one drag. and a halfe, Harmalad sixe ounces; make these with the sirupe of Apples a little soft, and stampe them all together in a mortar, and mixe them all well together. Harmalades without spice (whereof be diuers described in the last part) be also good remedies for the stomack, they stay the flir, strengthen all the inward parts, and make appetite. The conserue of Peach blossomes is also good. Conserues of Roses delay the sharpnesse of the cholericke matter which causeth vomit. Conserues of Cicozie are also made for this.

Of the Trocisks these are speciall good, *De Spodio*, *Diarrhodon*, *De Camphora*, *De Barberis*.

And as touching his drinke, he must eschue all strong Wine, and drinke a small thin Wine.

Cherry Wine cooleth and moystneth the stomacke and all inward parts through his temperate nature. Iulep of Violets, and all other cooling potions may be vsed. Hereafter in the treatise of Melancholie, there shall be described a very pretious Wine, beginning thus: Take pickt Currans, &c. which may be also very commodiously vsed for this.

Now for to come to the things which one may vse outwardly, we will speake first of the plaisters, and describe some of them.

Take the iuyce of Plantaine and Rose water, of each sixe ounces, Vineger one ounce, red and white Saunders, red Corall, and prepared Coriander, of each one quarter of an ounce, Quince kernels, Sorrell seede, of each one drag. this being beaten small together, make a plaister thereof with Barly meale, yet let it not be too hard, and lay it on the necke of the stomacke.

Another. Take red and white Saunders, Sorrell seede, Bay berries, Quince kernels, and the iuyce of Quinces, of each one quarter of an ounce, oyle of Mastick one ounce; poune all that is to be pouned, seeth it by a milde fire or on hot ashes vntill the iuyce be wasted, then straine it through a cloth, and make thereof a soft plaister with Ware as much is needfull for it. This plaister following is cooling and astringent.

Take Roses, burnt Iuoy, Masticke, Coriander, Myrtle kernels, and the iuyce of Sloes, Sandaraca, & Dragon blood, of each half a drag. *Laudanum* one quarter of an ounce, *Gallie Muschate* halfe a drag. Pitch and Rosin, of each three quarters of an ounce, Ware as much as is needfull for a plaister; let all these be molten together in foure ounces of the iuyce of Quinces, and seeth it slowly vntill all the iuyce be consumed, and it will be like to a soft plaister: it strengtheneth the weake stomacke of heate, of Cholera, and of an Ague; it quenchem the thirst, stayeth excessive vomiting, scowring, and also the paine of the stomacke.

Out of all the foresaid things may you make salues with oyle of Roses, Violets, Quinces, and Mastick (which you please) vntill that the salue be soft enough. In like manner is the salue of Roses also especially good for the heate of the stomack. The stomacke is also to be annointed with this oyle following; as oyle of Quinces, oyle of Mastick, and chiefly when there be Wine tendrels decocted therein.

Of Bags, Applications, and Fomentations for the stomacke.

Take red and white Saunders, red and white Corall and Citron seede, of each one drag. prepared Coriander one drag. and a halfe: these being all stamped together grossly, make a bag thereof.

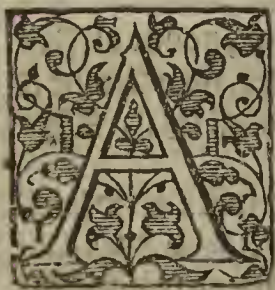
Take Rose water, Endiue water, and water of Mints, of each twelve ounces, the iuyce of soure Quinces two ounces, of red and white Saunders, prepared Coriander, red Corall, and Roses, of each one quarter of an ounce, Wormewood halfe a handfull, wherewith you may foment, and put the decocted herbs in a bag, and so apply them to the stomacke.

Of the debility of the stomacke through drought. S. 7.

Wheresoeuer is any weaknesse of the stomacke caused through drought (whereof hath bene spoken at the first) it causeth great thirst, drought of the tongue, and falling away of the whole body, as also contrariwise they finde ease when they finde moyst things. In this disease is the patient to drinke Bilke and Barley water, for the same doe coole, moysten, and cause the body to increase againe. In like manner he is also to be fed with moystning herbes, as Lettice, Gallowes, and such like: also with Ale, Lamb, River fish. Egges drest with wine are also good for him, for that they yeld good nourishment. Item, there be very good and commodious Bullet broths drest with cooling herbes, Capon waters, Marchpanes, and other things mee; which befoze in the Consumption or *Phthisis* in the second part the fifth Chapter and 22. S. & afterwards in the first part of the Ague *Hectica*, are expressed, al which be prepared for to moysten. He shal also oftentimes bathe befoze meals & after meals, but a good while after. His drink must be smal wine. Rest is good for him, & much motion is hurtful, he is further to rule himselfe in all things as for the Consumption, and as is taught for the Ague *Hectica*. But in case there strike great heate into it, then vse the salue of Roses and Saunders, the cooling salue *Galen*i, oyle of Roses, of Violets and Waterlillies, and such like. But this plaister following is highly commended: Take new sliced Gourds, Pursaine and Willow leaves, of each two ounces, white Saunders one quarter of an ounce, Camfer one drag. Rose water as much as is needfull: temper them and lay them vpon the stomacke: you may lay also a bladder of cold water vpon the stomacke.

But this is here to be noted, that the cooling things must be laid vpon it in such manner, that the places adiacent about it, to wit, the *Hidrisse*, the Liuer, and the Spleen, may not thereby be harmed, and lose their naturall action: for which, it is also aduised that when the same is perceiued, that the same place be annointed with warme oyle.

Of the skalding in the throate, and of the hartburning. S. 8.



Although this hartburning be caused diuersly, yet neuerthelesse doth the same come alwaies for the most part through heate, or through ascending vapors, through strong Wine drunken, Spices, fat meates, and such like, against which these things insuing are to be vsed, to wit, conserue of Betonie, Gilloflowers, and the wine of both these: also the first stomachicall medicine described aboue in the 4. S. Item, Marinalade, and preserved solrre Peares. Some do hang about their necke for this disease the herbe Agrimony. Other do hold in their mouth the stone in the Carps head. Other doe eate fine or fire Peach kernels, or bitter Almonds vpon it, &c. of which euery one may chouse that which liketh him best.

Of Inappetency or lost appetite, and whereby it may be remedied. S. 9.

Of all the foresaid debilities of the stomacke, like as also in all diseases incident vnto it, the Appetite commonly is taken away, except the infirmities of the vnnaturall hunger. Yea, there is sometimes such loathing of meates therewith, that they cannot abide

abide to smell them. The causes thereof are diuers : the first is heate, wherein the patient hath very small desire to eate but great list to drinke, with drouth of the tongue, and loathing of all warme things. If it be mingled with *Cholera*, then is there alwaies bitternes with it, with a wambling. Or if so be that there be any *Phlegma* with it, then doth the patient alwaies finde some kinde of blackishnes in the mouth.

Secondly, this may also be caused through cold, whereby the constringent vertue and taste of the stomacke are destroyed. These are the signes : small thirst, much spittle and other filth about the mouth of the stomacke ; the patient doth feele heauines or pinching. Other whiles he parbraketh some *Phlegma*, be it swete or sowre he shall feele it in the mouth. All warme things are welcome vnto him : cold things go against his stomacke. This disease may also be well caused by eating too much cold fruit, or by drinking of water.

Thirdly, the hot Agues do also take away the appetite. Fourthly, impostumes of the stomacke, of the liuer, and of the milt, which be not without an Ague. These may be perceiued by swelling and paine of the same parts, whose remedies are taught in the description of the selfe same members. Fifthly, this is also caused through a tough slimy matter which lyeth in the mouth of the stomacke, and there doth take away the appetite. The signes of them are these : if one do cast vp againe all that he hath taken, be it sowre, swete, hot, cold, like as *Diures*, and such like. And albeit they do remaine in the stomacke, yet do they make great paine and distension. Sixthly, there appeareth a certaine debility of the retentive power in y^e flesh, in the small veines, in the muscles, and other members, whereby (as behoueth) they cannot draw their nourishment vnto them, so that the stomacke may also thereby beare the lesse meate. The signes whereof are these : the patient is mextely desirous of meate, but when the same is set before him then can he eate but very little of it. Seuenthly, it is sometimes caused, for that melancholie very slowly or nothing at all hath his course towards the mouth of the stomack, which was woont there to excitate appetite to meate ; which may well be perceiued hereby, if he be given to eate sowre meates : by which meanes the appetite partly returneth againe. The cause may also be worms, whereof shall be spoken hereafter. Eighthly, it may well happen for that the Melancholie too abundantly runneth towards the mouth of the stomacke, whereof the signes be vomiting of melancholicke humors, sowrenes of the mouth, blacke colour of the face, debility of the stomacke and heart. The tenth cause is, when women begin to beare, whereof the signes be sufficiently knowne. Eleuenthly, the ouerhot time and ayre may likewise cause the same, like as doth also exceeding cold and much watching ; which causes and signes may be learned of the patient, and demanded of them that do tend him. Twelfthly, through great vexations of the mind, as anger, sorrow, care, anguish, great ioy, desire of Venerie which cannot be obtained, as well as that which may be obtained. Thirtenthly, this lost appetite may be caused through any corruption in the stomack, which may be perceiued through stench of the breath, or through the ordure. This is also otherwhiles caused by reason of the scowring called *Diarrhea* with intolerable stench. There be also many mo causes : but the abovesaid shall be sufficient vnto vs for this time. Now we will proceed to prepare remedies for those lost appetites, whereby otherwise people might perith at length.

First, if so be that this lost appetite proceedeth through heate and *Cholera*, then is the patient to be brought to vomiting, for that by reason that the matter is light and liquid, therefore may it easily be expelled, and for to prepare for the same, let the patient take *Oxyfaccara* and sirupe of vineger which shall immediately hereafter be described, and thereupon vse this milde and gentle purgation.

Take *Sumitoy* and *Wormewood*, of each two ounces, put them in water vntill that there remaine about sowre ounces, then steepe therein one ounce of grosse beaten *Picrobalans* one whole night, afterwards wring them well out, and so giue it him.

Also one may purge with the confection of *Triphera* & *Rubarb*. This sirupe following is very much welcome vnto the stomacke : Take the iuice of Apples that be somewhat sowre, and the iuice of Quinces, of each eight ounces both well clarified, then sethe them together with eight ounces of Sugar vnto a sirupe, whereof euery morning & euening giue him two ounces at one time. Also *Marmalade* may be vled alone. But if you will haue it stronger, then take eight ounces of the foresaid confection, and temper it with a little wine, and when the same is a little cold againe, then mire amongst it one ounce of beaten *Roses*, *Species Triasandali*, halfe an ounce,

Spice

Spica, and *Lignum Aloes*, of each one quarter of an ounce. For this be also good, *Seruires*, *Pears*, sirupe of *Bulberries*, sirupe of *Wineger*, *Oxyfaccchara*, *Oxymel*, confected *Coriander*, *Helon seede*, and all that is solwe.

On the outside shall you apply as folloiweth: Take a Quince peare, cut it very small and take out the coare, and let the same boyle in oyle of *Roses*; afterwards beate it very small, and temper therewith the seeds of *Butchers brome*, *Barberies*, *Roses* and red *Saunders*, of each one quarter of an ounce, the pills of *Grapes* three dragmes beaten small, then spread it on a leather, and weare it on your stomacke.

Wineger eaten with *Lettice* is also very good: so are also *Quinces*, a little *Sorrell*, *Meriuce*, *Lemons*, the iuice of *Citrons*, *Dzenges*, solwe *Apples*, *Pomegranates*, and *Bulberies* that are, and all, yet scant ripe,

Also all they that haue lost their appetite of eating, must beware of all fat flesh and meate, that is dzest with much oyle and butter.

You shall haue also a further resolution or aduise in the first part, where we speake and discourse of *Agues*, what is needfull to be done for the defect of the appetite.

But if so be that this lost appetite do procede of cold, then are these preparatiues to be vsed. The sirupe of *Citron* pills, *Wormewood* and *Mints*, of each halfe an ounce, tempered in *Barley* water, and so dzonken solwe or sixe mornings one after another.

For to purge, vse *Pillula stomachica*, *Hiera Picra* sharpened with a little of the *Trocisci Albandali*: this is passing good if one haue a fowle matter stinking in the stomacke. Afterwards he may take any of these confectiions ensuing, *Diacyminum*, *Aromaticum Rosatum*, *Diatrion pipereon*, *Diacalamintha*, and sometimes some Treacle: also *Marmalade* with spices, greene *Ginger*, and *Chebuli*: The *Stomachicall* powder which is described in the first part, the twelfth chapter, and first s.

Salsamentum
Regium.

In like maner also the *Salsamentum Regium*, which is thus made: Take *Fennell* and *Barley* seed, *Cinnamom*, *Cloues*, of each a like quantity; let them seeth well in *Wineger*, then put vnto the broth a good deale of *Sugar*, and so vse it for all other meate in stead of a sauce: This hath an especiall operation to quicken the appetite.

For this may also be vsed *Onions*, *Garlicke*, spices, confected *Cinnamom*, and *Annis* seeds, roasted and stued *Peares* sticke full of *Cloues*. And this salve for the stomack may also be made thus: Take *Sallad* oyle sixe ounces, *Mints*, *Wormewood*, *Parierom* gentle, & marsh *Mints*, of each one ounce, *Putmegs*, *Cipers* nuts, of each one quarter of an ounce, *Annis*, *Fennell*, *Cloues*, of each halfe a drag, white wine sixe ounces; cut and beate all grosse together, and so let it seeth vntill the wine be decocted away: afterwards wring it out hard through a cloth, and annoint the place therewith warme. Afterwards strew this powder following vpon it: Take *Frankinsence* and *Masticke*, of each halfe an ounce, *Cipers* rootes one quarter of an ounce, *Mints*, *Wormewood*, and *Putmegs*, of each one dragme, and then apply vnwasht shepes wooll vpon it metely warme.

Syrupus *Acet-*
osus simplex.

Forasmuch as not onely here, but in other places moe, the sirupe of *Wineger* is specified: therefore we will here describe it after two sorts, like as the same is vsed at the *Apothecaries*: the first is called *Syrupus Acetosus simplex*, and is thus prepared: Take good sharp *Wineger* three ounces, *Sugar* five ounces, clarifie it with the white of an egge, and let the *Wineger* be decocted to a sirupe. This sirupe is very good against all corrupted humors: for it doth attenuate all thicke slime, and causeth all tough matter to auoid, softeneth the hard, and expelleth all bad humors: it openeth all obstructions, and prouoketh vrine: in fine, it is good for all bad corruptions of the body, and is also very good for all pestilent Feuers, for it quencheeth the thirst.

Compositus
vel cum Ra-
dicibus.

The other sirupe of *Wineger* do the *Physitions* call *Syrupum Acetosum compositum*, or *Acetosum cum Radicibus*, and is made thus: Take faire Well water about one quarte, the rootes of *Fennell*, *Smallage* and *Endiue* well clenfed, of each one ounce and a halfe, *Annis*, *Fennell*, and *Smallage* seeds, of each halfe an ounce, beaten grossely: let them seeth vnto the halfe, then wring out hard all the liquoz, and put thereto eightene ounces of white *Sugar*, twelue ounces of strong *Wineger*; seeth them to a sirupe. This sirupe doth cause grosse humors to auoide, and chiefly the cholericke slime which will hardly be expelled from the Lights: It openeth also all the oppilations of the *Liver*, *Lights*, and *Kidneies*.

Of the wambling, and the loathing of meate. §. 10.



Al they that haue lost their desire and appetite to meate, haue commonly such a loathing of all meate, that they can neither abide to see nor to smell it. This debilitie of the stomacke do the learned call *Subuersionem*, *Fastidium*, *Nauseam*, and the Grecians *Anorexian*, which is, when all things do go against the stomacke, and hath no delight in any, after which followeth wambling, and then *Atrophia*, when the patient cannot sustaine himselfe any longer. Also when one careth for no meate, and when the stomacke is molested with continuall wambling and parbzaiking, and yet notwithstanding cannot cast vp, the body falleth away, and doth utterly come to the Consumption *Tubes*: for this *Atrophia* is a spise of a Consumption. So that these things, as inappetency, or losse of appetite, wambling and loathsomnesse, do commonly depend on each other, and are almost caused of one manner of cause, therefore haue we described them beside each other. The causes which prouoke this losse of appetite and wambling, may well be these hereafter following, to wit, when one beholdeth some loathsome thing or any other filth, as when another vomiteth, whereby the imagination is moued, and the stomacke also vrged to vomit, and yet neuerthelesse cannot by any meanes parbzaike at all; as it cometh often to passe, when as any be stricken hard vpon the stomacke. Also the same may be caused through ouergreat heate or cold: Also if one haue overcharged himselfe with meate or drinke, and chiefly with Worke, with Celes, with water fowles, and with excessive Wine, or such like, and then thereupon followeth no exercise, whereby such crudity might be digested.

These diseases may also be caused through some bad and stinky humours which are in the stomacke, whether it be through mixture of heate, *Cholera*, or cold *Phlegma*, or otherwise; the which notwithstanding, how late soeuer that it be, do trouble the stomacke, cause wambling, but not so forcibly that the stomacke is able thereby to expell them.

The signes thereof are for the most part apparant to the eye, and to be enquired of the sicke person. If it be long of the stomacke, then is some heate to be perceiued in the feeling of the stomacke, which also is by the complexion augmented, as old age, the time of the yeare. And if otherwise, whiles there be somewhat parbzaiked or vomited vp, and that the same cometh through cold, then causeth it neither thirst nor heate, the patient desireth rest and quiet. If so be that it do come through heate and cold, then do come all things for the most part by the foresayd feblenesse of the stomacke, for which are the remedies here expressed to be vsed: yet is this here especially commended.

But if so be that this wambling or loathsomnesse do procede of *Cholera*, with heate and bitterness of the mouth, drought of the throate and tongue, then prepare the matter with sirupe of Vineger, and with *Oxymel simplex*. The vomiting and purging must be brought to passe through these meanes following: take Violets, Burrage flowers, and Buglosse flowers, of each halfe an ounce, 15. or 16. Damaske Runes, seeth them together with 18. ounces of water vnto the halfe, then lay to steape therein a whole night, halfe an ounce of yellow Girobalans, Rubarb one dragma or more, afterwards wring it out very hard, and drinke it betimes in the morning. After purging strengthen the stomacke with sirupe of Apples, of Pomegranats, or of Quinces which is made of Sugar. And for this is to be vsed also the confection *Triafrantaloni*, conserue of Roses, or *Rosata Nouella*. First, he must eate Lettice, Purslaine, and Sorrell, with Vineger, and Strawberies if they be ripe. His meate must be tempered with the iuice of Sorrell, Oranges, and the iuice of Limons.

But if this wambling or loathsomnesse do procede of cold, then must the matter be prepared with *Oxymel diureticum*, or with sirupe of Wormwood, and with wine of Wormwood, and afterwards must the patient be constrained to vomit.

For to purge must be taken *Diaturbith* or *Hiera Picra*, which is sharpened with a little *Esula* & *Castike*: after purging, *Marialad* with spices is to be vsed, and *Aromaticum rosatum*, *Diaplyris* with *Muscus*, or *Letitie Galeni*. Also make a sauce of Parsley, Sage, Mints, Cloues, beaten together, and tempered with vineger. Moreover, all manner of other meanes are to be vsed to quicken the appetite. Outwardly is the stomacke to be annointed with the oyle of *Castick* and of Wormwood.

Plaisters and other things mo which be fit for this, are to be found in the treatise of the debility of the stomacke. But if this disease be caused through repletion of the body, then is the cure to be begun with letting blood, and afterwards to purge (whether it came through heate or cold) and so to proceede with other things.

Of wambling or vomiting through weaknesse of the
Stomacke. §. II.



As we haue spoken of the lothsomnesse of meate: so we will now make mention of the third, which is of the vomiting. This is partly a desire, and partly a constraint of vomiting. But to speake aduisedly of it, there be two kindes of vomitings: to wit, that which is called of the Grecians *Anastropke*, and of the Latinists *Inuersio* (which is a turning vpside downe of the stomacke) wherein all that is beneath in the stomacke is yelded vpward by vomit; the other manner of vomiting is called *Cholera*, or *Cholerica passio*: the which not onely with parbaking, but also with a strong scowling doth take one, whereof we will now write. Concerning the first kinde of vomiting, it is thus described: Vomiting is a motion of the stomacke, whereby it doth cast vpwards that which is grosse; and all that is hurtfull vnto it. The causes of this casting are many: namely, to strike on the stomacke, to fall, and such like, or vpon any other parts, which haue some symphathy with the stomacke, as the braines, and other strong motions. Item, when it happeneth to those that are vpon the boisterous sea: or if there fall in to the stomacke any corrupted humors, and there destroy the digestion of the stomacke. Also this parbaking may be caused through some kinde of meate, which prouoketh vomit, as we haue shewed heretofore. Item, all things whereof nature hath a loathing, as Frogs & Snailles, &c. Also the Cough may otherwhiles be too strong, and so prouoke one to vomit. Likewise also impostumes, tumors of the stomacke, or the Lights: for nature cannot suffer nor abide any matter. Lastly, all such vomits do come also through debility of the vertue retentive, and violence of the vertue expulsive, or if any one haue taken naxing rootes, or any such like.

The signes of the parbaking are these: when one beginneth to feele a wambling, and when the lower lip begins to quiver, the vppermost intrailles begin to stirre, and feele the paine of the head and heart, giddines, and when the mouth is full of slime: the which be for the most part all the signes, that the stomacke is charged with *Cholera*. But if the causes of parbaking proceede of outward things, then are they to be demanded of the sicke person, and of them that be with him. Or if any do come of any stinking matter which is in the stomacke, that is to be perceiued by the stench of the vrine, or by that which is cast vp, or by the stench of the ordure, wherewith the matter is otherwhiles admixed, and the patient shall well feele the same in his mouth, like as we haue sufficiently spoken thereof already.

But befoze we come to the remedies of these diseases, it is first needfull to adde some common rules for this parbaking.

Whereof the first is, that whensoever the parbaking doth chaunce naturally, and the patient findeth ease by it, that it is not then to be prohibited, in case that the naturall strength be not thereby enfeebled, which is then to be holpen by all meanes possible.

The second rule is, when nature beginneth to expell by vomit all that is hurtfull for her, that then it is yet more to be procured. Thirdly, persons that be narrow in the breast, and haue a long leane necke, weake sight, and feeble braines, they are by no meanes to be brought to this vomiting. Fourthly, if one would haue any body parbake, which is very hard to be brought vnto it, then is he first to eate much meate & other things, which causeth the humors to be loose, and also to drinke much, whereby the vertue retentive is weakened, and the expulsive strengthned, whereby the vomiting may be the more easily effected, but this is of no value for the Ague. Fifthly, rough and grosse things taken are not to be expelled through parbaking, that the throate (through which the same is to passe) be not thereby brused. Sixthly, the vomiting is very dangerous for the stomacke. Seventhly, in them that haue an impostume in the stomacke, it is very dangerous to prouoke vomiting. Eighthly, odoriferous things be very acceptable vnto the stomack, and assisting, especially when they be admixed with alimentall meates, therefore be they commonly ioyned with those things which prouoke vomit. Ninthly, to withdraue the matter

matter and humors of these excessive vomitings, are the outward members to be bounden, to wit, the armes and legs, and also to set the feet in warme water. Tenthly, when it is seen that this vomit hapneth in a violent disease, after the manner of a *Crisis* or ending of the disease, then is the same not to be stayed at any hand, if it so be that it come not too vehemently, whereby nature might be weakned, but then is the same to be cured with his contraries. Eleventhly, for this vnmeasurable and excessive vomiting, may the matter be conueniently drawne downwards by Clusters.

These now be rules which are to be obserued in all manner of vomiting. When as the vomiting proceedeth of hot causes, which is presaged by the bitterness of the mouth, desire and longing for cold things, then is the matter to be prepared with *Oxyacchara*, or such like sirupes, and to prouoke vomiting by drinking warme water, and oyle of Violets, and by putting a feather into the throte. But if the same will not be, then are you to purge, especially with yellow Picrobalans, and afterwards to strengthen the stomacke, whereof we haue giuen good aduice before.

If the patient be of a plethorick constitution, then must there be no neglect of opening the *Basilica*, for thereby shall the matter be diminished, and the whole body cooled.

But the principallest things that be requisite for this, are Roses, Saunders, prepared Coriander, Violets, sowre apples and Peares, Peaches, Quinces, Camfere, blossomes and pills of Pomegranates, Corall, Bolus, Dragon blood, the rindes of a Medlar tree, Quince tree, Dke, & Plum tree; Vineger, the iuice of Sorrell, sodden iuice of Quinces, the iuice of Medlars and of Seruices, sirupes of Roses, Violets, Raspes, Citrons, Limons, Oranges and such like. Of the foresayd things you may, if you please, make Confections, Conserues, Sirupes, Potions, or any thing else what you please. It is especially obserued, that Purslaine eaten with Vineger, taketh away the parbaking through heate. But there is to be layd vpon the outside of the mouth and the stomacke and pit of the hart, this plaister following: Take the pills and blossoms of Pomegranats, the seeds of Butchers brome, and of Dittles, of Roses and Bayberries, of each halfe an ounce, Bastick, Mints, of each two dragmes and a halfe, *Lignum Aloe* one dragme, iuice of Quinces and of wild Peares, of each a like quantity, or so much as is needfull for to make a plaister with it. And to the end this may be the more piercing, mixe therewith one ounce and a halfe of Vineger, and then spread it on a cloth, and lay it thereon, as is sayd. But if the iuice of Quinces & wild Peares be not to be gotten, then take the iuice of Plantaine in stead thereof: Dyeate Vineger, and wet therein a peece of felt or a sponge, and so lay it ouer the stomacke either hot or cold, and then lay on the top thereof a Rosetake, which is made wet ouer the vapor of Vineger: but annoynt the stomack before with the iuice of Mints, and then strew the powder of Roses and Dittles seed vpon it.

Here before in the twelfth rule is spoken of a Cluster whereof you haue one here for example: Take Mallowes, Hollihock rootes, Violet leaues, and Beetes, of each one handfull, peeled Barley and Bran, of each halfe a handfull, eightene or twentie Pzunes, let them seeth, then take 16 ounces of this decoction, and put therein an ounce of Cassy, and of *Succo Rosarum* halfe an ounce: temper all together, and vse thereof two or three one after another, vntill that the body be well opened.

But if the parbaking be caused through cold & *Phlegma*, and the patient do not vomit much nor often, and that nature be not much diseased, then must be giuen to the patient *Oxymel* of Squills, *Syrupus de Calamintha*, or warme water, wherein Dill, field Mints, and Sage are decocted. And afterwards he is to purge with *Hiera Picra*, which is sharpened with a little of the *Trocisci Albandali*, or with pills of *Aloe lota* or *Stomachicis* tempered together, or each apart.

Vomiting must be furthered or procured, and although that to this end there be many medicines described, notwithstanding is this hereafter following not to be omitted: Take the iuice of Squills, the iuice of Onions, of each one ounce and a halfe, Sugar three ounces: seeth these so thick that it will make Tabulats, or Sugar plates, each of the waight of three dragmes. When you will vse them, then dissolue them, and drinke them, and then looke if you can vomit afterwards, the Squills haue an especiall power to vomite.

When as then the matter is thoroughly purged, then to comfort the stomacke with sirupe of Quinces, with *Mina*, and with sirupe of Mints and Mozmelwood. His meate must be dressed with good Spices, his drinke shall be good old and pleasant Wine. He must annoynt the stomacke

make with the oyle of of Mastick, and with the oyle of Spike tempered together, or each alone, then strewe thereon powder of Mastick, and lay a cleane cloth vpon it.

This plaister ensuing may also be made and prepared for the same: Tost white bread so hard that you may powne it, and temper it with Vineger and the iuice of Mints, put thereto one ounce of Mastick, more or lesse according to the quantitie of the white bread, make them warme, & then temper therewith a little oyle of Spike and Mastick, and so lay it warme on the pit of the stomacke. . Or take tossed bread as before, and temper it with the iuice of Mints, and strewe halfe an ounce of this powder following vpon it: Take Mints, Ginger, Wormwood, Cyperus nuts, Cinnamome and Spike, of each one dragma, Frankinsence, Mastick, of each half an ounce, and make a powder thereof; it warmeth, strengtheneth, and astringeth. There may also be made of this foresayd powder Confections, Plaisters, Oyles, and all whatsoever one will.

It hapneth also sometimes that with this vomiting a laske or fire is adioyned. For to stay the same are these things following good, parched Cresses seede, Cyperus put leaues, Pyrrhe, *Lignum Aloes*, red Styrrar, Amber, *Landanum*, Indy Spica, *Spica Romana*, Calmus, Cloues, Mints, Wormwood, Citrons, Limons, Oranges, Frankinsence, Mastick, Rue, *Agnus castus*, tossed bread, *Gallia Muscata*, and *Alypta*, and almost all kinds of Spices. Also Treacle taken with the iuice of Mints stayeth vomiting.

Item, make a plaister of Mastick, with a little sodden Turpentine, and lay it on the stomack: for this also are you to set boring cups vpon the shoulders.

For this also is Marmalade with Spices very good, and preserued Quinces, and these are the common meanes against the vomiting throughe a weake stomacke, be it throughe heate or cold. You shall also finde many more described in other places of this booke, amongst diuers sicknesses, as before in the second part, the fift Chapter and 2. s. is discovered for the spetting of blood, and such like. We will now passe ouer to another manner of parbraking throughe Cholera.

Of Parbraking or Vomiting, with the laske or scouring. §. 12.



This malady do the learned name after the humour whereby it is caused, *Cholera*. The later Physicians call it *Cholericam Passionem*, and it is thus described: Cholera is a very sharpe, troublesome, and heauie disease, which immediatly molesteth one with the Rheume, whereby vomiting, great fire, or scouring, Collick, paine of the bowels, & an Ague is bred. Or, Cholera is a violent sickness, with vomiting, great scowzing or laske, with Cramp in the sinewes, Thighes and Legs, whereby all outward members are cold, and the pulse is small and slow.

Or, Cholera is such a maladie, whereby one immediatly doth scowze and rid vppward and downeward many kinds of humors and slime, with the meate; so that he detaineth nothing in his body. This sickness commeth first of spoyled and corrupted meate, which remaineth too long in some place of the body, as in the stomack or bowels, and there causeth a bad alteration, and also giueth little nourishment. Also this sickness is sometimes caused of cold and waterish humors, which gather themselves together in the bowels, and in the stomack, that do debilitate the retentive vertue of the stomack aboue and beneath. But the sickness for the most parts is caused throughe much Cholera and red gall, that do so lye and bite in the stomack & bowels, that within the space of one houre the parbraking and going to the stoole do so harnt a body, that otherwhiles the strongest body on the third day is depriued of his life, and this is worse then all other. The signes of a cold cause are these, before the sickness be vpon one, much windiness is felt in the bowels: also some dayes before the sickness, he feelth paine and shooting about the Nauell, whereupon presently ensueth a vehement laske, or fire, with vomiting of much slime and other illfaured matter. This is also the sooner caused, if the patient haue vsed great stoze of phlegmaticall meates.

That which is caused throughe heate is hereby knowne: there falleth much Cholera into the stomack and bowels, with great and mighty parbraking, and also with great thirst, and if one drinke cold water, then doth the vomiting stay vntill that the water be warmed in the stomack. The fluxe is so vehement, that the patient sometimes thereby swouneth, and also vtterly loseth

loseth the pulse, with an vnstedfast heate, and bereauing of his senses.

When as then it hapneth that one feeleth a continual paine in the stomacke or bowels, with great heauinesse of mind, and perceiueth parbaking and vomiting: then is such verily to be taken for *Cholera*: for this, there is to be giuen to the sicke body luke warme water to drinke very often. And if so be that this parbaking and scowzing continue still, then giue him warme water to drinke againe, as before, and that so long till you finde that he haue auoyded some corrupted meates, fume, or some of the gall. This will free the patient of mo other sicknesses.

For this are moe other things to be vsed: to wit, that expell this sharpe matter: so that *Phlegma* with things necessary for it, and *Cholera* with those that helpe it, might be taken in hand, because parbaking will be cured by parbaking, and scowzing by scowzing. When as then the scowzing is stayed of both ends, then is the patient to bath one houre long: afterwards to eate a little, and that light meate, because the stomacke is very much weakened. After that, he is to eate a little *Marinalade*, which is tempered with prepared *Coziander*, and so go sleepe. He is to vse this *Marinalade* as long as the scowzing or parbaking endureth.

His diet must be Ven broth, decocted with *Aeriuice*, steeld Goats milke, Barley and *Oteri* paps, sodden Lettice and *Purflaine*; but principally if there be any heate and bitternesse of the mouth remaining: but if so be that there be any cold in the stomacke, then are these herbes at no hand to be vsed. When as the patient beginneth againe to feede well, then be good for him all field foules, and chiefly *Partridges* which haue a proper hidden vertue to strengthen the stomacke. Amongst other meates may well be vsed *Lemons*, *Citrons*, *Dzenges*, *Aeriuice* and such like. Item, all sowze fruites, *Seruices*, *vnripe Medlars*, *sowze Peares*, *Apples*, and *Quinces*. Also he shall eate (although not gladly) sops of white bread in the iuice of *Pomegranates*: and if so be that he vomit vp the same, yet must he take moze againe, and do this so long till that he do hold and retaine it.

As long as he is not thorough whole, then is he to drinke steeld water with sirupe of *Quinces*, or old conserue of *Roses*. When he beginneth to be whole, then is he to drinke good relished wine, which is tempered with the iuice of *Pomegranates*. And if so be that he parbake it vp, then let him drinke of y same againe, but a little at once, that the stomacke be not ouercharged.

Here followeth now what is to be vsed for this scowzing and parbaking, and chiefly when it is seene that these diseases do increase. For which one is not to be discomforted, but much moze bestir him to helpe the sicke person with these remedies following: First you must giue him one or two dragmes of *Trociscos de Olibano*, with water or iuice of *Pomegranates*: and afterwards to bind his legs fast: like as is taught before against the parbaking, when the vomiting getteth the vpper hand; so must his armes likewise be bounden, when the scowzing getteth the mastery. But aboue all, sleepe is passing good. Item, *Rose water* layd very cold ouer the legs, or from the vpper part of the legs downward wetted and washed therewith, and the feet set in it, is also very good.

In like manner is this plaister ensuing forcible to asswage the paine, & to warme and strengthen: Take rindes of the *Medlar tree*, of *Quinces*, and of an *Daken tree*, the seede of *Butchers brome*, blossomes and rindes of *Pomegranates*, *Mirtle seed*, *Sarcocolla*, *Masticke*, *Cammomill*, and *Melilot*, of each a like quantity: make a plaister thereof with the iuice of *Quinces*, or of wild and sowze *Peares*, and spread it on a cloth. But if the scowzing be stronger then the parbaking, then lay it warme vpon the belly. But if the parbaking be sorest of al, then lay it vpon the stomacke. Others do make two plaisters, as hereafter followeth.

Take *Laudanum*, *Masticke*, of each one ounce and a halfe, *Frankinsence* halfe a dragme, red and white *Saunders*, red *Cozall*, seedes of *Butchers brome*, of each one scruple, yellow *Rose* seede, the iuice of *Sloes*, *Hypocistis*, blossomes and pils of *Pomegranates*, of each halfe a scruple, beaten small together as much as is needfull for a plaister; spread thereof vpon a cloth, and lay a great plaister thereof ouer the stomacke, before and behind vpon the backe about the *Kidneyes*. Item, take the iuice of *Plantaine* & *Rose water*, of each three dragmes, *Vineger* halfe an ounce, *Masticke*, *Frankinsence*, of each halfe a dragme, *Lentill meale* as much as is needfull for to make a plaister withall.

Another called *de Crustapanis*: Take *Masticke*, *Mints*, burnt *Iuozie*, red *Cozall*, red and white *Saunders*, of each one dragme, *Crusts* of white bread two ounces: steepe them halfe an houre in *Vineger*, afterwards beate them all together, and temper amongst it oyle of *Masticke*

and oyle of Quinces, of each one ounce, Barley meale as much as doth suffice for a plaister, and lay it warme vpon the stomacke. This taketh away the parbaking within the space of halfe an houre.

Hereafter follow moe salues and oyles.

Take oyle of Masticke and oyle of Roses, of each a like much, temper therewith a little Vineger, and annoint the stomacke with it. Item, take oyle of Masticke, of Quinces, and of Mirtles, of each halfe an ounce, Roses, red Corall, and Mints, of each halfe a dragme, Nutmegs, Mirtle seed, of each two scruples, & a little Vineger; temper them all with Ware, and make a salve of them or a plaister. You haue a salve also here before in the tenth Chapter, & the 5. s. beginning thus: Take Comin and Caraway, &c. which is especiall good against parbaking being rubbed warme vpon the stomacke and the pauerell. You may also rub alone vpon it the iuice of Plantaine tempered with Rose water: but to make it thicke, mingle therewith Lentill meale. Take oyle Mozmeewood one ounce, oyle of Quinces, Mints, and Masticke, of each halfe an ounce, Palmesey fise dragmes; let them boyle untill the wine be wasted, and when it is almost cold, then temper therewith *Species Diagalanga*, *Aromatici Rosati*, *de xylo aloes*, of each one dragme, and Ware as much as sufficeth for a plaister. Item, take red Saunders and Roses, of each one quarter of an ounce, *Gallia muscata*, and Camfere, of each one dragme, Rose water fise ounces; temper, and then lay it on the belly: for it allwageth and cooleth. Item, Rose water alone made cold in snow, and layd vpon the belly, and when it is warme, layd cold againe vpon it, is very commodious for this purpose.

Another. Take Bayberries, Medlar leaues, Frankinsence, Tormentill, grosse Marierom, (or them that one can best get) of each halfe an ounce; cut and seeth it in red wine, and afterwards lay it as a warme plaister vpon the stomacke with Tow wetted therein: This is especiall good for all them that cannot keepe in their meate. This ensuing is also accompted to haue a maruellous operation: Take the iuice of Crabs, make a double cloth wet therein; if his body be hot with an Ague, then lay it cold vpon it: but if the body be cold, then apply it luke warme vpon it. Item, take tosted bread beaten small foure ounces, Masticke one quarter of an ounce; make it meetly hot, and lay it warme in a bag vpon the stomacke: It taketh wind away, and also the Colicke in the belly.

Another. Take Roses, blossomes of Pomegranates, of each one handfull and a halfe, *Gallia muscata* one dragme and a halfe, the iuice of Sloes, Mirtles, Frankinsence, of each one dragme, Mozmeewood, *Hypocistis*, Cyper roots, Cloues, Masticke, of each halfe a dragme, red and white Corall, *Spica*, of each one scruple, tosted bread half an ounce, Camfers halfe a drag. beate it small together, and then put it into a bag, and so apply it.

In the mixture of other things is oftentimes mention made of the *Trocisci* of *Gallia muscata*, or *Alipta muscata*: And because that their description is but briebe, we will here adde it vnto the rest.

Gallia muscata is made thus: Take *Lignum Aloes* fise dragmes, Amber three dragmes, Muske one dragme, Dragagant dissolued in Rose water, as much as sufficeth for to make *Trociscos* with it, and keepe them well. The *Alipta muscata* is thus prepared: Take pure *Laudanum* foure ounces, liquid Styxar one ounce and a halfe, red Styxar one ounce, *Lignum Aloes* halfe a drag. Amber one dragme, Camfere halfe a dragme, Muske halfe a scruple, and a little Rose water, and prepare them thus: In the Dog dayes must you set the Styxar and *Laudanum* with the Rose water together in the Sun, let them there dry together untill they be hard as dow; afterwards stamp them in a mortar, and temper the rest amongst them, then forme *Trociscos* of them, and keepe them very well, like as you do the other. For this parbaking is also used for menting vpon the stomacke: therefore make or chuse your selfe that which you desire of these things which be prescribed. Take the things which we haue ordained for the first bags beaten grossly, seeth them in the iuice of Quinces, and in Rose water, of each fise ounces, red thicke Wine eight ounces, Vineger two ounces; make therein a cloth or sponge wet, wring it well out, and hold it very warme vpon the stomacke.

Another. When the stomacke is utterly spoyled, so that the patient can neither abide meate nor drinke, then may it be strengthened againe with these fomentations ensuing: Take Balme, Mozme-

Wormewood, grosse Parierom, field Vints, Fennell, and Dill seed, of each a handfull, Pastick, Galingall, Nutmegs, Squinant, Mirtle seed, and Coriander, of each three dragmes, wilde Vine leaues and the blossomes, halfe a handfull; beate all grosse together, and seeth them in thicke wine, and vse it as aforesaid. Item, take garden Vints, Balne, Wormewood, and Roses, of each one handfull, Cammomill, wilde Vine leaues, Betony, Rosemary, of each halfe a handfull, Calmus halfe an ounce; beaten all together grosse, put it in two bags, each one a quarter of a yard long: then seeth them in red Wine, and a little water, and then laid vpon the stomacke, sometime the one, and sometime the other: This fomenting must be so continued the space of a quarter of an houre, and afterwards are you to vse the prescribed salve with the spices, and weare one of the foresaid plaisters vpon it.

But if so be that the scowring or laske of the belly will not stay, then must boring cups be set vpon the shoulders vnpickt, and taken off and on. The like is also to be done for continuall vomits, and to set a great cup vpon the Pauell, to the end thereby to draw the matter downwards: And in case that the sicke body can sleepe with these cups so fastened, it is so much the better. There is also oftentimes to be holden before his nose, Saunders, Roses, and such like things for to smell vnto them. Also some doe counsell to take for this scowring (if it continue) the stalks of Tamariske being scraped cleane, and to powder them, and then put therto as much Harts tongue as these foresaid powders, the quantitie of two handfuls, powring then vpon it three pintes of wine: of which wine he is alwaies to drinke his first draught sitting at the table. This wine is also especiall good for the Bilt or Splæne.

If there befall swooning, then must there be giuen to the sicke body two graines of Huske tempered in Wine: for this strengtheneth much the vitall spirits. In like manner is Hen broth and Lambe broth good for him, tempered with a little of the iuyce of Quinces. Let the patient also haue roasted Bullets cut in peeces vnder his nose; for the smell thereof doth much comfort. Also let him chew Frankinsence, and swallow downe the same treatably. At the last temper together fine Bolus and Camfer, of each one scruple, and temper them with old wine, and drinke it: it doth coole and strengthen the stomacke.

All that is hitherto rehearsed, is to be vsed whilest the parbraking yet endureth. But if it stay, and the stomacke beginne to retaine the meate, then is the patient to drinke good and old strong wine, and compose himselfe to sleepe, and also take of the *Trociscos de Olibano* the waight of halfe a dragme, which is thus prepared.

*Trocisci de
Olibano.*

Take fine Bolus and Frankinsence, of each one ounce and a quarter, Cucubes, Cardamom, of each two dragmes and a halfe, Camfere, *Gallia Muscata*, Cloues, of each three quarters of an ounce; make thereof *Trociscos* with old Wine: these are especiall good against parbraking. Item, take the iuyce of solwe Pomegranats as much as you please, and when it hath stood one night, and the cleare is powred off, then seeth it to the thicknesse of Hony. When it is taken from the fire, and whilest that it is hot put some Vints vnto it; so let it coole, and then take out the herbes againe. This may be vsed warme, or how one will, and is called at the Apothecaries *Rob de granatis*. After the same manner you may also make *Rob* of the iuyce of Quinces. For this is also requisite the sirupe of Meriuyce, and of Mirtles. But if so be that there cannot be gotten any of the foresaid things for the foresaid sirupes, then take Wine, Plantaine, and Rose water.

Rob de granatis

Now for as much as in this our Methode we are come to the Laske or Flix of the belly, which is commonly caused through a weake stomacke and diseased Liuer, therefore it is now requisite that we discourse of all other sorts of Laskes whatsoever; but first of all we will make a generall discourse of them.

Of the Flix, Laske, or scowring by stoole. S. 13.

First, if hapneth often in haile people, who haue a plethoricke body, and do eate and drinke much, that they get a Laske, which cometh not often vpon them, continueth not long, also not otherwise then of a strong nature, who seeketh to vnburthen her of superfluities, like as it cometh to passe, that thereby the patient findeth great ease. This scowring hath no need of any remedy, vnlesse it be caused of ouer great weaknesse, for the which the same counsel is to be vsed

which is prescribed against the fluxe of the belly *Lienteria*, so that at this present there is nothing more to be written thereof. If so be then that this scowzing of the belly be taken for a disease, then is it first to be understood, that the same is caused through many inward members of the body, and also of diuers other causes, like as shall be hereafter taught immediatly, that the same cannot be ascribed to any one thing. And for that we should not describe this kind of laske by pēce meale here and there, we will now here ascribe this fluxe to the stomacke (as is already expressed:) the which if it be no euident cause of this scowzing, yet notwithstanding it is a great helpe to the same: we will then afterwards adde vnto it all that appertaineth vnto it, as the constraint to the stoole, and binding of the body, and all that is good for it. But first of all we must heare rehearse certaine rules which are to be obserued for all sorts of lasks: whereof the first is, that no scowzing or laske is to be stayed before the fourth day, if so be the patient be able to suffer the same without extreme faintnesse. Secondly, when you will ever vse astringent remedies, then must the same be alwaies done before meate, to the end that the meate which is taken after them might be stayed vntill it were digested. Thirdly, this is to be noted of all binding meates, of Chestnuts, and such like. Fourthly, when the laske is of heate, then are the remedies to be vsed which are cold of nature, and for the scowzing of cold, contraty remedies. And because that in the cold scouring the digestive vertue is very feeble, warme things are to be vsed, according to the importance of the case. Fifthly, if so be that there do come a cough to this scowzing, then are all solwe things to be forborne, and all those which binde much. Sixtly, it is very good for all lasks to force the body to sweating, and to annoint it much with oyle of Camomill and Dill, thereby to draw out the matter, and to open the pores. Seuenthy, cups are to be set vpon the belly, and kept vpon it foure houres long. Eightly, hee is to be restrained and kept from all fruits, except Chestnuts, which may binde if they will. Ninthly, rest and sleepe are especiall good for all fluxes: so is also contrariwise bad, great labour, and other motions of the body. Tenthly, when, as in the red or bloody fluxe the vppermost guts are excoziated, then is the remedy to be ministred in at the mouth: and if the lower guts be perished, then must Clifters and suppositoies be ministred beneath. Eleuenthy, if the excoziation of the bowels be aboue and beneath, then are the remedies to be vsed aboue and beneath.

And that we may come to the originall, the learned doe name thre Species of fluxes or lasks: as namely, *Lienteriam*, *Diarrheam*, (vnder which is contained the fluxe of the Liuer) and *Dysenteriam*: but what difference is betwēne these lasks, that shall in their proper description be declared.

First, this is here alwayes to be noted, that all lasks be moued of inward or outward causes, as vnhealthy meats, vnruly life, eating of any venimous things, also heate or cold of the time. The inward causes may procéde out of the head, as if any humors do fall out of the head into the lower parts of the body, be it into the stomacke, or into the vppermost or vndermost bowels: likewise also into the small veines *Mesaraica*, into the Liuer, Spleen, and sometimes also into the whole body, like as when the same is too full of humors, or too much wasted away, euen as it may be seene in the consumption *Phthisis*, *Hectica*, and the pestilent Feuer, out of all which the expert Physicians do take and discerne sundry signes and obseruations.

Of the Laske *Lienteria* of *Cholera* and Heate. §. 14.



This is an infirmitie of the retentive vertue of the stomacke, with the slipperinesse of the guts, whereby it hapneth that the meate taken very suddenly without digestion, like as it was receiued, passeth away by the stoole.

The cause of this scowzing may be great cold and moysture, which doth so benumme naturall heate, that the meat cannot digest, neither can the stomacke retaine and keepe it. Contrariwise, may this laske be also caused through outward heate, which doth so discusse the naturall warmth, and cause it to euaporate, that thereby the digestion is utterly ouerthrowne. In like maner also, this fluxe cometh through stripes, falles, thrusts, and bathing in cold water, distemperature of the stomacke, and of other parts, debilitie of the retentive and strength of the expulsive vertue, a cold complexion, (for that it is seldome caused through heate) impostumes of the stomacke, which expelleth the meate and drinke, as things whereby the stomacke is hurt. Item, it doth also come to passe, that the bowels

els be too slippery, or that there is too much meate, or that it be hurtfull, whereby it doth make a great disturbance in the guts.

If so be that the meates be not kept or holden in the stomacke, but before the due time, without great alteration, though the laske be expelled, with a gnawing in the stomacke, and with thirst, and when before meate there cometh forth a little corrupted matter; then may it be well concluded that it is *Lienteria*, which is caused of *Cholera*. To cure this, and all other scowrings (of whatsoever causes they proceede) this common rule following is to be obserued: to wit, that all those things (wherewith you purpose to stay it) are to be vsed before meate, then doth the same presse the meate downewards, and increaseth the laske, like as in the former 13. hath bene taught.

But to proceede with this laske (wherein the meate is not digested) first giue to the sicke body the iuice of Pomegranats, burnt Quozie, and Roses, of each one dragme. For this is also good, boyled Meriuiue, Raspes, Butchers brome, and the iuice of Quinces.

Whilist that the body is strong inough, and the sicknesse hath not as yet gotten the maistray, and that he may tollerate it, then must the *Cholera* be purged, and especially with yellow Mirbalans, afterwards he is to vse cooling, astringent, and binding things, and to be forbidden all that is hote. These Sirupes ensuing are passing good, as namely, sirupe of Meriuiue, Quinces, Peares, Apples, Pomegranates, and Raspes, moreouer certaine Simples also which are worthy to be remembred; like as *Hypocistis*, blossomes of Pomegranates, Gals, iuice of Sloes, Roses, Araby Gum, sealed earth, fine Bolus, burnt Quozie, Camfer, Pomegranat seedes without iuice, Purslaine seede, seedes of Sorrell, Coriander, Plantaine, and Dittles, the yellow seede of the Rose, Saunders, Corall, Dragon blood, Poppy seede, Horstailles, Knotgrasse, wilde Vine leaues, the iuice of sharpe Plantaine and the seede, and chiefly when they be parched, and such like more.

The Fruits which are fit for this disease be Quinces, Seruices, Medlars, wilde Peares, blacke Cherries, vntipe Mulberries, and such like fruits more which do bind and coole. You may also giue *Trociscos de Spodio*, two or three dragmes, mingled with the water of Knotgrasse, or Plantaine, and because that we haue before spoken much of them, and shall be vsed often hereafter, we shall here learne how to prepare them: Take Roses, burnt Quozie, (which is *Spodium* whereof they haue their name) Sorrell seedes, the seedes of Butchers brome, blossomes of Pomegranates, and Gum of Araby, of each a like quantity: make thereof *Trociscos*, each of the waight of a quarter of an ounce, and giue it them to drinke, as is sayd, with one ounce of the iuice of Quinces.

Trociscide Spodio.

Another: Take Roses one ounce and a halfe, burnt Quozie one ounce & a quarter, the seedes of Sorrell three quarters of an ounce, Purslaine seede, prepared Coriander seedes, and peeled Butchers brome seede, of each two dragmes and a halfe, Starch, blossomes of Pomegranats, and Barberies, of each one quarter of an ounce, parched Gum one drag. and a halfe, temper all together with Meriuiue. These Trocisks are good for all Agues which be caused of *Cholera*, & that haue a laske admired, also for all tumors of the stomacke, and continuall thirst.

Other Trocisks. Take fine Bolus, sealed earth, Corall, Saunders, Sumach, Barberies, Quince kernels, blossomes and pils of Pomegranates, Gals, of each one dragme, beate them all small together, and temper them with the iuice of Plantaine and of Wormewood, and then forme them into Trociscos when you will vse them: then take a dragme or twaine thereof with Milke wherein glowing pibbles are flaked. But if then this scowring and the Ague do not weare away with all the vse of these foresayd things, then take fine Bolus, sealed earth, and burnt Quozie, of each one quarter of an ounce, Amber, Roses, blossomes of Pomegranates, the iuice of Sloes, *Hypocistis*, and Cinamome, of each one dragme and a halfe, make them into powder, take thereof fine dragmes, Buttermilke six ounces. and giue it him at one time, to wit, before none.

If so be that the stomacke be hurt through the choler, (which may be perceiued hereby, if there come any corruption or matter with the stole) then take Barly water and Hony water, of each three spoonfulls, and giue it the sicke body to drinke: it cleanseth all that is excoiated. Afterwards he shall vse this following to heale withall: Take Dragagant: Gum, Mastick, Frankincense, Amber, of each one dragme, stamp all these into a subtile powder, and make therof pils with the iuice of Wormewood, whereof he is to take twaine euery morning.

Plaisters are also very requisite for this, whereof here follow twaine: Take the iuice of Medlars, Seruices, grene Pomegranate pils and the flowers, of each one ounce, 15.02 16. Prunes, whereof the stones be taken out, the iuice of Quinces, red Wine, of each five ounces, oyle of Mirtles and Quinces, of each three ounces, Masticke, Colophonia, yellow Rose seides, Sloes, and Rye meale, of each one quarter of an ounce, the middlemost pils of Chestnuts, three dragmes, Ware as much as is needfull, and a little Vineger: spread it on a cloth, and lay it ouer the whole belly.

The second. Take the iuice of Plantaine three ounces, Rose water, Vineger, of each one ounce, Butchers brome seide, Barberries, Microbalans, Chebuli, Indi, Emblics, Bellurici, Citrini, of each two ounces, red Cozall, red & white Saunders, yellow Rose seide, Masticke, of each one dragme, blossomes and pils of Pomegranates, Bals of each halfe an ounce, Lentill meale as much as is needfull for to make a metly soft plaister. This plaister is of a maruellous operation, if there be any vnnaturall heate with the laske.

His diet is to be all manner of soure and cold things, wherewith he must also dresse his boyled and roasted meates. He must temper his drinke with Rose water wherein Butchers brome seide hath bene steeped: parched Rice decocted in Goates milke, and parched Barley sodden in Almond milke are very requisite for him. All that which is hot of nature, and is laxative, must he forbear; as also all that doth augment *Choleram*.

But if this scouring be caused through weaknesse of the retentive power, be it of the stomacke or of the bowels, then are those parts to be comforted, and that with odoriferous and binding medicines, as followeth: Take Cyper roots, Masticke, Calmus, Sinallage, and Comin, (which hath first bene steeped in Vineger) Bals, Cyper nuts and the leaues, Mirtle seed, Raisins stones, dried Pomegranate kernels, Frankinsence, and Masticke, of each a like much: make a powder thereof, and giue it in the morning fasting to drinke one quarter of an ounce, with good wine or stealed milke. Outwardly annoint the stomacke and the whole belly with oyle of Masticke or Wormewood, and weare vpon it a plaister of Masticke: He is also to vse *Parmalade*.

But when this scowring causeth no gnawing or griping in the stomacke, nor yet yeldeth any corrupt matter from it, but onely a tough slimy substance, and when there is no great thirst with it, but onely some belching; then is it a certaine signe that this scowring is caused through *Phlegma*. For this, the patient is to vse all such things as extenuate and loose this slime, as Mustard seed, salt fish, and such like. Afterwards shall he force himselfe to vomite, with salt, Vineger, sodden Hony, or with some other thing, which expelleth flegme. And if that will not suffice, then vse this following.

Take Aloes one ounce, the inside of Coloquinte, and Indie salt: of each halfe an ounce, Turbith one dragme; make pils thereof: and you are to take of these but one Pil at once. For this disease are the purgations commodious, which hereafter be described against the paine of the stomacke through *Phlegma*.

Some other do write a more proper cure, to wit, Take sirupe of Wormewood and Mints, of each three ounces, temper them, and drinke thereof at each time two ounces, with three ounces of the decoction wherein Pease, Mints, and Spike were boyled. Afterwards purge with the pils called *Stomachica*: Also vse vomiting herewith, as is before rehearsed; for it is very commodious in this case, if it weaken not too much. For his meate he is to vse all dry things, as roasted field foules, and chiefly roasted Larkes, Turtle doves, and such like as do not sodainly passe away: yet alwayes a little at once, and no more than the stomacke is well able to beare.

This medicine following is not onely for *Lienteria*, but also for the laske called *Diarrhea*, very good: it detaineth the meates receiued in the stomacke: which also with the bowels, it doth warme, strengthen and dry.

Take Cyper nuts and the leaues, dried Mints, Masticke, Frankinsence with his rindes, grosse Cinnamon, Mace and Galingall, of each three dragmes, Cresses seides, Comin, and prepared Coziander (all together a little parched) of each halfe an ounce, *Laudanum*, red Stygar, Ambra, Citron pils, of each one drag. and a halfe, *Lignum Aloes* and *Spica*, of each one drag. make thereof Troiscs of the weight of one dragme and a halfe, and giue the patient thereof at euery time, as well before dinner, as before Supper, with some milke, wherein pibble stones be

fla-

aked. Also you may minifter of this powder alone one drag. or to make a confectiō of it with Sugar. This patient is also to vse some solwe and salt things before and after meate, as Capers and Oliues, which be requisite also for this purpose. For these cold phlegmatick scowzings be these simple, warming, and binding remedies very good: parched Comin, *Ameos*, Annis, Frankinsence, Pyrrhe, Styxar, Pastick, Nutmegs, Cyper nuts, *Laudanum*, parched Rubarb, Wormwood, Pints, *Lignum Aloes*, roots of Cyper, Bucks and Hares rennet. Of confectiōs and confected things he may vse confected Ginger, *Diagalanga*, *Diarrion pipereon*, de *Cymino*, Mar-malad with Spices, and sometimes Treacle and Nithridate. Item, there is also very profitable for this, strong Wine, as Muscadell, Malmsiey, and such like, and otherwhiles a good pull, or hartie draught drunke thereof.

But for a common drinke he shall vse clere white Wine, which is metely strong, which can well heate and dry the stomacke.

Hereafter be many things described, which may be used with aduantage for this scowzing, with this condition alwaies, to discerne warmth and cold.

Of the Laske *Diarrhea*. §. 15.



This loosenesse of the belly is thus described: *Diarrhea* is a waterish Laske, with griping, but without excoziation of the bowels, and without heate, caused di- uersly, whereby the body is consumed and diseased. This scouring is caused of al humors of the body, that is, of Blood, *Cholera*, *Phlegma*, and of *Melancholia*, and proceedeth not alwaies from some particular part of the body, but rather from the whole body, as through weaknesse of nature, in such as let hands and feet fall through great weaknesse.

The learned do discover sixe kinds of causes of this *Diarrhea*: whereof the first is caused of the Gall and the Liuer: the second of the stomacke onely, but sometimes out of the Liuer also, which two are the principallest members, amongst which the other foure bee comprehended. Thirdly, this scowzing is also very wel caused through the obstruction of the small veines which are called *Mesaraica*. Fourthly, of the Pilt. Fifthly, this laske is also sometimes caused of the byaines. Sixtly, through windinesse, whereof we shall hereafter write more at large.

When as now this scowzing is caused of the Liuer and Gall, then is *Cholera* very abun- dant, or if the same be but very little, yet is the same so hote and so sharpe, that nature cannot abide her gnawing and heate, but seeketh to expell the same by all meanes possible, so that the perfect digestion might not thereby be weakned: therefore you haue for this first infirmitie these signes following, to wit, when the meate digested passeth alway with a subtle, ill coloured and whitish watrishnesse, then it is a signe that the Liuer is feebled and ouercold. For this, there is to be giuen to the patient the confectiō of Iron dross, which is *Scoria Ferri*, or some other things, which warme the Liuer, and strengthen it. For which, you shall finde here before sundry reme- dies, where we haue spoken of *Lienteria*, which doe warme and strengthen the inward parts in such like lasks, which you may vse at this present, each alone, or mixed: here follow the remedies which be requisite for this intent.

Take *Trociscos de Spodio*, Rubarb, and winter Cherries, of each one scruple, beate them all small, and make thereof with Agrimony water sixe or seuen pills, take them euery morning with Smalladge water. Item, take Mittle seed, and Put blossomes, of each one dragme, Am- ber, Zeduary, of each one scruple, beate and temper them all together, and part them in five equall parts.

This plaister following is also to be prepared: Take Annis, Comin, Cresses seed parched together, and Frankinsence, of each three drag. the iuyce of Wormewood one ounce and a halfe, Rose water two ounces, strong Vineger one ounce, beaten Cyper nuts, as much as sufficeth for to make a plaister with it: these being made, then lay it warme vpon the Liuer and stomack, and vpon the parts adioyning.

You may also vse this salve following: Take oyle of wilde Roses one ounce and a halfe, oyle of Spica one ounce, Pasticke and Rubarb, of each one dragme, a little Mare, melt the same in the oyles, and when it beginneth to coole, mire the rest with it.

Item, take *Spec. Triasantali* one dragme, fine Bolus, *Trociscos de Spodio*, of each halfe a drag. Pasticke

Pastick one scruple, oyle of Wormewood, of Capers, of each half an ounce, a little Ware, make a salve of them.

But if this scowling do procede of heate, then are cooling and binding medicines to be used for it, like as here before in *Lienteria*, where it is sufficiently discoursed, *Triasantali*, *Diapenidionis*, of each one quarter of an ounce, red Corall, and prepared Coziander, of each halfe a dragme, Quince kernels, Sorrell seede, Raisin stons, of each one scruple, Cinnamome, Frankinsence, of each five graines, Conserue of dry Roses one ounce, Rose water two ounces, white Sugar nine ounces: seeth the Sugar in the foresaid water, and make a confection of it. Item, take old conserue of Roses, and Parmalade, of each one ounce, sirupe of Mirtles, as much as sufficeth for to make therewith a Confection. Another. Take the Species of *Diarrhodon Abbatis*, prepared Molues liuer, and Rubarb, of each halfe an ounce, Sugar which is clarified with Rose water, as much as you please: make a confection thereof, or cast Tabulats of it. You are also to mixe amongst it as much burnt Quozie as you please.

Or take at the Apothecaries the confection called *Diacracoma*, or *Diacurcuma*, and Currans, of each one ounce, Rubarb, prepared liuer of a Wolfe, of each one dragme, burnt Quozie halfe a dragme, *Philonium Persicum* one dragme, *Syrupi de Byzantiis*, as much as is needfull for to make therewith a Confection, then take alwaies thereof about the third day one quarter of an ounce, or a little more at once.

This following is also very good: Take old conserue of Roses foure ounces, Parmalade two ounces, prepared Coziander one dragme, Putmegs halfe a dragme, confected Mirobalans *Chebuli* one ounce, cleansed Pistacies halfe an ounce, Almonds three dragmes, beate them all small together, and then make a confection of it with the iuyce of Quinces: sirupe of dried Roses doth commonly stay all scowlings.

Take cleansed roots of Burres, and seeth them untill they be mellow, afterwards fry them in Butter, and eate them. Item, take a Putmeg be it great or small, let it sweate well in hote ashes, and eate it as it is, or strew it vpon a roasted Partridge, or some such like thing. Or take a Turtle Dove, prepare it, and fill it with new Ware, with Mirtles, and Butchers bzoome seede, let it then be roasted by a mild fire, and afterwards eate it, it bindeth maruellously. It is also required by expert Physicians, that new laid Eggs are to be fryed in Ware. Other do take an Eg, and roast it vpon a hot tyle, and strew it vpon the powder of Putmegs.

But if it be not given at due time, then doth it bring more dammage than commoditie.

This powder following are you also to prepare: Take Species *Aromatici Rosati*, one drag. Cinnamome one dragme and a halfe, prepared Coziander two scruples, Roses and red Corral, of each one scruple, Sugar foure ounces. Item, take parched Cresses seede and Pasticke, of each one dragme, giue him this with the sirupe of Quinces. Some do giue Cresses seede alone, with the sirupe of Quinces.

We will now recite certaine Potions: Take Mirtle seede one drag. giue it him with raine water or Plantaine water three ounces, and let him drinke it. Or take Liuerwort one handfull, Endiue roots, Fennell, Smalage, Butchers bzoome, Sperage, and Parsley, of each two handfulls, Agrimony halfe a handfull, Currans one ounce: cut all that is to be cut, and let it be sodden in Pullet bzoth or water, untill that the third part be wasted, then drinke thereof a cruse full, and temper amongst it halfe a drag. of prepared Fore lights. Item, take Tormentill one dragme, giue the patient to drinke thereof foure or five times in red Wine.

Or take the rindes of a Peare tree one handfull, a good pinte of red Wine: let them seeth together so long as one may seethe an hard Egge, and drinke a good hartie draught of it very warme. But for his accustomed drinke he may prepare this following: Take about 50. Sloes, and powze vpon it about a good halfe pinte of seething Wine, afterwards couer it close, and let it be cold together: this being done, then powze all together into three pintes of Wine, and drinke thereof a good draught.

A roasted Quince peare eaten early in the morning, is also very good. Some doe say that one must drinke Beere or Wine, which hath stood a while vpon Bolus. For this, is also steeled water good, wherein is flaked Steele, Iron, Gold, Siluer, or pibble stons; yea, all the patients meate is to be drest with it.

Item, take of the pizzle of a Hart as much as you please, shauen or grated small, and put it in your drinke. Item, take a dried Otters liuer, beate it to powder, and drinke thereof the quantitie

titie of a Beane with warme milke, or with red Wine, it is sayd that it is tried.

Likewise is commended Plantaine decocted in Vineger, and the broth being drunken, The water also of Daken leaues doth stop much, being drunken warme. The like doth also the iuice of Sloes, with the stones of Raisins being beaten together, and the water distilled thereof and drunken. You haue also in the first part, the first Chapter, and 3. §. a good water of the crums of burnt bread, which is especiall good for this scowring or lask.

This plaister following is also especially commended for this: Take broad Plantaine xii. ounces, the leaues of the Pomegranate tree, Comfrey, Daisies, & the leaues of *Palma Christi*, of each two ounces, (being all greene) the seede of Butchers Broom, Gals, Mirtle seede, of each one ounce, prepared Coziander one ounce, sealed earth halfe an ounce, Dragon blood one quarter of an ounce, fine *Bolus* three dragmes, Saffron halfe a drag. Mace three drag. Gum, Dragagant, both parched, of each halfe an ounce: first beate the leaues, and seeth them in three pintes of water, then put vnto it three ounces of red Vineger, then let it seeth well againe, and straine the decoction, then stampe that which is boyled with all the rest. Lastly, temper halfe a dragme of Camfer with it: and make a supple plaister of it, and lay it ouer the whole Belly.

If so be that this scowring procede from the stomacke, (euen as it may as well as from the Liuer) then hath the same the like cause, to wit, *Phlegma* and *Cholera*. And hereby it may be discerned that it procedeth from the stomacke, if so be that there appeare no febleness of the Liuer, and if so be that which the patient doth auoyd be very white and thin, and that the stomacke be grieved. The chiefe cause is, that many superfluous humors do aggrauate the same: or, that there is much meate and drinke together in the stomacke, and especially when as both these things do concur, to wit, many superfluous humors, and much meate and drinke. So that then the meate and drinke is of necessitie for a time expelled out of the stomacke, bee it through weakenesse of the retentive, or through the efficacie of the expulsive vertue, or that the digestion be of it selfe so faint, that the meate thereby as halfe digested must passe through the stomacke. And to finde good aduice for this, the stomacke must be strenghtened and heated, for which is very meete Marinalade with Spices, but especially this powder following: Take dry Pomegranate kernels parched and beaten small one dragme, Caraway, Coziander, both steeped in Vineger, dyed and parched, of each two ounces and a halfe, *Lignum Aloes*, blossomes of Pomegranates, and Butchers Broom, of each one dragme, make powder of all these, and giue a dragme of it at one time.

Item, take *Mirobalani Chebuli*, which be a little parched, one quarter of an ounce, Mirtle seed one drag. sirupe of Mirtle one ounce, vse this as occasion serueth. Item, take the shales of yellow Mirobalans which be parched, one quarter of an ounce, beate them small, and giue them to drinke with two ounces of Plantaine water. In fine, all sorts of Mirobalans a little parched, are good for all scourings of the belly, of whatsoever cause they doe proceede.

Afterwards, you are to vse the confections of *Diacalaminta*. In like manner also Annis seede, and roasted hassell nuts. Of the foresaid hassell nuts one may make milke with steeled water, and also the same being confectioned with Sugar. Afterwards you must annoint the stomack with Oyle, as namely with the oyle of Bastick, Frankinsence, and so couer it warme. The patient must seeth Basticke with red Wine, and drinke the same, if so be that the same go not cleane against him.

But if this scowring do come through *Cholera*, it may be perceiued by the yelloiw excrementes which do smart much in the fundament, as also by the thirst, and by the Ague: Then are you to giue him *Trociscos de Spodio*, with parched Barley broth, which is made as followeth: Take parched Barley beaten, and powze so much water vpon it vntill it be well couered, then let it boyle vntill it be very thicke, and afterwards wring it out. Of this decoction are you to take foure ounces, and two or three dragmes of these *Trociscos*, and then mingle it with so much Quozie and Gum, as one can drinke at one time. Item, take one drag. and a halfe of yellow Mirobalans, *Chebuli*, and *Indi*, of each one scruple, parched Rubarb foure scruples, Dragagant halfe a drag. Keepe all these in two ounces of the iuice of Quinces, one ounce of Endiue water, and halfe an ounce of the water of Bellitoze, wring it out hard, and take it luke warme.

Item, take Rubarb one drag. or one and a half, parch it, and powne it to powder, and drinke it with three ounces of Plantaine water.

Take of the best Rubarb one drag. and a halfe, parch it, and beate it to powder, the pilles of

Parched Barley broth.

of *Piobalans Chebuli* one dragma, *Masticke* three dragmes, the iuyce of *Quinces* half an ounce, the water of broad *Plantaine* three or foure ounces: temper them together, and drinke it fasting in the morning.

Some that be prone to this scowring, do accustom every weeke two times to eat one dragma of *Rubarb* parched. Item, take the confection of *Micleta* one ounce and a halfe, *Trociscos de Spodio* one dragma, temper it with three ounces of raine water, and drinke it early in the morning. Take yellow *Piobalans* and *Rubarb*, of each one dragma, *Dragagant* and *Gum*, of each one scruple, parched together, *Cucubes*, fine *Bolus*, of each halfe a scruple, beaten small together; then temper with it sufficient sirupe of *Mirtles*, and when as then you will vse of it, breake it as is aforesaid.

A powder wherewith the patients meate is to be strewed: Take good *Rubarb* one dragma and a halfe, yellow *Piobalans* one quarter of an ounce, both parched, fine *Bolus* one dragma, yellow *Saunders*, red *Cozal*, of each one scruple, prepared *Pearles* one dragma, *Trociscos de Spodio* one dragma, make thereof a subtil powder. You may also take the waight of one dragma and a halfe with *Plantaine* water.

For this be also *Clifters* requisite, as hereafter follow: Take the broth of a Lambs head and a Calves head one pinte, seeth *Daken* leaues in it, broad & picked *Plantaine*, of each one handfull and a halfe, parched *Barley* halfe a handfull: let them seeth vnto the halfe, then take of this decoction, and put vnto it the yolkes of a couple of Eggs brayed well, oyle of *Roses* two ounces, oyle of *Violets* two ounces, and then minister this *Clifter* warme.

Item, take prepared *Coziander*, *Mirtle* seede, *Acozne* cups, the seeds of *Plantaine*, and iuyce of *Sloes*, of each one handfull, *Fennel*, *Comin*, and *Annis*, of each halfe a handfull, pils of *Pomegranates* two handfulls; let them seeth together in sufficient water: then take of this decoction twelue or sixtene ounces, Oyle of *Roses* three ounces, *Hony* of *Roses* one ounce, *Dæres* suet two ounces: melt it, and make a *Clifter* of it. Also the decoction of *Rice* is good, if the cause of this laske be in the lower guts.

Hereafter be described commodious pils: Take the stones of all *Piobalanes*, beate them when they be well parched, *Rubarb* parched, fine *Bolus*, and *Amber*, of each a like quantitie, make a masse of pils of it, with *Dragagant* and *Gum*, dissolved in *Plantaine* water: but if there be an *Ague* with it, then vse *Barley* water.

Or take one quarter of an ounce of *Rubarbe*, which is parched, burnt *Quozie* one dragma, make of it as is before said.

Item, filed Steele one dragma, *Cypers* nuts one quarter of an ounce, *Masticke*, *Amber*, *Comfrey*, *Daisies*, *Plantaine* seede, of each one scruple, *Gum* and *Dragagant* both parched, of each halfe a dragma, *Cinnamome*, *Salingall*, and *Graines*, of each two scruples: make pils thereof with the iuyce of *Plantaine*, for they do binde much.

Others mo. Take vn salted *Dæres* rennet one dragma, *Trociscos de Spodio*, *De Carabe*, *De Terra Sigillata*, of each one scruple, well parched *Rubarb*, *Plantaine* seede also parched, of each halfe a scruple, beate them small together, make pils of them, with the iuyce of *Plantaine*, when they be tempered with the sirupe of *Mirtles*, then do they binde the more.

Item, take *Hypocistis*, blossomes of *Pomegranates*, *Butchers* *Brome*, *Barberries*, *Sorrell* seede, of each one dragma and a halfe, *Pursaine* seede, and *Plantaine*, both parched, of each one quarter of an ounce, *Dragon* blood, Worme-eaten *Galles*, the iuyce of *Sloes*, yellow seedes of *Roses*, of each one quarter of an ounce, *Benbane* seede one scruple, *Opium* two scruples and a halfe: make pils thereof with the iuyce of *Plantaine*, and some seauen of a dragma. But note yet, that they be very strong, and that one must not vse many.

This following is more gentle: Take *Gum*, *Masticke*, *Frankinsence*, *Amber*, of each halfe a dragma, temper them with the sirupe of *Roses* vnto pils, and take alwaies thereof twice a day, a little or much before meate, according as the scowring is violent.

For this scowring is alwaies good all rost meat, fryed Eggs, *Rice*, and *Lettice*, (if it be with great heate) *Calues* feete, conserue of *Rosier* fruits, *Muske* *Peares*, before meales old conserue of *Roses*, conserue of *Water Lillies*, *Harmlade*, preserved *Bayberries*, and also preserved *Sloes*.

The drinke for this patient must be steeled water, wherein *Mirtle* seede is decocted, also *Harts tong*, *Wine* drunken warme. These *Sirupes* following are very good, as namely, sirupe of

of Mirtles, dried Roses, Hints, and also Hony of Roses: for it hath a milde binding, and an astringent vertue, like as veruyce hath also.

The smoke or reke of Frankinsence is also very good. Milke put into Clusters when it is scalded is commended for this purpose. Note ye, that all that we haue sufficiently written of before is also good for the red or bloody fire, whereof we will shortly hereafter speake and discourse.

Of the scowring which proceedeth of the Liuer and

Stomacke. S. 16.

I commendeth also verily to passe, that the Liuer and the Stomacke doe cause this scowring, which is then very dangerous: so that the Dropsie called *Tympanites* is wont to follow it. Therefore is an order made and ordained, what one ought to obserue for this. Wherein first it is needfull that he forbear all meates and drinkes which be laxative, or doe in any wise molest the bodie, as Spinage, Beets, Gallowes, Hecurie, well boyled Colewoorts, and such like.

He must also be restrained from new wines, and them that be not very old. Likewise also of all sharpe, salt and soure things, as Radishes, Onions, Garlike, hard meates, unleavened bread, and that which is not well baked. And he must eschue fruits, and specially them that be laxative, as Figs, Grapes, Pines, and such like. In fine, for this sicknesse the patient is to be kept very sober in eating and drinking, and feede onely upon that which is light of digestion. He must also abstaine from all violent motions, and that chieslie after meate, from venerie, much watching, and anger. All his meates (be they sodden or roasted) must be dressed with Dares sewet. Secondly, he must beware of many kinds of meates, especially against night. Thirdly, before euery meale he must eat a roasted Quince Peare, or foure or fve Hedlars. Fourthly, Lentils are very haile meate for him, if they be dressed after this manner: Let them first seeth a little in vineger, after that boyle them with two parts of water and one part of Vineger. Fifthly, euery euening he is to take three of these pills ensuing: Take parched Dragagant and Gum, of each one dragma, Butchers Broomes seed, Mirtle seed, Acorne cups, burnt Iuorie, Squinant, Roses, Cyper roots, of each two scruples, whereof make pills with the iuyce of Daisies. Before noone he is to vse this confection ensuing: Take Marmalade without spices three ounces, prepared Coriander and Pasticke, of each one dragma, temper them with the iuyce of Quinces, and vse each time halfe an ounce or more.

Also once euery eight dayes take two of these pills: Take *Trociscos de Spodio*, one quarter of an ounce; parched Rubarbe halfe a dragma, burnt Iuorie and parched Dragagant, of each one scruple, Dares rennet, or the rennet of a yong Goat or Kid, one dragma and a halfe: make pills thereof, and vse them as all the rest.

This plaister also following is to be made, and woyme vpon the nauell: Take two ounces of Rosin, Cyper nuts one dragma and a halfe, Plantaine seede, the iuyce of Sloes, burnt Iuorie, Roses, Iron drosse that is prepared, of each one dragma, Dace two scruples, but the Rosin must be boyled in red vineger. When it is sufficiently sodden, and almost cold, then temper all the foresaid Species with it, spread of it vpon a peece of leather the quantitie of a quarter of a yard foure square, and lay this plaister vpon the navel downwards. As often as the patient goeth to stoule, he is to fume his fundament with this powder ensuing: Take *Colophonia*, *Gallia Muscata* and red Styax, of each halfe a dragma, *Lignum Aloes* one dragma, red Corall, burnt Iuorie, *Sandaraca*, of each two scruples: powne them all together, and temper them all together. Afterwards strew some of it vpon hot coales. It is also good aduise, that there be alwaies boyled, in his meate, as much Comfrey as the bignesse of a great finger.

Lastly, he must continually weare this bag ensuing vpon his stomacke: Take Mirtle seede, prepared Coriander, Mariem and Pep, of each one handfull, Dace halfe an ounce, Pasticke, *Gallia Muscata*, red Styax, red Corall and *Sandaraca*, of each one quarter of an ounce, *Lignum Aloes* one drag. and a halfe, parched Comin halfe an ounce, temper them, and vse it as aforesaid.

Thus far haue we spoken of this Scowring, and of both the causes of it, as of the Stomacke and of the liuer, and also how they both do come together.

The third cause of this *Diarrhea* is the obstruction of the small beines, and are called of the Grecians *Mesenterion* or *Mesaracon*, for that as the Stomacke and the entrailes haue done their

duties;

duties, so if these veines do not sucke out the nourishment, then doth nature expell the meate in manner of a thicke pap, with paine in the right side and in the bowels, and so out of the body, especially if one haue eaten much grosse and swete meate befoze. Also this scowzing may bee well caused of an impostume, which might be about the small veines, or about the upper guts, at which time is commonly perceiued an Ague, heate and paine: which obstruction doth also proceed for the most part, of grosse and tough humors.

For this disease vomiting is one of the best remedies. Also this sirupe following is to be vsed: Take the roots of Smalage, Parsley, Butchers bzoome, Sperage, grasse and Cicozie, of each one dragma, the seedes of Smalage and of Parsley, Comin and Fennell, of each one ounce: let this seethe well together, and wzing it out, and to this Colature adde halfe a pinte of hony, and boyle it againe, and clarifie it as behoueth. Giue thereof to the patient euery morning foure or fiue ounces. Also the seedes of Smalage, Ameos, and Parsley decocted in Wine, may be vsed for this, being giuen the patient to drinke: in like manner parched Kubarbe with wine or Endiue water. This patient shall also oftentimes, but at each time eate a little, & take ever after it some penetrating things, as *Diacalamintum* one dragma and a halfe befoze meat, and halfe a dragma after meate. His drinke must be likewise old white wine. Also to take otherwhiles some Treacle is very commodious. It is also very good, that the belly be strongly rubbed befoze and after noone with a rough cloth.

The fourth cause of this laske proceedeth from the milt, the which may be knowen heereby, to wit, when his excrements are a blacke and darke gray, if the paine be in the left side, if the patient be melancholike, quiet and tractable. When the matter is very sharpe and blackish, then is there great danger with it. But if it happen in the end of a quartaine Ague, or of any other sicknesse, then doth it bring ease with it, and is a signe of health. What is fit for this, you may see hereafter, where we shall discourse of the Milt.

The fift cause proceedeth from the bzaines, which may be discerned by the paine of the head: also by the rheume, and by the slime of the mouth, which after sleepe runneth out of the same, and is also expelled by stoule. These diseases are to be cured like as all other rheumatick diseases, whereof you finde sufficient discourse in the second Part, the 12. Chapter, and 2. S. But it is especially commended, that parched Belilot shall be laid vpon the forehead. Otherwhiles a bag with Cammomil and Roses, and so to gouerne himselfe, as abouesaid, in the second cause of the stomacke.

The last cause is windinesse, which puffeth vp the stomacke, spoyleth digestion, and prouoketh a scowzing, like as hereafter shall be taught in the description of windinesse of the stomack. It is also counselled to euery such patient (like as is often shewed befoze) that he must bee very sober in eating and drinke, yea he must suffer hunger as much as is possible, and that he exercise himselfe well befoze meales, and vse the confection *Diacymimum* or *Diacalaminta*, which doe strengthen his stomacke, and let him gouerne himselfe in all things else, as hath bene said befoze in *Lienteria*.

Of the Laske *Dysenteria*, called the red Flix. S. 17.

This name *Dysenteria*, is of the Grecians so called, being an vlceration or excoziation of the Entrailes, and is thus described: *Dysenteria* is a paine of the Entrailes, which enflameth, fretteth, and excoziateth the same: so that with the matter of the scowzing, blood is annoyed; and it causeth much gnawing, which maketh the patient to go often to the stoule.

Or thus: *Dysenteria* is a scowzing, with an exulceration of the bowels, which is increased through outward causes, as heate, cold, drinke, hard meate. The causes of this noysome scowzing are sharpe humors, which passe through the bowels, and there exulcerate the same, fret and take away their fatnesse. Item by the taking of too sharpe medicines, as *Diagridion*, *Esula*, and *Peeling woodt*, or when too much of these hath bene taken at once.

Also this scowzing is occasioned, when the body is ouercharged with *Cholera*, *Melancholia*, or *Phlegma*, of which superfluities, if the expulsive vertue be strong, nature seeketh to vnburthen her selfe. Likewise also, when the meate in the stomacke, or humors in the veines doe putrifie.

In like manner also of great and long alteration of the ayze, be it in hote ayze, dry ayze, or when these meete together : like as dry ayze it selfe is wont to cause *Choleram*. Item, of the vse of such fruits which do quickly putrifie : therfore it is not commendable, and especially that children should eate the same.

The signes of this red scouring or bloody flire are these, which do not come suddainly vpon one : also before it getteth the maisterie, it prouoketh paine and gripings in the bowels, and also round about the stomacke. This scouring likewise burneth and pricketh sore, whereupon doth first follow the scraping of the bowels, mixed with a little blood, vntill it corode somewhat deeper into the bowels; then is the paine felt most about the Pauell: and if so be that the disease be in the great guts, then is the paine felt most vnder the Pauell. Also the scraping of the lowermost guts are much fatter then of the vppermost : and it doth come also in greater abundance, with many more such like demonstrations.

But there be described two sorts of *Dysenteria*, whereof the first is here before discovered: The second hath the name of *Dysenteria vniuersally*, by reason that it without scraping of the bowels, and very sodainly falleth vpon one, with much blood. This with good right is to be called rather an *Hepaticall flire* than *Dysenteria*: but we will here first of all write of the right *Dysenteria*, and afterwards of the flire of the liuer.

If we desire to prevent this red flire or *Dysenteria*, then is the same to be done both thorough outward and also inward meanes. But first we will shew what is best to be vsed inwardly for it : wherefore you are first to keepe in your memory the common rules which haue bin rehearsed before in the Laske *Lienteria*, to wit, that all those things wherewith you will stay this scouring, be alwayes ministred before meates, for that after meate these binding medicines cause a sicke body to scour the more.

For this scowring or red flire all expert Physicians do vse commonly at the first parched *Dirobalans*, and chiefly the yelloiw, steeped in Plantaine water, and put also vnto it parched *Rubarb*, beaten to powder. But the same must not be infused but in substance and powder, like as you haue seene before in some potions, for the scowring of *Cholera*. Item, take parched seedes of *fléawort* two ounces and a halfe, seedes of Plantaine one ounce and a quarter, Gum, fine Bolus, of each three dragmes, in the iuice of Quinces defecate.

Or take dried Quinces, beate them to powder, and giue thereof one dragme and a halfe, with Plantaine water, once or twice a day, wherewith you may also temper parched Nutmegs, and the seedes of Plantaine. Item, take parched Gum one ounce, sealed earth three quarters of an ounce, fine Bolus halfe an ounce ; make powder thereof, and giue of it one dragme and a halfe at once. Item, take Shepheards purse, S. Johns wort, and Pennyroyall, of each a like quantity : make a powder of it : and giue two dragmes thereof at once in the morning early, with a new layd egge : this stayeth the scouring evidently. Burnt Harts horne washt in Rose water or Plantaine water, a dragme, or a dragme and a halfe, taken with wine wherein a little Dragagant is dissolued, is a very expert medicine, if it be taken twice a day. The like also of one dragme of the rennet of a yong Hare taken with wine.

Another : Take broad Plantaine seede, and Colombine seede, both parched and beaten to powder, of each a like quantity, and giue each time thereof two scruples or one dragme, with red Wine. Item, take small beaten Bloudstone, well washt in Plantaine water, three dragmes, red Corall one dragme and a halfe, rootes of Tormentill, and *Trociscos de Spodio*, of each one dragme, shauen Iuory, burnt Harts horne, of each two scruples, prepared Pearles one quarter of an ounce, fine Bolus halfe a dragme : beate them all small, and take two dragmes of this powder in the morning with Wine. You may also strew the meate with the same.

Item, burne Frogs to ashes in a pot, and vse thereof as before, for they haue a marvellous operation to staunch blood.

In like sort may for many purposes be vsed Mirtle seede, the seedes of Butchers broome, Pomegranate kernels, sealed earth, fine Bolus, and other binding medicines, which are to be beaten to powder, and as the case requireth, may be vsed well inough for the red fire.

Here followeth now a notable confection against all species of scouring, and the same may be vsed after what sort one will. Take pils and blossomes of Pomegranats, Gals, and Acorne cups, of each one quarter of an ounce, Raisin stones, Mirtle seeds, burnt hassell nuts, dry Pomegranate kernels, yelloiw Rose seede, the iuice of Sloes, Butchers broome seede, of each two ounces.

res, red Corall, Frankinsence, Masticke, white and black Poppie seede, parched Gum, the seede of Fleawort, Starch, Dragon blood, of each one dragma and a halfe, Sugar sixe ounces; temper them well together, whereof you may make a confection with Sugar, or with Plantaine water, or Tabulates; or strewe the powder alone vpon the meate. You may also make pilles thereof, which are to be vsed in the morning betimes, and in the evening two houres after supper: but of the confection may be vsed thre or foure times a day, like as necessity requireth, at each time one quarter or halfe an ounce.

Here followeth yet another, which may be vsed after the same manner: Take Butchers brome seede, fine Bolus, and Gum, of each thre dragmes and one scruple, Dragon blood, and burnt Trozie, of each one dragma and seauen graines, Cloues Trigs, Annis, of each foure scruple, *Hypocistis* one scruple and thre graines, Bloud Stone two dragmes & a halfe, red and white Corall, of each two scruples, Amber one quarter of an ounce, Comfrey, Daisies, Roses, of each one quarter of an ounce and one scruple, blossomes of Pomegranats, Dragagant, of each one dragma and seauen graines, Mirtle sead thre dragmes and one scruple, Quince kernels, white Poppie seedes, of each five dragmes, Knotgrasse, Sozrell seedes, yellow Rose sead, broad Plantaine seads, and Calmus, of each one dragma and seauen graines, one pound or more of Marmalade, dissolved with Sugar or Honey, and the other spices tempered amongst it.

Another. Take Marmalade boyled with Honey, and white bread well tosted, of each foure ounces, red beaten Saunders one ounce, then put therto a little red Wine, and powne them all together, whereof the patient may take otherwhiles the waight of halfe an ounce. Spread it also vpon a cloth, and lay it vpon the stomache. This hath bene oftentimes approued. Take old conserues of Roses, and Marmalade, mire them both together vnto a confection made with Keled Goats milke.

Item, take confected Quince Peares, or Marmalade, thre ounces, Mastick, Mints, and Bace, of each one dragma: temper them all together with a little of the iuice of Quinces, and make Trocisks therof halfe an ounce in waight, and you shall alwayes take one of them before meate. Or take old conserue of Roses thre ounces, Marmalade two ounces and a halfe, red Corall one dragma, Tozmentill, *Bistorta*, *Trocisci de Carabe*, fine Bolus of each halfe a dragma, prepared Bloud Stone one quarter of an ounce, temper all together with the sirupe of Mirtles.

Item, take old conserue of Roses thre ounces, Marmalade two ounces and a halfe, conserue of Buglosse and Burrage, of each one ounce, prepared Bolus one dragma and a half, Corall and Roses, of each halfe a dragma, prepared Pearles two dragmes and a halfe, *Bistorta* one dragma, Tozmentill two scruples; beate them all small, and make a confection of them with the sirupe of Quinces.

It is to be noted, that the old conserue of Roses is very good for all manner of loosenesse of the belly. Some commend that which is made with Sugar alone, and not with Honey. Others vse both kinds, according as the scowring is with heate or with cold.

Rob de cornu-
bus.

Conserue of *Cornus*, called at the Apothecaries *Rob de Cornubus*, hath great force in binding, for all kinds of loosenesse of the belly, and also for womens excessive menstrual fluxes, and for all other sorts of bleedings, and it is thus prepared: Take ripe *Cornus* fruits, boyle them so long in red Wine vntill they may be driuen through a hairen Searse or strainer, and then let that which is strained seeth vntill it be thick by a milde fire, stirring it about continually, vntill it be a thicke conserue, and preserve the same.

Mithridate and Treacle do also stay the scowring, like as doth also the conserues of water Lillies, if there be great heate withall. In like manner conserues of Barberies vsed with meate in manner of a sauce.

Hereafter follow yet other things moe, which may be taken for this confection: Take *Trociscos de Carabe* thre dragmes, Dragon blood and fine Bolus, of each half a dragma, Plantaine seedes or Endiue seedes halfe a dragma, Sugar foure ounces: seeth them all together with Rose water and make Tabulats of it.

This ensuing is taken to be a very good and approued remedie. Take a Nutmeg, burne it at a Mare candle vntill the oyle drop out, powne it to powder, & temper with it the whites of two Eggs, and as much Beane meale as will make a dough. Afterwards make pellets of them as big as a Nut, and put them on a sticke, and rost them softly vntill they be thoroughly dry, whereof giue to the patient in the morning and also at evening. But if you will haue the scowring
ring

ring speedily stoppt, then take the more Putmeg and the lesse meale.

In like manner are also highly commended hard sodden eggs eaten out of vineger, & strewed with powder of Putmegs. But some preferre rosted eggs alone,

Dried Peaches boyled in water and eaten, do stay the red sir. Others do confect Peaches in this manner: Cut the Peaches in two peeces, and take out the stones, tye them to a thred, and dry them in an Ouen. And when you will vse them, then infuse them in water. Then be they good for the stomacke, stay the scowring, quench thirst, moisten the throte and drought of the tongue. Peaches preserued.

Concerning the drinke and such like, steeld milke is very good for children. Item, Rose water sixe ounces, Cloues, Masticke, Butcher bzoome seed, of each one dragma: powne them smal, and put it into a glasse, and let it seeth in water, and giue the children a spoonfull of it.

Another drinke: Take Clew that is burnt in a baking Ouen foure pound, poune it small, and powze faire fountaine water vnto it; let it seethe a waume or two. Lastly, stake thre or fower times in it glowing Steele: afterwards straine it cleere out, and make Almond milke with it. Item, the iuice of Sloes and of Barberies are very commodious, each apart or mingled together, or drunken with wine, like as is taught in the 15. S. of the scowring *Diarrhea*, and of the Sloes. You haue also in the first part and 3. S. another water of Sloes, which may be vled also for this red or bloodie sir.

Sirupe of Mints is much vled for all loosenesse of the belly: therefore it is not amisse to shew at this present, how it is made after two manner of wayes. Take the iuice of ripe Quince peares, the iuice of sweete, meetly sweete, and of solwe Pomegranates, of each foure ounces and a halfe, infuse therein foure ounces and a halfe of rumbled Mints the space of foure and twentie houres with halfe an ounce of Roses, afterwards seeth them all together by a mild fire vntill the half be boyled away, & then wring it throught a cloth. Farther, put good honie vnto it, or Sugar, sixe ounces, and let it seeth well and thicke: lastly, hang in it a pece of silke with *Lignum Aloes* five graines, Amber thre graines, Muske one graine. This sirupe doth not onely stop all scowrings, but is also good for all diseases of the stomach which procede of cold, and it doth also take away all wambling and vomitting. Sirupe of Mints.

The other is made thus: Take clarified iuice of Mints, sweete and solwe iuice of Pomegranates, let this seethe all together with sufficient Sugar vnto a sirupe.

The sirupe of Quince peares is also of the same efficacie, which is also made diuersly, as followeth hereafter: Take the seedes of broad Plantaine two ounces, Cipers nuts, the middle rinds of an Oken tree, Chestnut tree, and Butchers bzoome, of each two handfuls, Mirtle seed one handfull, solwe Quinces, Seruices and Medlars, of each sixe, the iuice of Sloes halfe an ounce, *Hypocistis* one ounce: seeth them all together in Plantaine water, and make thereof a sirupe with sirupe. Sirupe of Quinces.

Another: Take raine water or Rose water sirteene ounces, and seeth therein one ounce of Mirtle seed, Roses, Sumach, the iuice of Sloes, *Hypocistis*, blossoms of Pomegranats, burnt Quozie, of each halfe an ounce, ten or twelue vnrype Seruices, Licorice, Dragagant and Gum, of each halfe an ounce: powne al that is to be powned, and when it is sodden away vnto twelue ounces, then straine it throught a cloth, and put a pound or twaine of Sugar vnto it: then let it seeth againe together, clarifying it vnto a sirupe.

The thrid sort of sirups is called at the Apothecaries *Mina*, which is also made two manner of waies, as followeth: Take of the iuice of Quinces strained well, twelue ounces, seethe it away vnto the halfe, and then powze good wine vnto it, and nine ounces of Sugar, then let it boyle againe vnto a thicke sirupe. This sirupe stayeth the laske, and comforteth the stomacke. Mina.

The other sort of *Mina* is called *Mina Citoniorum aromatica*, for that it is prepared with good spice, like as followeth: Take the iuice of solwe Quinces seuen common pounds, old wine halfe as much, clarified hony two pound and solwe ounces, or one may take Sugar in stead of hony: let them seeth away scumming it, and afterwards hang in this sirupe bounden in a cloth. Cinnamon, Cardamome, of each one dragma and a halfe, Cloues one dragma, Ginger, Mastick, of each two scruples, Saffron one dragma, Mace two scruples, Muske halfe a dragma, *Gallia Muscata* one dragma: this being all beaten grosse together, wring it often out, that the force of these may come into the sirupe. This sirupe is much warmer than the other, and therefore it is not to be vled for the loosenesse of the belly which cometh throught heate: otherwise

Sirupe of
Mirrles.

it strengtheneth the stomacke, the lyuer, and all inward members: it causeth appetite to meate, it helpeth digestion, and taketh away the vomiting.

The sirupe of Mirrles will we adde vnto it, for that the same is very fit for all scowzings or fires. Take Mirrle seede twelue ounces, the iuice of Sloes and Butchers brome seede, of each fiftene graines, Roses one ounce, burnt Juozy and *Hypocists*, of each one quarter of an ounce, Mints one dragme: seeth them all together in raine water vnto the halfe, then straine it thorow, and put vnto it sixe ounces of the iuice of Quinces, hony twelue ounces, but clarifie it wel, and let it boyle vnto the consistence of a thick sirupe.

Another which is very common at the Apothecaries. Take Mirrle seede ten dragmes, white Saunders, Butchers brome seedes, blossomes of *Pomegranates*, of Barberries, of each fiftene dragmes, Medlars sixe ounces and two dragmes, iuice of *Pomegranates*, iuice of Crabs, of each twelue ounce: boyle the foresaid simples in these iuices, and with thirtie ounces of Sugar make a sirupe of them.

For this is also fit these vsuall Sirupes following, viz. the sirupe of Raspes, *Oxysacchara*, of dry Roses, and of Peares, for therewith will the sharpnes of the matter be delayed.

Clitters are also fit for this disease (whereof some be here set downe.) First, they are to be made, which the Physicians do call *Lanatina*, which be those that do wash the bowels, for which there is none other to be vsed but Barly water onely. Secondly, if it be desired to haue them cleanse more, then temper with it some hony of Roses, or a little slight Sugar. The third sort is binding and asswaging the paine: Take a handfull of parched Barly, seethe it well in water, take of this decoction twelue or fiftene ounces, slight Sugar three ounces, oyle of Roses two ounces, and two yolks of Eggs. This clitter may be often vsed.

It is to be noted, that there is to be taken for it oyle of Roses, which is made of Rose buds, for that it is better for this purpose. You haue also a Clitter before in the fiftenth s, which was made of the broth of a Lambs head. For such a one you may vse steeled water, and to seeth therein the seedes of Plantaine. But if so be that then the scrapings of the bowels passe not away withall, there must be tempered amongst it one ounce of Deeres suet, and a dragme of Dragons blood.

For to know whether the vppermost or the vndermost bowels in the red or bloudie fire bee perished, take a handfull of Dogs dung, and dissolue the same in steeled Milke, and giue this to the patient; then if so be that he presently with paine, with purulencie and blood auoyd the same againe downeward, and be mirt with the excrements, then it is a sure signe, that the disease is in the lowermost bowels. But if he goe much to stoole after the paine (the blood being separated from the excrements) and if the paine be about the Nauill, then it is a signe that the place of this fire is in the vppermost bowels.

If you desire to stay this bloudie fire, then are these things following to be vsed, to wit, steeled water, the iuice of Plantaine, the iuice of the herbe Pullin, and the iuice of Sloes, where with one may temper a few paper ashes, and one or two yolks of Eggs sodden hard, the powder of sealed earth, or fine Bolus, and the oyle of Mirrles, of which you may chuse that liketh you best, and can get soonest.

This Clitter ensuing dryeth and healeth, Take vnwoymeaten Gals, Butchers broome seed, and Bolus, of each one quarter of an ounce, Deers suet or Goates suet, one ounce and a halfe, two hard sodden yolks of Eggs well beaten one ounce, of the iuice of Plantaine and rayne water, as much as is needefull for to seeth the premisses in it. Or take the decoction of butchers broome seede. This Clitter is the patient to keepe with him as long as euer he can.

Another. Take peeled Lentils, Millet, Roses, blossomes of *Pomegranats*, and Gals, of each one handfull: seeth these together in a pint and a halfe of water vnto the halfe, take thereof ten ounces, of the oyle of Roses one ounce, paper ashes one dragme, and Deeres suet one ounce, and the yolke of a roasted Egge and make thereof a Clitter.

Suppositoies. Take white Venbane seede, *Opium*, white Poppie seede, burnt Juozie, blossomes of *Pomegranats*, and Frankinsence, of each a like quantitie, boyled Honie one ounce alwayes to a dragme of the premisses, make Suppositoies of it. They be strong, they thicken the humoz, procure sleepe, and take away the paine: but they be not to be vsed, but when the paine is intollerable. These Pessaries may be made for women to be vsed in the Mother. Take Frankinsence, Linseede, and Saffron, of each one dragme, temper them well together, and

and binde it in a fine cloth with a thred at it, that it may be well pluckt out againe. In great extremities may the stupefactives be vsed, which do numbe the sinewes, yet are they not to be vsed vnlesse all inward and outward remedies haue bene applied. But first of all are outward medicines, and afterwards inward to be adhibited. Likewise the remedies which be ministred by the mouth, are first to be tried, and afterwards from below.

For this are these Pills ensuing also vsed: Take the blossomes and pills of Pomegranates, Mirtle seede, Comfrey rootes, Dragon blood, fine Bolus, the iuyce of Sloes, Roses, Argall, *Hypocistis*, Butchers brome seede, and Saffron, *Gallia Muscata*, Gals, Cinnamome, burnt Sugar, Mace, and Gum, of each one dragme, *Opium* one dragme and a halfe: make of them with the iuyce of Plantaine, as small Pills as Hempseedes, and giue thereof nine or eleuen at one time. Item, there was a woman which voided eightene pound of blood at thre times, and shee was cured with *Philonium Persicum*, which was tempered with the iuyce of Plantaine and parched Rubarbe. But in these weightie matters an expert Physitian is to be sent for, because (as we haue told already) there is no testing with this *Philonium*.

Pills for all manner of fluxes of blood.

What ought to be outwardly vsed for this disease.

First of all it is good to binde the armes, but not the legges; then is also a bath to be made, wherein be decocted the leaues of Quinces, Peares, Medlars, Seruice tree, Cornus leaues, Butchers brome, Gals, Mirtles, Acoyne cups, Roses, and such like binding things, wherein the sicke persons are to be set even vnto their nauels. Thus may you also seethe the foresaid things, and wet clothes in the decoction, and then lay them warme vpon the belly: or in the stead of them, to vse the iuyce of Plantaine, or any other iuyces of binding herbes, as Butchers brome seede, or Mirtle seede: and temper also the powder amongst it, whereof be made *Trocisci de Terra sigillata*.

These sicke persons doe complaine also of great paine, when the sharpe humour scoureth through the excoriated bowels. Now for to allwage the same, you are to take of the first mentioned things, which you will: but you must put alwaies Cammomill and Melilot vnto it, and afterwards let them seeth in wine or steeld water, and then lay them with a cloth wringing out, or with a sponge vpon the paine. You may make also thre or foure bags of the foresaid things, and seeth them in wine, and so lay them warme vpon the paine, and when the one is cold, then to lay another vpon it againe.

There be also fumigations vsed for this sicknesse, for which is to be taken Cyperus nuts, Mirtle seede, Butchers brome seede, Pomegranate pills, and woymeaten Gals, of each one handfull; the iuyce of Sloes, prepared Coriander, *Hypocistis*, Plantaine seede, Roses, Frankinsence, *Sandaraca*, *Gallia Muscata*, Bloodstone, and Marierome, of each one handfull, Cinnamome, Musticke, and parched Carniway seede, of each one dragme, *Colophonia* one ounce and a halfe; make a powder of them, and strew thereof vpon the coales, and receiue the fume from below.

Another. Take Marierome, seedes of Butchers brome, Mirtle and Coriander, of each one handfull and a halfe, blossomes and pills of Pomegranates, *Hypocistis*, and yellow Rose seedes, of each halfe a handfull, roots of the herbe Bullin, rootes of *Carduus Benedictus*, the rinds and roots of the Mulberry tree: make all these to powder, and then make also a bag for to sit vpon, and take therewith the first aboue mentioned things, and boyle them in wine.

For a plaister: Take a shiue or twaine of Rye bread, tosse it well, and besprinkle it with Vineger or red wine; afterwards beate it, and put vnto it Gals, Acoyne cups, the blossomes and shales of Pomegranates, and the rinds of the Medlar tree, of each two ounces, Roses, Starch, the iuyce of Sloes, fine Bolus, sealed earth and Dragon blood, of each one ounce; make them all to powder, and put it then amongst the foresaid bread. Further, make a plaister with a sufficient quantity of the oyle of Mirtles, Roses, and Rose water, with as much Vineger as sufficeth; and so lay this plaister warme vpon the stomacke.

This patient may also vse such salues for this disease, as doe hereafter follow. Take oyle of Roses, of Mirtles, oyle of Quinces, and of Musticke, of each halfe an ounce, Gals, Roses, blossomes of Pomegranates, Mirtle seede, fine Bolus, Dragon blood and Mustick, of each one scruple: Make as much as is needfull for to make a salue. This following is stronger: Take Musticke six ounces, oyle of Quinces and of Mirtles, of each thre ounces, Musticke, the iuyce of Sloes,

and Dragons blood, of each three quarters of an ounce, red Cozall, Amber, sealed earth, of each halfe an ounce, the innermost pils of Chestnuts, prepared Iron dross, of each one quarter of an ounce: fine Bolus, Pomegranate pils and Frankinsence, of each one quarter of an ounce, Rosin halfe an ounce, Ware as much as sufficeth for to make an ointment thereof, wherewith the belly must be annointed. 3. or 4. times a day. This vnguent is speciall good against excessive flowing of the flowers in women, the same being laid vpon the Hips and vpon the thighes.

Item, take Rosin three ounces, the seeds of Butchers brome, prepared Coziander, and Mirtle seede, of each halfe a dragme, Masticke two scruples, *Hypocistis*, red Saunders, of each halfe a dragme, oyle of Mirtles and of Quinces, of each one ounce and a halfe; melt the Rosin in vinegar, and make a Plaster of it, or a salve, and annoint therewith the whole Belly, and about the Ribs.

Boring cups are also very meete for this purpose set on vnpickt vpon the Nauell; vpon either side of the Nauell one: this will draw backe the blood. Let them also remaine thereon the space of foure houres.

Some also do aduise for to open the Median; other the Liuer veine, therby to delay the sharpnesse of the humors, and to withdraw it, and also to coole the Liuer with it: but it is somewhat dangerous, and ought not to be effected at any hand, except it were for some great cause, and therefore is here the counsell of a learned Physitian to be required.

For a lotion of the feet you are to take of the forementioned things, and therewith to rub the thins and the legs.

In fine, what simples soeuer are to be vsed for this red or bloody Flux through heate or cold, are these; to wit, in heate, take the blossomes of Pomegranates, Gals, Butchers broome seedes, the iuyce of Sloes, Roses, Barberries, Quince kernels and the rinds, Pomegranate pils, sealed Earth, Bolus, burnt Iuoy, *Hypocistis*, Pomegranate kernels, Sorrell seed, Plantaine seed, Raisins stons, and all binding fruits; as vnripe Melons, vnripe Mulberries, vnripe Sloes, Medlars, Seruices, the fruite of Cornus, and such like. Of compounded things be *Trisantalum*, *Diacodion*, old conserue of Roses, and many other more which are before mentioned. Simples, which binde and warme, are Putmegs, Cyperus nuts and the leaues, Frankinsence, Myrre, *Laudanum*, red Styazar. Amber, *Ameos*, Cinnamom, parched Annis, and such like. The compounded be *Diamintha*, *Diacinnamomum*, and all that are of the like nature.

The other kind of *Dysenteria* or bloody Fluxe. §. 28.



I hath bene shewed before, that the learned haue described yet another manner of bloody fluxe, the which by the vnskillfull is wrongly called by the name of *Dysenteria*, for it cometh without any scrapings of the guts, and with much more blood then the former. Wherefore it is rather to be taken for a fluxe of the Liuer then for ought else. This flux is also threefold: first, idle persons that are full of blood, and that eate and drink much; also they that omit their wonted exercises, are very subiect to this infirmity, for these of necessitie must haue ouermuch blood, which nature seeketh to expell as she doth all such things that in any way are troublesome vnto her, but especially in the Liuer, albeit that some other inward parts might cause the same.

The signes of this fluxe are first cleare blood, which with a great quantity doth suddenly passe away at one time, and returneth againe afterwards. It may also be well caused of sharpe medicines, which may be vnderstood and knowne of the patient.

Secondly, it may also happen through weakenesse of the retentive vertue: for if there be no perfect digestion, then seemeth the blood like vnto water wherein flesh had bene washed, and so is auoyded with the ordure by scoole. In like manner it may be caused also very well through melancholy, and in the scowring is the blood blacker. But if it come through the inward piles, then is the blood cleare, yet somewhat blackish. Sometime it is caused through some veine, which chanceth to breake within the body: And then doth this scowring come very suddenly, little or much, according to that the veine so broken is great or small. The difference betwene all these fluxes of blood is, that the Hepaticall fluxe is without paine, where to the contrarie, all other are not without paine and anguish of the place, from whence the blood issueth.

Thus

Thus for to cure this bloody fluxe, plethoricke persons who be infected with this scowring, must betake themselves to all manner of sobriety in eating and drinking: open a veine, vse some exercise, and purge if need require. But if so be that the same be caused through any sharp medicine receiued, then is this scowring to be stayed by taking three dragmes of Cresses seede with stealed milke, or through any other binding medicine before mentioned.

This plaister following is to be applyed on the Liuer: Take Roses, red Saunders, of each halfe an ounce, Spike one dragme, Barley meale two ounces, Wine and Vineger, as much as will suffice for to make a plaister, lay this warme vpon it. If this scowring procede through heate, then giue him *Triasantal*: Or if it come through cold, then giue him some warming Confection, and other things moe which be rehearsed before. Secondly, if there run any black blood amongst it, then open the Median. It is also good for this, that the body be well rubbed morning and euening about the place where the disease is, so that those things whereby these parts are nourished, might be drawne thither. But if so be that there be any veine broken, then looke what is writtten of the casting vp of the blood, which is caused through a broken veine, in the second part, the fifth Chapter, and 18. S.

Of all bloody Fluxes in generall. S. 19.



Or a conclusion of all these bloody Fluxes, there is to be added vnto them, to wit, if so be that through any excessive scouring, (of whatsoeuer occasion it be) the patient fall into a swoond (like as it hapneth) what is then to bee done in it: First of all, he is to be cherished with water, & moe other meanes are to be vsed for it, as in the second part, the sixt Chapter, 2. S. hath bene said of swooning.

Further, the patient is to be nourished with good meate, and Wine, to wit, with roasted Pullets, Turtle Doves, and other Doves, Cloues, Rose water, Galingall, and *Lignum Aloes*, which be very meete for him. When as then the swooning is past, then are all meanes to be sought for to stay his scouring, and to bring the patient to rest and sleape. There is also to be giuen vnto him one dragme of Treacle, or *Philonium*, and if so be that he can abide it, then let him bathe, euen as is herebefore admonished.

Item, we will moreover adde hereunto a generall rule, how a man is to gouerne himselfe in these bloody fluxes. First, he must beware of all moist meates, because that thereby the moisture of the body is augmented; but there is much rather to be vsed all that is dry, like as hard baked Egges, and such like, without much salt, and much fat. Also all things are to be dressed with stealed Water, Dafen pap, Barly pap, and Pullets broth are not forbidden, neither yet thines of bread baked in fat or butter. He shall also eate white bread: red Wine is better for this sickness than white: but if you get no red Wine, then take old white Wine which is not so soure, and temper the same with stealed water, temper therewith some parched Gum, Bolus, and burnt Acorie. In like manner also temper some iuyce of Barberries in his drinke, or in stead thereof, vse wine of Barberries.

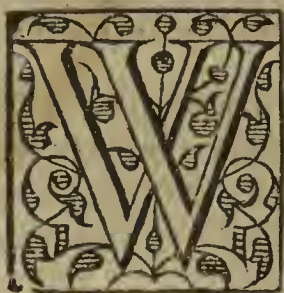
Almond milke made with stealed water may he also drinke, but not to drinke much is best for all loosenesse of the belly.

And whereas in this sickness the patient commonly loseth his appetite, yet are there some Phisitians who permit the patient to eate what he most longeth for, albeit they do counsell most of all for bread and other meates, which be most necessary for this sickness. Betwene meales be conserue of Roses and *Pharmalade* very commodious to be eaten.

For in this sickness is the patient to be kept quiet, warme, and well couered, and rather to let his ordure and excrements in a boll vnder him, then to rise often, for the lesse that he is stirred, the sooner will the scouring be stayed.

All that is too hote and looseth much, is forbidden in this infirmity, whether it be Spice, or any herbes: likewise also very strong Hony, Milke, Fruite, Cheese, Fish, and all doughie meates.

Of the Constipation or binding in the body. §. 20.



We haue hitherto discovered many kinds of things which doe stay the flux or laske. But it is well known to all men, that the health of man is oftentimes neglected, through constipation of the body, and when the excrements haue not their naturall course: therefore it is the principall determination of all famous Physicians, to keepe open the body for all manner of sicknesses, whereby the superfluous matter and bad humors may be auoyded, euen as euery where may be seene throughout this whole booke. And albeit this binding of the body proceed of diuers causes; yet it is not needfull to dispute further thereof, because that in certaine sicknesses which be caused through this constipation, is sufficiently spoken of it: We will here therefore speake of the binding of the body in healthy persons.

For this is first needfull a common and necessary rule, to wit; all that is taken to loose the body, it be done fasting, that is, when the stomacke is emptied of other meates, and that one fast an houre or twaine after it: for if so be that the meate be mixed with the medicine, then can it not performe his operation as it behooueth; for it will thereby be hindered and enfeebled. Secondly, to begin alwaies with the weakest and easiest things: and if they worke not strongly enough, then are after that more forcible things to be vsed. And because no safer things can be vsed, than Suppositoies and Clusters, therefore we will first of all begin to speake of them.

Suppositories to prouoke Stooles.

There be made many kinds of Suppositoies, whereof these are the easiest: Take Honie as much as you please, seethe it hard, and to proue if it be sodden enough, let a drop fall vpon a cold stone, or vpon an Iron, which being cold, will spring in peeces if you strike vpon it; if that it do not cleaue, then it is sodden enough. Afterwards temper amongst it salt and meale, and powre it on a stone table, or on a Tin trencher, and roll vp the Suppositoie as thick as you will haue it: then cut it off and make both the ends sharpe and euen by the fire or candle, and afterwards reserue it in Sallad oyle, or in Lyne oyle. These Suppositoies are to be put into the fundament, and to be kept therein as long as is possible. In like manner doth also this ensuing: Take two parts of meale and one part of salt; make a Suppositoie thereof with the white of an egge, and keepe it dry.

Other some vse in steede of this Suppositoie, that which followeth hereafter: They beate the white of an egge, and stir a good deale of salt amongst it, and a little Sote: they put the same in a fine cloth the quantity of a Nutmeg, and binde it fast, and let a threed hang at it; being anointed with fat or oyle, put the same into the fundament, and when you will goe to the stoole, then plucke it out againe.

Stronger Suppositoies, which are to be vsed at the Apothecaries, are these: Take *Species Hiera simplicis* one dragme, Salt halfe a scruple, Hony one ounce; seethe these all together hard, and make Suppositoies of them. These may be vsed with all safety. But if you will haue them yet stronger, then put halfe a dragme of *Sal gemme* vnto it.

Species Hiera.

The foresaid *Species Hiera* be thus made: Take Cinnamonome, Masticke, *Asarabacca*, Balsam fruit, Saffron, Balsam wood, & Castie wood, of each one drag. Aloe two ounces; make a powder of them. There be also Suppositoies to be made (if there can nothing els be gotten) of salt Lard cut in long slices; of Allume cut also of the longest fashion, and of Venice sope, &c. For yong children are also Suppositoies made of fresh Butter, Figs, and Beet roots, and such like. Also there be made for especiall sicknesses many kind of Suppositoies, which be not here specified.

The Clusters be maruellous requisite to open the Constipation of the body, and of more effect than the Suppositoies: because that through their moisture and slipperines, they enter further into the bowels, and doe there supple, soften, and prouoke the going to stoole. Of these Clusters we haue euery where described diuers in this our booke: yet we will recite heere certaine more, which doe open the body without any paine. Take Pallowes three handfuls, Beetes, Mercurie, of each two handfuls; seethe them together and wyng them out: then take of this decoction twelue or fiftene ounces, three yolkes of Egges, oyle of *Sesamum*, or Lineseede foure ounces,

ounces, *Sal gemme* halfe a dragme, temper them together, and minister it warme.

Item, take mutton broth, Meale broth, or Hen broth, as much as before, melt therein fresh Butter, and Ducks grease, of each one ounce, Saffron halfe a dragme, oyle of Dill and of Lillies; of each one ounce and a halfe, Indie salt one dragme, and then temper them together, this is somewhat stronger.

There may also be taken in stead of the foresaid oyle, *S. Tho.* Sugar, and oyle of Violets, of each two ounces: but if so be that the paine be great, then may be tempered with it one dragme of *Philonium*, and one ounce of the oyle of *Handagoza*. In fine, all common Clisters bee fit for this which be made of fresh broth, Salad oyle, oyle of Violets, boyled *Mallowes*, *Betes*, *Pellitory* of the wall, *Cammomil*, *Melilot*, and such like suppling things.

Some do vse also these things following in the stead of suppositoies: Take new Milke and Butter, of each two spoonefuls, make it warme, and vse it as a Clister.

There be also many easy Conserues and Confections which doe also loose the body, like as conserue of *Pellitory*, which by long continuance doth loose if one take it alone. First, you haue before in the first part, the twelfth Chapter, in the second s. a conserue of Currans, and others which be very requisite. How commodious also the Cassia is, hath in many sundry places beene scene: yet hereafter ensueth a very notable and safe confection of Cassie and manna for to keepe the bodie open. Take Damaske *Runes* one ounce, Violets one dragme and a halfe, faire Well water nine ounces, seethe them together vnto the halfe, and temper in this decoction Cassie two ounces, solwe Dates halfe an ounce, Manna one ounce, sirupe of Violets two ounces, Sugar candie, and Sugar pennets, of each halfe an ounce: bruse the solwe Dates in the decoction, and then boyle them thicke with other confections, powze then the dissolved Manna vnto it, that through seething it lose not the force. This confection is requisite for all daintie persons which be bounden in the body, for it hath no vnpleasant taste, it doth lose very gently, expelleth *Choleram*, and asswageth an Ague.

Also for a gentle laxation one may eate Cassie out of the pipe one ounce, casting away the stones.

For the same purpose are these Confections following also fit: Take a quart of good Rhenish wine, steepe therein the space of fire howres halfe an ounce of Sene husks, and one ounce and a halfe of Sene leaues, let them boyle well: temper afterwards in this wine Currans poned small one pound, fat Figs three ounces, rub these through a Strainer, which being done, put foure ounces of Sugar candie vnto it, and then let it boyle vntill it be metely thick. Lastly, you are to mire with it halfe an ounce of Cinnamome, whereof you are to vse halfe an ounce at a time.

These laxative confections following are commonly ordained in Minerall bathes: Take ryndes of yellow *Diobalanes*, and of Indie, of each one ounce, bruse them well with Currans, Sene husks two ounces, *Polipody* rootes one ounce and a halfe; let this seethe together vnto the halfe in the water of *Betonie*, Sage and Buglosse, of each fire ounces, water of *Mints* three ounces, temper amongst them *Agaricus* one dragme and a halfe, *Rubarb* one quarter of an ounce, Ginger one scruple, Thyme and wilde Thyme, of each halfe a handfull. When it hath sodden metely well, then let it stand a night, and in the morning wring it out, then mire foure ounces of Cassie amongst it, the iuice of Currans (which is *Looch de Passulis*) two ounces, beaten Cinnamome one ounce, *Spec. letitie Galeni* one quarter of an ounce, Sugar fire ounces, seethe them with *Betonie* water vnto a sirupe, and make a confection of it.

Solwe Dates be also a blessed medicine, for they purge very mildly, and therefore they bee seldome vsed alone, but what force and vertue they haue, is sufficiently shewed in the first part of this booke.

The laxative confection of *Runes* (called *Diaprunis lenitiva*) is very pleasant and meete: it doth not only loose the belly, but delayeth *Choleram*, it quencherh thirst, and is good for all heate, but especially when the Ague is in his prime, and it is thus prepared: Take fiftie *Runes* (the stones pluckt out) seeth them in sufficient water, then bruse them through a Strainer, that the skinnies may tarie out: afterwards put the broth or liquoz into the same pot where they were sodden on the fire againe, and put vnto it three quarters of an ounce of dyed Violets, and let it seethe vp twice or thrice, then strayne out the decoction, and put it vnto the foresayd brused *Runes*. This being done, put fire ounces of Sugar vnto it, and let it seethe againe vntill it be

Diaprunis lenitiva.

thickish, and then take some of the liquoz remaining, and therewith temper Cassie and solwe Dates, of each one quarter of an ounce: lastly, mixe all together, and let it boyle softly untill it be as thicke as a confection.

Item, take powdered Rubarbe halfe an ounce, fresh conserue of Roses two ounces, temper; and vse thereof about one quarter of an ounce at a time.

There is scant any confection which is not onely more meete for this matter, but in many other causes moe, then that which is called at the Apothecaries *Electuarium de Sebesten*, and is therefore woorthie to be rehearsed.

*Electuarium
de Sebesten.*

Take *Sebesten* and *Prunes* (having both of them their stones taken out) of each two ounces and a halfe, Violet water six ounces, water of blew flowers deluce, and *Pompeon* water, of each three ounces, Mercury water two ounces, Sugar pennets foure ounces, *Rob de Prunis* six ounces, peeled Melon seede, *Pompeon* seede, Gourd seede, and peeled Cucumber seede, of each one ounce, *Diagridion* one dragme and a halfe beaten small; boyle these frutes in the waters, then driue them thozow a strainer, and boyle them with the Sugar, and when it is almost cold, then adde the seedes cut very small, and the *Diagridion* beaten finely. This confection is very good for all hote Agues: for it easeth thirst, watching and bitternesse of the mouth, and doth cause much vyne to be auoided.

*Diaturbith cum
Rhabarbaro.*

There be also many kinds of Spices prepared, wherof Confections and other things be made of which we will heare describesome: to wit, *Diaturbith cum Rhabarbaro*, which is thus prepared: Take *Turbith* and *Hermodyli*, of each one ounce, Rubarbe one quarter of an ounce, *Diagridii* halfe an ounce, white and red Saunders, Violets and Ginger, of each one dragme and a halfe, Annis, Masticke, Cinnamon and Saffron, of each one dragme and a halfe, Sugar foure teene ounces and a quarter of an ounce: make of all these premisses a powder or Confection.

Another: Take Rubarbe halfe an ounce, Cloues and Galingall, of each one quarter of an ounce, *Hermodyli* and white Sugar of each three dragms. *Diagridii* six ounces, Sene leaues one quarter of an ounce, Indy Spica, Saffron, Ginger, Annis and Masticke, of each one scruple: lastly, make a powder of it. Both these are fit for to purge all bad humors, be they *Cholera*, *Plegma*, or *Melancholia*.

*Tabulats of
Ginger laxa-
tiue.*

The purging Tabulats of Ginger be made thus: Take beaten Ginger one quarter of an ounce, Cinnamon and Cloues, of each one dragme, Putmegs and Galingall, of each one scruple, Saffron fourteene ounces, *Turbith* halfe a dragme, *Diagridion* one dragme, Sugar two ounces; make Tabulats of it: exhibite not aboue one quarter of an ounce at once, for they be meetly strong. The like purging Confections you may find very many at well furnished Apothecaries; to wit *Diaphoenicon*, *de succo Rosarum*, &c. Take *Epithymum*, Polypodie rootes, and Thyme, of each one dragme, Sene leaues three quarters of an ounce, Argall three dragmes, Cinnamon and Annis, of each one dragme, the powder of Dill leaues one quarter of an ounce, make them into powder: take a dragme of it, tempered with fresh bzoeth.

*The powder
Pasaphan.*

In Italy they haue a powder called *Pasaphan*, which is there much in vse; and is thus prepared: Take Sene leaues three dragmes, *Turbith* one quarter of an ounce, good Rubarbe one dragme, Liccorice, Annis, Fennell, of each halfe a dragme, Indy Spica five graines: these being all powdered, and then giuen one dragme at the most with wine or with any kind of water.

This powder is very common at some Apothecaries, and is thus prepared: Take *Turbith* halfe an ounce, Cinnamon and Ginger, of each one quarter of an ounce, Galingall, Masticke, Cardamome, Cloues, of each halfe a dragme, Annis one dragme, *Hermodyli*, *Diagridion*, Sene leaues, of each halfe an ounce, Sugar three ounces; temper these together, and giue him a dragme of it at the most.

*Medicamen de
Turbith.*

Medicamen de Turbith is also common, whereof here do follow two sorts: Take white Ginger, Masticke and *Turbith*, of each halfe an ounce, Sugar one ounce and a halfe; mixe these to a subtile powder.

The other: Take *Turbith* halfe an ounce, Ginger one quarter of an ounce, Masticke tenne graines, Sugar three dragmes: this being beaten small and tempered well together, purgeth slimie humors: of the which may well be giuen to yong children, women in child bed, old folks and all dainty persons, one dragme at the least at one time. Of all which may be giuen according to the ability of the person more or lesse.

Sene

Sene powder called *Pulvis Sene preparata*, is not onely laxative; but also purgeth marvellous well the head. *Pulvis Sene preparata.*

Take Sene leaues one ounce and a halfe, Ginger and Putinegs of each two dragmes, Cinnamon and Argall, of each one dragme and a halfe: make a powder of it, and giue one dragme of it at once.

A powder: Take Turbith one quarter of an ounce, Ginger, Cinnamon, Pastick, Galingal, Cardamome, Cloues, Annis, *Hermodyli*, and *Diagridi*, of each one dragme, Sene leaues halfe an ounce, Sugar one ounce; or put vnto them as much Sugar as you thinke good, for without Sugar it is not to be taken aboue one dragme. Item take Sene leaues halfe an ounce, Ginger, and Cinnamon, of each one dragme, Sugar one quarter of an ounce: take the halfe thereof, and strew it vpon a slice or thine of tosted bread, that hath bene steeped in wine, and so eate it. But if it do not loose, then eate another slice of bread and the rest in a morning. It is surely good.

Amongst the things that one doth eate, some mixe Mercury leaues in a Sallad, for they do easily loose them that be apt to go to stoule.

Item, Dates, *Picrobalanes*, stued *Prunes* strewed well with Sugar, do loose the body very mildly. Likewise also Damaske *Prunes* strewed with Raisins, do loose also if one sup by the both withall, five or sixe Figs eaten before meate, do open the body. Item, Currans washt in sweet Wine, and steeped therein, and afterwards dried and strewed with Sugar, are also very good for this purpose. Or take Raisins (as is sayd) which be steeped, halfe a pound, beate them and wring them through a hairen strainer, Sugar two ounces, Sugar of Roses, and Honey of Roses, of each one ounce and a halfe, seeth them well by a mild fire vnto a confection, then take of it as often as you will the quantitie of a nut.

Also you may steepe these Currans in oyle of sweet Almonds strewed with Sugar and then eaten, for much Sugar hath a laxative nature, and especially in young children.

Now will we write of certaine laxative potions, of which be diuers readie at all well furnished Apothecaries to be had; and albeit you may vse the same alone, yet notwithstanding haue all Physitions ordained, that the same shall be commonly tempered and taken with purging medicines, whereof here shall follow some, which the Apothecaries at *Augusta* haue at all times in a readinesse.

First they haue a drinke which they call *Decoctio communem*, which is a common decocted potion, made after this manner: Take ten or twelue *Prunes*, Licorice, Currans, Annis seede, and Fennell, of each halfe an ounce, floures of Burrage and Buglosse, of each one dragme and a halfe, powze a quart of water vnto it, seeth it so long untill a third part be wasted, then straine it thorough. This drinke ensuing is of a temperate nature, for it is somewhat more cooling, and the same is to be vsed in the Sommer. *Decoctio communis.*

Take Currans, Licorice, *Prunes*, *Quiubes*, Violets, Barley, peeled Melon seede, Pompeon seede, Gourd seede, and Cucumber seede, of each one quarter of an ounce, boyle them together in water like as is said before.

Take *Fumitorie*, Betonie, Hints, Bugwort, of each halfe a handfull, floures of Burrage and Buglosse, of each halfe a dragme, Annis, Fennell, *Afarabacca*, of each halfe an ounce, wild Saffron seede three quarters of an ounce, *Calmus* one ounce, Polipody rootes, *Agaricus*, of each one quarter of an ounce, Sene leaues one ounce, the seedes and rootes must be beaten grosse, (letting them seeth first a little) afterwards put vnto it the herbs, floures, and *Agaricke*, and so let them seeth again: when it is then cold, wring it out hard, & keepe it well very close stoppt in a coole place. In like manner there is prepared a stronger which is called *Decoctio aperitiua maior*, and is made thus: Take Endiue, Licorice, *Fumitorie*, of each one handfull, *Agrimonie*, Windweed, and Harts toong, of each halfe a handfull, floures of Burrage and Buglosse, of each one quarter of an ounce, Thyme and wild Thyme, of each two dragmes and a halfe, rootes of Fennell, Smalage, Parsly of each halfe an ounce, Annis & Fennell seede Melon seede, of each one quarter of an ounce, sliced Licorice halfe an ounce, rootes of Cipers, rinds of Tamariske, of each three dragmes, Sene leaues two ounces, Polipodie rootes one ounce, *Agaricus* halfe an ounce; seeth them all together in water like as is sayd before, the wring it wel out. You are to steepe in this decoction Rubarb three dragme and a halfe. And *Spica* one scruple, *Sal Gemme* halfe a scruple, Cinnamon two scruples, let them stand together to steepe all a whole night, afterwards seeth it *Decoctio aperitiua maior.*

it once in boyling water, straine it very well out, and put five ounces of Sugar vnto it.

Decoctio Senae.

A decoction of Sene leaues called *Decoctio Senae*: Take Sene leaues two ounces, and Sene husks one ounce, rootes of Cicozie, Agrimonie, Hyssope, of each half a handfull, Polipody roots one ounce, seeth them together in a quart of water vntill the third part be decocted away, then wzing it, and keepe it in a coole place.

Infusio Senae.

Another, *Infusio Senae*: This decoction is much vsed for the Pockes at *Augusta* in Germany; for which it is most meete: Take the huskes and leaues of Sene, of each five dragmes, Ginger two scruples, Burrage flowers, Violets, Roses, of each one scruple, Polipodie one quarter of an ounce, Currans halfe an ounce, ten or twelue *Sebesten*, sliced *Agaricus* halfe an ounce; powze vpon them sixtene ounces of boyling water, and let it be steeped the space of ten houres by the warme ashes, afterwards wzing it out and keepe it well, whereof is commonly three or foure ounces taken, and sirupe of *Fumitory*, or *De Bizantiis* one ounce and a halfe, or two ounces tempered together, three or foure dayes one after another.

There be also vsed many other laxatiue potions, like as this Wine following: Take Sene leaues two ounces, *Thymus* and *Epithymus*, of each one ounce and a halfe, flowers of Burrage and Buglosse, of each three handfulls, Harts tong, and rootes of Cicozie, of each two handfulls, Rosemary, *Stechas*, of each one handfull, Roses and Balme, of each three handfulls: these are to be put drie and sliced into a little Kunlet, and powze fiftie quarts of Must vpon it, and then let it stand and clarifie, when as neede doth require, then may you take a good draught of it before meate.

Item, drinke Pullet broth wherein Prunes are decocted, and to eate the Prunes is very commodious. But this broth relaxeth better when it is boyled with Currans and with Sugar. In like manner new Whay well salted and drunken warm doth lose, but better if it be sodden with Prunes.

In like manner also are you to take Wormewood, Hony, and Sugar according to the abilitie of the person, seeth this together in water, and drinke a good draught thereof. Item, take Sanicle with the rootes, seeth it well, and drinke of it the quantitie of foure ounces, tempered with hony of Roses.

If so bee that pilles cannot bee vsed, then take foure ounces of water wherein Malloes were before decocted, and dissolue Sugar therein or Hony of Violets, and so drinke it. Or take Linseed, Hops, & Burrage, al together, or each a part, decoct them to a potion, this loseth also. The same doth also one ounce of Polipodie, and halfe an ounce of Fennell seedes decocted together. Item, take conserue of Eldern one ounce, or one ounce and a halfe, dissolue it in fresh broth one pound, and drinke fasting a good draught thereof. Fumitorie and Goats milke boyled together doth not onely loose the belly, but also cleanseth the blood.

The decoction of Charuill and of larkes spurres do also open the bodie. Item, the decoction of Coleworts, of Beetes, and of Lentils, in euery of these are you to temper the quantitie of an hassell nut of fine Turpentine, and to drinke it warme, which is also good for the excoziation of the guts.

The decoction of Creuises, and of all other fishes, are also very good for relaxation, but sweet oyle of Almonds is most commodious for this purpose, more sure and most pleasant being taken with Sugar. It allwageth all griping of the belly, and of the bzeast: which oyle is thus to be made.

Oyle of Almonds.

Take Almonds as many as you please, make them cleane, beate them small, rost them a litle on hote ashes, or on a small fire, stirring them allwates about; put them afterwards very hote into a strong bag, which is made wet in Rosewater, and pzeffe it out forcibly, then haue you a fine and cleare oyle, whereof may be vsed for aged folkes foure or five ounces tempered with course Sugar, for children, and also for the first bozne, each according to his age.

Thicke or puddle Wine, doth not onely bind the bodie but doth oppilate also the Liuer, the Milt, and the Kidneyes, this do they which drinke much of it, therefore it is to be refrained.

Of all laxatiue medicines and potions, Panna is not the basest, but is highly commended aboue all other things, for it is one of the blessedst medicins, like as is mentioned more at large in the Introduction. This Panna is ministred diuersly, according to the abilitie of the person, like as water of Burrage, fresh broth, and such like. You may also giue of this Panna to yong children, to each one according to his age, be it in their Drinke, Milke, or Pap.

The vse of Cassie.

In like manner is Cassie also a very notable and laxatiue medicine, even as is shewed here before

before at large in the introduction: for it is much more commodious to be taken after the forme of a conserue, than in any kinde of potion, by reason that there must be put vnto it so much more store, thus will we here prescribe for an example how the same is to be vsed: Take the rootes of Polipody chopt small one ounce, seeth them in the water of Burrage eight ounces, and dissolve therewith one ounce & a halfe or two ounces of Cassie, letting all that is black be washed cleane off, and then drinke this warme, it looseth very gently.

Here before in the first part, in the first Chapter and 3. S. you haue a good mead of Sene leaues for children and other persons very necessary to be vsed, yet, this following may be prepared: Take Sene leaues half an ounce, Ginger and Annis, of each one quarter of an ounce, beaten Licorice three dragmes, seeth them all together in sixtene ounces of water euen to the halfe, drinke the one halfe in the morning and the other halfe in the euening.

Also there be certaine Sirupes vsed for the loosening of the bodie, whereof the chiefest is, the laxatiue sirupe of Roses, which is before described in the first part.

Also there is made a sirupe of Sene leaues, as hereafter followeth. Take right Endiue, Cicozie, Agrimony, of each halfe a handfull, Venus haire, Parts tooing, of each halfe so much, seeds of Melons, Pompeons, Cucumbers, and Gourds, of each one dragme, wild Saffron seede, Polipody rootes, seeds of Endiue, Cicozie, and Licorice, of each two scruples, Barly one ounce, winter Cherries, Windweed, of each one quarter of an ounce, ffearne rootes, Smallage, Fen-nell, and Sperage, of each halfe an ounce, Currans three dragmes, fire or seauen Pynes, floures of Burrage, Buglosse, and Violets, of each halfe a dragme, seeth them all together in a quart of water almost vnto the halfe, wring it well out, and then lay to keepe in this decoction one ounce of Sene leaues, prepared *Agaricus* halfe an ounce, Kubarb three quarters of an ounce. When it hath stood so one night, and is wroong out, then temper with it, *Syrupum Capillorum Veneris*, which is the sirupe of Venus haire, the sirupe of Violets, of each one ounce, white Sugar three ounces, let this seeth by a soft fire vnto a sirupe: lastly, put more vnto it halfe a dragme of beaten Cinnamome, and one scruple of yelloe Saunders, and so keepe this sirupe vntill that you will vse it.

Sirupe of
Sene leaues.

Of this sirupe you may boldly giue one ounce, or an ounce and a halfe, or more, vnto all delicate persons, yea to women also with child, and that with fresh broth, or any distilled water, for it is very safe.

Another Syrupe. Take Endiue, Liuerwort, Venus haire, all greene, of each one handfull, red and white Saunders, of each one quarter of an ounce, Melon seede, Gourd seede, Cucumber seede, Pompeon seede, and Burrage, of each halfe an ounce, Sene, *Epithymum*, of each one ounce, Kubarb three quarters of an ounce, Turbith halfe an ounce, Indie Spica halfe a dragme, Ginger one dragme, Sugar twelue ounces, dissolved in Endiue water, make a sirupe of it like as is taught in the first part, the first Chapter, and 6. S.

Hony of Roses looseth also very well, especially that which is made of the iuyce of Roses, euen as it is described in the first part, the foureteenth Chapter, and 4. S.

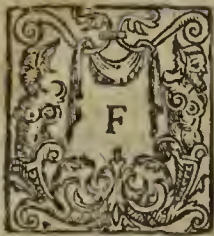
For this are also sundry pils prepared, and that after this manner following: Take *Bdellium* and *Aloe*, which haue bene steeped the space of three daies in Sheepes milke, of each one quarter of an ounce, temper them, and forme pils of them, vse thereof one scruple, or halfe a dragme at once, they will do you much pleasure. Item, take before supper one dragme of washed *Aloe*.

This salve following is also laxatiue, if that the belly and the nauell bee annointed with it: Take the salve *Agrippa*, and the confectiō of *Hiera*, of each halfe an ounce, the iuyce of Swines bread and Scammonie, of each three graines, *Euphorbium*, Turbith, Coloquinte, of each one scruple, beate them all together. Item, take Pitch and Frankinsence, of each a like quantitie, cast them on hote coles vnder a close scoole, and sit ouer it with the bare buttockes, it looseth.

For a conclusion, there is to be found through this whole booke, how that the body is to bee loosed and opened for all manner of sicknesses; but this is onely spoken of all them who be in health, and cannot go to scole.

Of

Of the straining or vnſatiabſe deſire of going to ſtoole, which is called *Tenaſmus*. §. 21.



As much as through both the foresaid maladies, as well of the excessive going to the ſtoole, as through binding in the body, this straining which the Grecians do call *Tenaſmus* and *Teneſmus*, may be prouoked: therefore we cannot omit, but adde the same vnto the rest, and is thus described.

Tenaſmus is a disease or maladie in the end of the Arſegut hard by the fundament, with great paine, and continuall deſire to goe to the ſtoole, where notwithstanding the patient can be discharged and rid of very little or nothing at all. We doe call these kinds of ſcourgings properly a straining to goe to the ſtoole; for it commeth for the most part alway with such a force, that it driueth out the Arſegut, and the fruit of women conceived. The cause of this scouring may be as well inward as outward cold, like as when any one doth sit vpon cold stones, or it is gotten of the cold ayre, or in the water: contrariwise also it may be caused through heate and drought. Item, of any sharpe rheume of the stomacke or Liuer, of corrupted meates, or much moisture, through the vse of much fruite, through Wormes, impostumation of the bowels, binding in the body, swelling of the Vyles, and also of any tough and subtle *Phlegma*. The signes whereof are easily to be discerned by the report of the patient, and view of the place, and ordure. Now as touching the remedies, Clisters are best of all for it. If this maladie doe come of cold, then make the Clister thus: Take Mints, Marierom, Cammomill, Melilot, field Mints, Southernwood, of each one handfull, decoct them in sufficient water. Take of this decoction twelue or sixtene ounces, oyle of Cammomill, and of Lillies, of each one ounce and a halfe; then make this Clister very warme: but if there come any binding or stopping with it, then temper therewith *Benedictam laxatiuam*, or *Hierampicram*, three quarters of an ounce or one ounce. The herbs and all that be decocted for this Clister, stamp them all to pap, and temper them with oyle of Rue and of Lillies, and let it boyle a little while, and lay it vpon the place where the paine is, and when it is cold, then lay on another that is warme, doing this 3. or 4. times one after another. When as then this straining of going to the ſtoole is red, then are you to vse this following: Take ſealed Cow milke or Goats milke, Nutton broth, or Aleale both twelue or sixtene ounces, melt therein one ounce, or one ounce and a halfe of Sheeps suet, and two ounces of the oyle of Roses, then temper them together, and vse this Clister oftentimes. Item, take twelue ounces of Palmesey, the yolke of an Egge, let them boyle together in a drinking pot or kan in a Kettle of water vntill it be very hote, then giue it afterwards vnto the patient, it is a very safe remedie. When all necessary medicines haue bene vsed to this kinde of laske, and yet the paine doth not diminish in ten dayes, then may one vse the Clister which is described in the 17. §. beginning thus: Take peeled Lupins &c. and that at two or three times as the case shall import. If these scourings be of a cold cause, then roast Millet or Panicke with salt, and lay vpon it, or fill three bags with Bran, let them boyle in wine or water, lay one of them vpon the belly, another vpon the backe beneath, and the third vpon the fundament, as warme as may be possibly suffered, and when they bee cold make them warme againe. Afterwards annoint the place with warme oyle or with the salve *Marciaton*, and sprinkle wine vpon a hote stone, then lay a cloth vpon it against the burning, and sit vpon it with the buttockes as hote as may be suffered. Others do counsell for to foment the fundament with red Wine, wherein the herbe *Verbascum* hath bene sodden; and afterwards to sit vpon a hote Dake or Cipers wooden boord. Some do commend for this a Poplar boord: if one cannot get such a one, then a Firre boord, and as soone as one is cold, then to take another warmed againe, and vsing this so long vntill he feele the warmth within the belly. When is the fundament to be annointed with molten Harts suet, or to fume it with Pitch, like as not long ago hath bin rehearsed. Item, Hollihock roots, Linſeede, Fenegreek, Cammomill, Melilot, the vpper sprigs of Coleworts, of each three ounces, powne them all together, and seth them in reasonable water. You are therewith to wet a sponge, wring it out, and sit thereon, and lay it vpon the fundament, yea, to sit also in the water. Item, take the seeds of Plantaine, prepared Coziander, Mistle seed, Acorne cups, yellow seeds of Roses, Cipers nuts, of each one dragme and a halfe, Gum, and Dragagant, (both parched) of each one ounce, beate them together, and put them in a bag, and seth them with

with Wine, then must you sit hote thereon. Item, seeth oaken leaues with water in a bag, and hold the fundament vnto the heate of it, and when it is cold, make it hote againe, and doe this oftentimes one after another.

For a salve: Take oyle of Roses one quarter of an ounce, Saffron xv. graines, Shæpes seiwet, Dære seiwet, of each one ounce, make a salve thereof, it doth marvellously take away the paine.

Another. Take Frankinsence, *Lycium*, Saffron, Gum, *Opium*, of each one dragma, vnripe oyle of Oliues, *Colophonia*, of each thre dragmes, Ware as much as is needfull for to make a salve with it, the Lard of a Boze, and of all fourefooted beasts: also the fat of all Fowles is especiall good to be vsed for this disease.

You shall take for a plaister Hollihock rootes, Linsæde, Fenegræke, of each one ounce, seeth them wel, and polue them together, and temper amongst it half an ounce of powdered Cammell, the yolks of two Eggs, and lay it against the fundament. For this, may you also take Garlike boyled to grout, the heads of Leekes fryed in Butter, with oyle of Roses, and a little Wax made into salve may also be vsed for this purpose.

For this is also requisite the fume and vapoꝝ of diuers things, as the leaues of a Pearetree, of Medlars, Aninces, Dragon blood, fine *Bolus*, blossomes of Pomegranats, and sealed earth, whereof you may seeth (which you please) with Wine. When as then the patient hath bene at scoole, then is he to receiue beneath the vapoꝝ of this wine powdered on a hote stone. Item, take a hote brycke, sprinkle it with Wine and Masticke, vse it as befoze. Or make a fume with *Colophonia* or Pitch.

This confection also following may be vsed: Take Birtle seede, Pomegranate blossomes, Roses, and Pomegranat pills, of each halfe a handfull, Butchers bzoome seedes, Sozrell seedes, the seede of Plantaine, yellow Rose seedes, Barberries, white Saunders, Masticke, burnt Iuorie, of each one quarter of an ounce, Annis, seedes of Endiue, Cyper roots, and Frankinsence, of each one dragma and a halfe, prepared Coriander, Cinnamon, red Corall, of each halfe a dragma, the iuyce of Sloes, *Hypocistis*, Storax, Cyper nuts, parched Gum, of each one drag. white Poppie seede thre dragmes, polue all that is to be powdered, and with dissolved Sugar make thereof a confection: you are also to put vnto it some iuyce of Pomegranates. Item, take the bones of the head of a fresh taken Pickrell, the waight of a dragma and a halfe, stamp them small, and drinke them with Wine, or any fresh bzoth. This is taken for to be a most sure experiment.

Suppositories which are to be vsed are these: Take Frankinsence, Myrre, Gum, Linsæde, of each one quarter of an ounce, *Opium*, Saffron, of each halfe a dragma, temper all these with the white of an Egge, and make thereof short suppositories, then bind thereon a strong thred, so that you may plucke them out when you will. Some do put Smalage vnto it. These are now the principall remedies for this scowzing: but if so bee that there be other causes with it, as wommes, obstructions, and swellings, whereof we haue heere befoze made mention; you may reade of either in his proper description.

And for a conclusion, all bitter, sharpe and colde things are to be refrained, for that all such make the going to the scoole, gnawing, excoziating, and painful. Bullet bzoth, Barley pap, oaten pap, and such like light meates, are very commodious for him, and aboue all things must he be ware of cold.

Of the paine in the stomacke in generall. §. 22.



These kinds of laskes and bloody sties haue a while seduced me from the infirmities of the stomacke, and because these laskes (as hath beene shewed) for the most part proceede from the weaknesse of the stomacke, with an infection of the Liuer and other parts moe, it would in no wise haue bin decent to haue treated of them elsewhere. But now we purpose to proceede with our intent, and write of the paine in the stomacke, and of all that appertaineth vnto it.

The paine of the stomacke may be caused of diuers and sundry meanes, to wit, of some outwards blowes, falls, wounds, of a piercing colic, or extreame heate, of a bad digestion, that hath long continued, of ouermuch meate or drinke, eating either too hote or too cold things,

of windes contained in the stomacke: and in fine, of all the foure humours of the body, also with or without an impostume. And indeed in this paine of the stomacke, and also in all paines of the Liuer, it were very needfull to vie the counsell of an expert Physitian, that might discern and know whence these infirmities procede, and whereon each symptome dependeth. For if in this point any error be committed, then is this maladie imparted vnto all the parts of concoction. Wherefore great heede must be taken what ought to be vsed in euery accident, for as their causes be diuers, so also doe they differ in their signes.

If this infirmity be procured by some outward occasion, that is to be knowne of the patient himselfe: or if the cause be a bad digestion of the stomacke, that is perceiued by the slowe belchings. If it come by ouerlading of the stomacke and bad digestion, then doth the patient find a heauinesse in the stomacke, with wamblings and vomitings, and good ease after them. If it be caused of heate, then feeleth he a gnawing, heate, drought, and swetnesse in the mouth, because it proceedeth of blood. If it be procured of choler, then hath the patient a bitterness and a taste of Verdigrease in his mouth. The paine that cometh of phlegme, hath alwaies a salt taste with it. Also the spittle may shew what the cause is, whence this infirmity might procede.

Melancholy is knowne hereby, that there is neither heate, nor paine with it, but onely a slowe and a bad sauour in the mouth, which also otherwhiles is perceiued by that which is brought vp by vomit: vnto this is commonly adioyned a hardnes in the spleene, and a paine in the left side. But if this paine of the stomacke procede of winds, then may you perceiue a wambling and belching, or breaking of wind vpward.

These are the commonest signes of all paines in the stomacke, and first we will write of the paine in the stomacke that is without an impostume.

Of the paine of the stomacke without impostumation
through heate. §. 23.

For all paines of the stomacke where there is great perturbance, great wambling, parbzing and vomiting, it may be iustly adiudged, that it doth proceed of an hote occasion, for which, vomiting (by taking of lukewarme water) is to be prouoked; or if the same be too weake, then to put some Gallad oyle vnto it, or oyle of Dill, or oyle of Violets: the same doth also the seede of Drage, tempered with Vineger. But there be in other places other remedies more described for to purge the patient by vomiting: and if this ease him not, then it is needefull that the patient be purged: but first he is to take some preparatiue potions, euen as hereafter follow.

Take husked Barley two ounces, Endiue and small Endiue, of each one handfull, Roses, seed of Melons, Gourds, Cucumbers, and Pompeons, and the iuyce of Pomegranates, of each one ounce. Sugar nine ounces, make a cleare sirupe of it, vntill there remaine about twelue ounces, giue alwaies two ounces of it at once with Barley water or Endiue water.

For this is also *Oxyfaccbara* good, made with the iuyce of Limons or the iuyce of Roses, wherein is decocted a little of the iuyce of Wormewood taken with Barley water. When as these potions be taken, then is to be giuen for a purgation one ounce of *Hiera Picra* with Endiue water: or if the patient feare the bitterness, then may he take this following.

Take Violets and Burrage flowers, of each halfe an ounce, nine or tenne Prunes, slowe Dates one ounce, Currans one quarter of an ounce, seth them in twelue ounces of water, so that there remaine after the straining out foure ounces of the decoction; then lay to steape in this warme Colature one ounce of the rindes of yelowe Citrobalanes, let it stand the space of one night vpon warme ashes, being strained throught in the morning, temper halfe an ounce of Cassie with it.

There is also to be giuen daily to the patient, bread which hath bene steeped in the iuyce of Pomegranates, and *Syrupum Acetosum, de Cydonis* with it, and (as is said before) Mutton broth and such like. Moreover, the Iulep of Roses, of Violets, wine of Pomegranats, Meriuce, with water wherein Lettice, Purslaine, and Endiue were boyled, be very good for this maladie. After purging, the patient may drinke otherwhiles Buttermilk and well water, if so be no impostumation in the stomacke do let the same. He may also eate well Lettice and Purslaine with small Vineger, Melons, and Cucumbers: all his other meates must be light of digesture, as

Hens

Hens, Pullets, Partridges, and small fishes dyest with vinegar, Citrons, Oranges and Limons be very meete for him.

White cleare wine is tollerable for this if it be well watered, but if so be that there come a drought with this heate, then must moyst things be ministred, as namely, Mallowes, Spinage, and such like. And further also to vse water baths: in fine, all that wanteth for this is to be taken and had in the 6. s. where we haue discoursed of a weake stomacke through heate.

Of the paine of the stomacke without impostumation,
through cold. §. 24.

If so be that this paine of the stomacke be bewrayed through belching, then is it easily to be marked, that the same paine is caused through some winde, which is ingendred through cold. Wherefore are we here to shew whence the same is caused: But as much as concerneth the Belching, it shall hereafter be spoken of.

Of the paine in the stomacke through wind. §. 25.

This is the maladie of the stomacke, the which we call Belching, and the Latiniſts do call it *Ructum*, which is none other but the wind which nature expelleth through the mouth, and it is thus described.

Belching is an ascending wind which cometh out of the stomacke, and is not digested, but is driven out through the expulsive vertue of the stomacke.

This is caused of a flegmaticke matter, or meate which is resolved in the stomacke into wind, through the feeblenesse of naturall heate, and is expelled out of the stomacke. Like as for example we apparently see, that in time of great heate, or great cold, the weather is least of all cloudie or foggie.

The causes of these belchings may well be a feeble heate of the stomacke, which cannot digest sufficiently. And albeit there be warmth enough, yet hath he nothing but windie meates to worke upon; and the belching which proceedeth of great heate, happeneth but two or three times one after another. The windy meates are these. viz. porridge of Beanes, Pease, Rye-bread, Swines flesh, Chestnuts, Figs, dried Cherries, Hulf, and all cold meates, which do abate the naturall heate: also roasted Eggs, Onions, Radishes, and all that be of such natures.

This belching may also be caused of superfluous meats or drinkes, for if they cannot be consumed, then do they ingender wind.

Also this may well be caused by a cold rheume, which falleth also into the stomacke; through want of sleepe, through some unnaturall heate or cold, through ouer hot or cold baths, through mightie motions, and through thrusts upon the stomacke, and also by bruising or wounding of other parts, which hinder digestion.

The signes of this belching are these: first when one hath neither smelling nor taste, before he haue taken his meate. Secondly, the stench declareth an vlceration or stinking matter in the stomacke. Thirdly, if the rising of the meate taken, be slowe, and the smatch cometh up againe with it: then is it a signe of a bad digestion. Fourthly, if the belching do come after *Asthma*, or after an heauy breath, then is it good and profitable. Fifthly, in like sort it is very fit, if that any wind comprehended in the stomacke be belched up. But if the wind will not auoyd the stomacke, then is there some other infirmitie to be looked for. Sixthly, the reasonable belching (if so be that the digestion be not thereby annoyed) is very commodious, and the digestion much holpen with it. Seventhly, all they who haue many soure belchings, do not lightly get any prickling or shooting in the breast. Eighthly all they which be awaked out of their sound sleepe, do not well digest, and be much subiect to belching, & that more or lesse according to the meate receiued. Ninthly, the belching which tasteth like Merdigrease betokeneth a great heate and a stinking matter in the stomacke.

And now to proceede to the remedies for the belching, there be first certaine sure rules to be kept and obserued.

First, if there ingender any wind in the bodie which nature would willingly expell, then is it not to be detained at any hand; notwithstanding, for reuerence sake, to forbear it in the presence of other folkes. Secondly, one ought to beware of all surfetting and superfluitie of meate.

As x

Thirdly,

Thirdly, all cold is to be refrained, and especially coldnesse of the fete. Fourthly al they that be plagued with sowze belchings, are to vse *Diatrion Pipercon*, and such like, and to drinke it with wine; but they who haue onely certaine vapors ascending from the stomacke, they are to bee holpen with *Moymeewood* or *Hiera Picra*. Fittly, all they that do belch of an ill stomacke or bad digestion, they must liue very soberly. Sixtly, sobrietie and warmth of the stomacke is passing good for all belching from the stomacke.

Now if that this belching do procede of a cold stomacke, then is the patient to be kept maruellous sober, and to eate nothing but light meate, and therewith to vse one of these things following, as *Diacyminum*, *Dianisum*, *Diagalanga*, *Diapipereon*, *Aromaticum rosatum*. And let these confectiōs be made: Take *Species Diacynamomum*, *Diambra*, *Diagalanga*, of each one dragme, Sugar five ounces, seeth them with the water of Mints or Hyssope, and make Tabulats of it. This being made, then vse one quarter of an ounce of it, or halfe an ounce at once. It expelleth all winds of the stomacke, it consumeth all cold matter of the bowels, and is very commodious for the stomacke and the lyuer, taken before meate. Item, take powdered *Galingale* one dragme, drinke it euery morning with wine. Item, *Cinnamom* chewed long in the morning, doth also auoide all wind. In like manner the confectiō of Bay berries doth vehemently expell all winds out of the stomacke, and out of all other parts. And make this following: Take *Annis*, *Spikenard*, *Pace*, *Louage*, and seedes of *Rue*, of each halfe a dragme, *Commin* one quarter of an ounce, *Sene* leaues one ounce, *Argall* one dragme and a halfe, hony of *Roses* foure ounces and a halfe, Sugar halfe an ounce, the Sugar and Hony shall be boyled untill they be thick, in the water of Hyssope, and temper the rest amongst them: take sometimes also halfe a dragme or one dragme of fine Treacle, or Mithridate in good wine.

Potions, and such like.

Take an old Cocke or Hen, stop it full of *Cinnamom*, *Cloues*, *Ginger*, and *Zeduarie*, as much as you thinke good, let them seeth well, and drinke of this broth euery morning eight ounces at one time. And drinke in the morning a good draught of wine, wherein be steeped *Putmegs*, *Galingale* and cloues. A little *Aquavite* is also very good. You may likewise vse for this vitall waters, *Conserues* of *Betonie*, of *Cyebright*, *Gilloflower* wine, *Betony* wine, and wine of *Cyebright*, are very meete for all cold diseases of the stomacke.

Disrupes are especiall good for this disease, the sirupe of *Moymeewood*, of *Mints*, of *Quinces*, and aboue all *de Calamintha*. And make this following: Take *Parioram*, rumpled *Mints*, *Moymeewood*, and *Penniroiall*, of each one handfull, Hony water foure and twenty ounces, one quart of good white wine; seeth the hearbes euen to the half, then straine it & clarifie the broth, put as much Hony vnto it as you thinke good; temper afterwards amongst it *Ginger*, *Galingale*, *Lignum Aloes*, *Citron peeles* and *Spikenard*, of each one quarter of an ounce, then make a sirupe of it, like as in the first part and the 6. S. is taught. Also you may temper with it *Commin*, *Fennell*, *Caraway*, *Annis*, *Cloues*, *Mother cloues*, or *Cinnamon*. For all these things do expell wind, and strengthen the stomacke.

These pills following do not purge, but expell winde: Take *Asarabacca*, *Commin*, *Fennell*, and *Annis*, of each one quarter of an ounce, the seedes of *Rue*, rootes of *Mandragora*, of each one scruple, *Beuercod* one dragme and a halfe: make as many pills of it as you please, and vse one dragme or one dragme and a halfe of it at one time. For when one will purge, then take these pills following: Take *Indie salt* halfe a scruple, washt, *Aloes* two scruples, *Pil. Alephangine* one quarter of an ounce, temper them together, and make seven or eight pills of them, and vse them at one time.

Suppositories which do draw downe the winds.

Take *Ammoniacum* one quarter of an ounce, *Opopanax* one dragme, *Mare* two ounces, *Turpentine* three ounces, *Indie Salt* one dragme and a halfe, *Saltpeter* two ounces and a halfe, *Rue*, *Caraway*, *Siluermountaine seed*, *Cuscuta*, *Centorie*, *Coloquint*, *Commin*, *Swines head*, of each one dragme and a halfe, *Colophonia*, one quarter of an ounce, melt the Gum, the *Mare* and *Turpentine*, & temper the rest (being beaten) amongst it. Then make suppositories of it the bignes of a small finger.

Others

Others doe take *Ammoniacum*, *Galbanum*, *Opopanax*, of each one quarter of an ounce, *Sagapenum* one dragma and a halfe, dissolve them in Vineger, temper them afterwards in foure ounces of molten Hony, and put Swines bread vnto it, *Coloquint*, *Turbith*, and the rootes of *Ferne*, of each one dragma, *Scammonie* one quarter of an ounce, parched Salt one ounce and a halfe, then make thicke Suppositoies of it: for this are you to abate or increase the described waight more or lesse, according to the importance of the cause; for they be very strong, and draw downe the winde, and the ordure very vehemently.

This powder following is also very good for all windes: Take *Parierom*, *Rue*, *Mints*, *Ameis*, *Masticke* and *Frankinsence*, of each three dragmes, *Cloues* halfe a drag. make a powder of them, and giue thereof one dragma at the same time.

Another: Take *Cinnamome* one ounce, *Ginger* three quarters of an ounce, *Cloues* halfe an ounce, *Galingale* one quarter of an ounce, *Putmegs* three dragmes, *Cardamome* one drag. and a halfe, *Mace* one dragma, *Pepper* one quarter of an ounce, *Spica* one dragma, *Comit* three quarters of an ounce, *Saffron* one dragma and a halfe, *Sugar* one ounce and a halfe: take one dragma thereof with good warme wine.

Here followeth that which is outwardly to be vsed.

Take Millet and Salt, parch them well, then put vnto them *Parietary* and *Pettles*, and lay them warme vpon the stomacke. Or seethe *Rue*, *Parierom*, *Cammomill* and *Mints* in wine, and wet a sponge in it, or a woollen clout, wring it out, and lay it warme vpon the stomacke. You may also seethe the same hearbs in Sallet oyle, and annoint the stomacke with it, and then lay it warme thereon with vndrest shepes wooll.

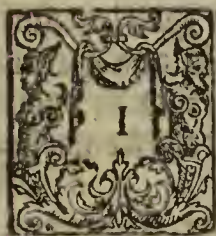
Another oyntment: Take *Rue* one handfull, *Beuercod* one quarter of an ounce, *Annis* one ounce, *Aristologie* two ounces, red wine 3. ounces, Oyle of *Bayberries* 4. ounces; poune them all grossely that are to be powdered, and let them seethe vpon hote ashes, vntil the wine be boyled away: then wring it through a cloth, and with *Ware* make a salve of it for the stomacke.

These oyles following are very necessary for him; to wit, Oyle of *Rue*, of *Mandragora*, of *Pennicoyall*, of *Dill*, of *Spica* and *Bayberries*, mixt together or each alone. This plaister following is very good for to consume the winde of the stomacke, of the lyuer, and of the milt: Take *Ammoniacum*, *Opopanax*, *Turpentine*, *Rosin*, of each halfe an ounce, *Cardamome*, *Cypers* roots, *Sauin tree*, *Saltpeter*, *Bayberries*, *Cassie wood*, *Helilot*, *Fenegræk meale*, *Smallage* seedes, *Parierom* gentle, of each one dragma; melt and powne them as becometh, and then temper them with the oyle of *Spike* and of *Ware*, as much as is needfull for to make a plaister; spread it on a leather, and couer it with syndall, and so lay it ouer the stomacke. You shall haue also hereafter a good plaister against the obstruction of the Lyuer with colde, beginning: Take *Roses* five dragmes, &c. which plaister is also for this purpose.

This fomentation is also marvellous meete for this: Take *Wormwood*, *Mints*, *Parierome*, crumpled *Mints*, *Fennell* seed, *Dill* seed and *Commin*, of each one handfull and a halfe, *Masticke*, red and white *Cozall*, *Gallia Muscata*, of each one dragma, *Roses* two handfulls, *Squinant*, *Pitt*, the seede and *Coriander*, of each one handfull and a halfe, wilde *Vine* leaues one handfull and a half (but not *Byronie*) cut them all grosse, & then seethe them al in three quarters of wine vnto the halfe (except the *Gallia Muscata*) this is to be put last of all vnto it, when as the decoction is strained. Then foment the stomacke with it with a great sponge. These bags are also to be made; Take the seedes of *Smallage*, *Annis*, *Siluer mountaine*, *Fennell* seedes, *Stone Parsly* and of *Rue*, of each one handfull, *Parierom*, white *Water Mints*, of each one handfull and a halfe, *Hyssop*, *Pennicoyall*, *Stechas*, *Rue*, field *Cypers*, of each one handfull, *Wormwood* two handfulls, *Calmus*, *Cinnamome* and *Cloues*, of each one quarter of an ounce, *Mace* three dragmes, cut it and beate it all together, and afterwards put it in a bag. Item, rub the stomacke with *Aquavite*. This is also very good and commodious: Item, set a great boring cup vpon the stomacke vnpickt, &c. But you shall incontinent hereafter see more of this where we do speake of the griping and paine of the belly, because that they do both procede out of one kinde of cause.

Of the swelling or puffing vp of the stomacke. §. 26.

If the swelling or puffing vp of the stomacke be caused of winde, that is easily perceiued through the foze mentioned reasons. But because that it may also happen very well through impostumation and other occasions, and that the same is to be outwardly sene and knowne, therefore are we here to adde vnto this somewhat thereof. When as then any winds doth stick in the stomacke, that will passe neither vpwards nor downelwards, then will they of necessitie puffe vp the stomacke, and extend it with great perplexitie, and if the same procede through any impostumation, one may well perceiue the same outwardly; what then the causes and signes of these winds be, that is sufficiently discoursed in the foze mentioned third part, and 25. §. But as concerning the impostumation, we wil shortly hereafter speak of it: and if so be there be any malady of the Wilt with it, then looke into the description of the infirmities of the same, and mixe the same things with it which doe serue for it.

Of the paine of the stomacke through *Phlegma*. §. 27.

If so be that the paine of the stomacke do come through *Phlegma*, and with a salt humo^r, then is the patients mouth salt, and hath also heate and thirst with it. And in case the same be caused of any other kinde of *Phlegma*, then is there no thirst with it, but onely anguish and drouth, and one may know by the tong the taste of the matter which causeth this paine. Is the *Phlegma* much abound-
ing? then will the appetite be lost, with other causes moe, whereof we haue spoken already. For this, is first counselled to take *Oxymel* of Squills, with the decoction of Hyssop, & that afterwards he is to be vrged to vomit, with Mustard, Hony, Saltfish, Radish, & Garlicke; or vse this decoction: take Squills two ounces, seedes of Dage three ounces, Radishes foure ounces, Vineger two ounces, and a quarte of water, let these seethe together vnto the halfe at least. When you haue eaten befoze two or three slices of a Radish, then drinke two ounces of this decoction, tempered with one ounce of Sallet oyle, and a short time after see if you can cast vp somewhat. But if the stomacke be not therewith sufficiently clenched, one may perceiue by it, to wit, by reason that thereby followeth not any ease at all. Then be these Sirupes following to be prepared: Take Mints, Wormewood, Hyssop, Venus haire all greene (if so be that they be to be gotten) of each a handfull, Parsly rootes, Fennell roots, of each one ounce and a halfe, Anis, Fennell, Ameos, Licorice, Cozans, Vineger, of each one ounce, Hony and Sugar, of each sixe ounces, make a cleare sirupe of it. For this, is *Oxymel* of Squills also good.

As it is needfull in all other sicknesses, that the *Phlegma* bee purged; so is it also needfull in this, as thus: Take Burrage, and the floures of Buglosse, of each halfe an ounce, Anis one ounce, Licorice, Cozans, of each two ounces, rootes of Polipodie halfe an ounce, seethe them all in water so long that there remayne about fve or sixe ounces: then steepe therein one ounce of the rindes of *Pirolalans Chebuli*, whilest that the decoction is still hote, and so let it stand all night in warme ashes, afterwards steyne it out, and take three or foure ounces of this decoction, and put thereto halfe a dragme of Turbith, and one scruple of Ginger, and then giue it him early in the morning: or giue to the patient of the purging Parmalade, like as it is described in the last part of this booke. For this is also to be giuen three or foure dragmes of the rotules of *Diaphenicon*, or the *Electuarium* or *Diasena*. But if in case he had rather take pills, then let him vse some of these following, to wit, *Stomachica*, *De Aloe Lota*, and *Cochia*: afterwards must the stomacke be warmed with all kinde of spiced Wines, as Hypocrasse, and such like. Also with lozenges of *Diatrionpipereon*, *Diagalanga*, &c. Item, confected Ginger, Anis, Comin, and Mints, mixed or confected with Sugar. All his meates are to be strowed with Ginger, with Cloues, Galingall, Pepper, and Cinnamome, and they are also to be dressed with it.

This confectiō following is marvellous good for all feblenes, cold, and bad digestion of the stomacke, and also against all hoarsenesse. Take Comine which hath bene steeped in Vineger and is dyed againe, fve dragmes, Anis, Smalage seede, dyed Mints, Marierome gentle, *Calmus*, Rosemary, Marierom, and Pennyroyall, of each three dragmes, Spica, Cloues, Cardamome,

inome, Putmegs, of each one quarter of an ounce, long and common Pepper, of each two dragmes and a halfe, *Lignum Aloes* one dragma and a halfe : temper them together, and make a subtile powder of it, and afterwards with Hony, into a confection. The *Trocisci de Rosis* do hinder the matter that it run not againe (after purging) towards the stomacke. If that halfe an ounce of it be taken with Wine, it comforteth, asswageth the paine, and very much assisteth digestion. Item, annoint the stomacke with oyle of Spike, Mastick, or oyle of Wormwood. For a plaister, may be vsed that which is described befoze in the 5. s. beginning thus : Take Masticke three ounces, &c. If there be great cold approaching, then giue the patient one dragma of Bithridate or Treacle, with Wine wherein Annis and Wormewood haue bene decocted.

Of the paine at the stomacke through *Melantholia*. §. 28.



His paine of the stomacke bringeth with her, together with the foresaid signes, a slowe smatch also vpon the tongue, great desire or longing for meate, but without digestion, with disquietnesse, laskes, and vomiting, which do commonly come all together. For these kinds of maladies do people come commonly to be wonderfull feeble and void of might, for that the hart which is nextest vnto it, cannot tollerate this ouerlading and burthen.

Thus then to remedy these grievous melancholick humors which do sinke into the stomacke, these sirupes following are to be vsed : Take Burrage roots, Parsly roots, and Fennell roots, of each one ounce and a halfe, the inner part of Squils one ounce, Hints, Hyssope, Harts tong, Venus haire, being all greene, (if they can be gotten) of each one handfull, Fennell seed, Annis seed, *Cuscuta*, Licorice, Cozans, Vineger, of each one ounce, Hony, and Sugar, of each sixe ounces, make thereof a sirupe.

Another. Take Licorice and Reilsons, of each one ounce, floures of Burrage, Buglosse, Fennell, Annis, Fennell roots, and *Cuscuta*, of each halfe an ounce, Ginger one quarter of an ounce, Hony, and Sugar, of each sixe ounces, make forthwith a sirupe of it, or in stead thereof vse Oxymel of Squils, with water of Burrage, which taketh away the belching of the stomacke.

For to purge, this following may be vsed : Take water of Burrage and Buglosse, of each one ounce, Annis one quarter of an ounce, Licorice and Cozans, of each one ounce, Thymus and wilde Thyme, Polypodie rootes, of each halfe an ounce : sethe them together, and steepe therein one ounce of *Myrobalani Indi* the space of a whole night, then wring it well out, and then temper with it one dragma of Azur stone prepared, and giue it to the patient betimes in the morning.

There may also be vsed for to purge the confection of Sene leaues, afterwards strengthen the stomacke with the confection *Aromatico Caryophilato*, *Diaplyris cum Moscho*, *Latitia Galeni*, *Diatramaron*, and annoint the same with the foresaid Oyle. His meate shall he strow measurably with spices. He must drinke but little old Wine. He must vse moderate exercise, and bathe often. All that is outwardly to be done is to be taken out of the 24. s.

But if so be that there be any belching proceeding of vnnaturall heate, (which neuerthelesse chaunceth very seldome) then is the patient to vse the sirupe of Wormewood, or Wormewood wine, or Wormewood water. In like sort also he is to purge afterwards with *Hiera Picra*, and not to disquiet himselfe, for that these medicines be hote of nature, because they doe purge both *Choleram* and the stomacke. Otherwise must this patient be ordered, like as in the debilitie of the stomacke through heate is taught in the 6. s. And good haede is to be taken that the digestiue vertue may be strengthened. Set also a great boxing cup vpon the belly without pricking the space of an houre, yet otherwhiles taking it off, and afterwards annoint the stomacke with the foresaid Oyle, or some other Oyle, wherein Annis, Comin, Fennell, Rue, or Pennirovall, is decocted.

The Aristology hath also a great power to expell all winde and paine of the stomacke. And as concerning the order of life, or dyet, there is alwaies to be vsed all light meates, and white wine, and that with sobriety.

Of the paine in the stomack through a hote impostume. §. 29.



These impostumes which the Greeces do call *Apostema*, and the Latinists *Abscessus*, are like a separation from that which is whole and firme in a mans body, or is separated into two parts, and doth make an exulceration, which we do call in our common speech an impostume, as a word lent vs from the Grecians themselves: but in our English tongue we doe call an impostume a Botch or a Byle, which cometh to an issue, which breaketh out and healeth. The difference betwene an impostume and an exulceration is, that the impostume breaketh out and healeth speedily; but an exulceration endureth long and corrodeth, like as the same may also happen in the stomacke.

The causes of these impostumes may be blowes, falles, and other outward bruises; all which do make paine in the stomack, which groweth afterwards vnto an impostume, through the falling downe of some bad humors into it: so that if the foresaid humors be not drawn thence, then there befalleth more harme vnto it. And that we might write somewhat of it, we will first begin with the impostume.

In case then that with the paine in the stomacke there be an Ague, and an impostume, which may outwardly be felt through the heate and otherwise; then may it easily be adiudged that this disease is caused through heate and *Cholera*. It hapneth also that the paine is so vehement, so intolerable, and the heate so abundant, that it seemeth that the patient would burne: So that he loseth his senses, and thereby hapneth also to fall into a frenzie, or some other madnesse, with a forcible vomiting and purging.

For this, must the Lyuer veine or Median be opened; and afterwards these Refrigerations to be forthwith layd vpon it. Take Rose water six ounces, the iuyce of Quinces one ounce and a halfe, red and white Saunders, of each one quarter of an ounce, Camfere one scruple; temper them all together: This is (as it is said) to be vsed at the beginning. Afterwards, if the cause requireth, there must bee sundry plaisters made ready. The first is this insuing: Take red and white Saunders, of each one quarter of an ounce, the seede of Plantaine, of Purslaine, and Wormewood, of each one dragme and a halfe, Barley meale two ounces, Camfere one scruple, Oyle of Roses and of Quinces, of each one ounce and a halfe; let them sethe all together vntill it be thicke. But in the increase of the paine, then temper amongst this plaister the grease of Duckes and Hens, as much as is needfull: and when as this malady is at the highest, put Smalage vnto it, Dates, Fenegræke, *Bdellium*, and Vineger, of each one quarter of an ounce, and then mire it as is aforesaid.

But if the disease begin to wax old, that the heate were gone, & yet there remaine neuerthelesse a hardnesse of the stomack, then be one of these plaisters following to be laid vpon it: take Violets two dragmes and a halfe, Roses five dragmes, Spike and Masticke of each three dragmes, Cypers roots, Squinant and Calmus, of each one quarter of an ounce, Fenegræke meale two ounces and a halfe, Cammomill, Hollyhock roots, and Barley meale, of each one quarter of an ounce; temper them all together with the musilage of Linsæde vnto a pap. This pap is also good for all hard swellings of the stomack, and of the Liuer: it allwageth the paine, and ripeneth all impostumations. Or in the stead of this you may also vse this plaister of *Melilot*, *Diachilon*, or *Ceroton de Hyssopo*, and foure houres after meate, when the meate is digested, the stomack is to be annointed with the oyle of Masticke and Wormewood, and further the place conered with sheeps wooll. Item, take Pitch and Rosin, of each two ounces, *Colophon* one ounce and a halfe, Mastick and Frankinsence, of each one quarter of an ounce, Aloe one ounce and a halfe, molten Larde, one ounce, oyle of Masticke foure ounces, greene Ware as much as sufficeth for a plaister: you may also make a salve of it; and it is very good both waies.

It is also needfull for to purge, which must be effected with milde Clisters, whereof diuers stand here and there declared. Afterwards giue the patient one ounce of Cassie, or two ounces of Hanna, dissolved in Endiue water. And if this doe not sufficiently relare, then giue him euery day one ounce, or one ounce and a halfe of Cassie. And in case that the Ague doe not remit, then open a veine, and purge once againe, as before. Take three dragmes of peeled Gourd seeds, make thereof milke with Barley water, and three dragmes of Rose water, like vnto Almonds milke,

milke. Seuen daies after, giue him halfe a dragma of *Trociscis de Rosis*, tempered with Endiue water. He is afterwards to take euery day this ensuing: Take of the water of Smalage, and Fennell water, of each one ounce, the iuyce of Wormewood one quarter of an ounce, Mastick one dragma; temper them together, and vse one of the prescribed plaisters, Barly paps, Daiten paps, and otherwhiles stued Spinage may he well eate. Dr Burrage boyled in Hen broth and Almond milke, is very meete for him. Stued Peares, Apples, Quinces, and ripe Plums may he also eate. Water or Sugar water must be his drinke. In fine, such kind of sicke folke must be kept very sober, for that is the best medicine for this sicknesse.

Of the impostumes of the stomacke which be of a cold nature. §. 30.

If so be that this impostume of the stomacke do procede of a cold and moyst cause, which may quickly be perceiued through the small paine, the bad digestion of the stomacke, small Ague, little thirst, and much spetle: then is the patient to be holden very sober in meate and drinke, and beware of vomiting and purging: but at the first must be giuen him one dragma, or one dragma and a halfe of these *Trociscis* following.

Take Squinant, Cassie wood, Rubarb, and Calmus, of each three dragmes, Saffron, Myrthe, Costus, Annis, and Pepper, of each one dragma, *Bdellium* three dragmes, Masticke one quarter of an ounce, *Ammoniacum* one dragma, forme *Trociscos* of it with vine cuist.

Afterwards you may vse this plaister following: Take Cammomill and Melilot, of each one ounce, Fennell, Roses, Cipers nuts and the leaues, of each halfe an ounce, Fenegreake meale, Oyle of Cammomill, and Oyle of Roses, of each one ounce: temper them together vnto a plaister.

Dr make this plaister following: Take Cammomill, Melilot, Priests crowne, Pennyroyall and Dill, of each halfe a dragma, Wormewood and Spikenard, of each three dragmes, Masticke one quarter of an ounce, Oyle of Roses foure ounces, make a pap of it with the muscilage of Hollyhocke rootes.

But when this disease is increasing and at the chiefe, then put *Ammoniacum*, *Opopanax* dissolved in wine, and liquid Styax, vnto it, of each halfe a dragma, Vennes and Goose grease, of each one ounce, oyle of *Spica* fire ounces, and make a plaister of it. This is forcible to mature all impostumes. For this is also good the plaisters de *Meliloto*, and the blacke *Dia-chilon*.

For the common man, take oyle of Wormewood and Goates dung: temper them vnto a plaister: Dr take oyle wherein Wormewood hath bene decocted, Hallowes boyled in Buttor broth, and drest with butter.

Now for to expell this cold matter, this sirupe following is to bee vsed: Take Mints, Wormewood, Venus haire, being all greene (if they can be gotten) of each three handfuls, Roses one ounce, Annis one quarter of an ounce, Cipers nuts, Spikenard, of each one dragma, Honey of Roses twelue ounces: then make a sirupe of it, like as in the first part, in the first chapter, and §. 6. is taught: giue thereof euery morning, and in the euening before supper halfe an ounce, with the decoction of Mints and Masticke. For a purgation he is to take one ounce of *Hiera Picra*, tempered with three dragmes of Cassie and Sugar, or dissolve it with the foresaid decoction, and then drinke it. Afterwards the patient is to take euery third day this prescribed Laxative.

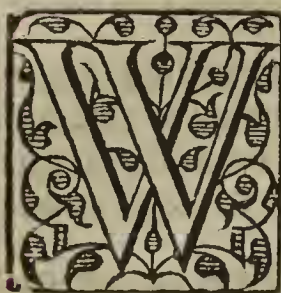
Vede is also to be taken therein, when as the impostume in the stomacke will breake out, which may be well perceiued hereby; to wit, if there be great paine about the place where the impostume is. Likewise when the patient doth eate sowre and harsh things: if in going to the stoule, or in any thing that he vomiteth there be scene any corruption. Item, if there come any stench out of the stomacke, and that the paine diminisheth somewhat after he hath vomited: for this the stomacke is to be cleansed well in Summer season with Barley water, and that in the mornings especially, and at afternoone, taking euery time five or six ounces. Dr take water wherein Gum and Licorice haue bene decocted.

For this is Whay also very requisite. Hee is two houres afterwards to take one quarter

of an ounce of this powder following, tempered with foure ounces of the iuyce of Quinces, or sirupe of the same in water, wherein Butchers bzoome seede, Mirtle seede, and Purslaine seede haue been decocted. In the winter must the stomack be also clenched at the same time with Warly water, wherein Hyssope, Squinant, Hony, or Hony of Roses were decocted, and thereupon to vse this powder following.

Take Roses, blossomes of Pomegranates, and Amber, of each halfe an ounce, fine Bolus thre quarters of an ounce: mire them well together being beaten small. This patient may also weare this plaister ensuing vpon his stomacke: Take fine Bolus, Romy, Myrthe, Masticke, and Aloe, of each halfe an ounce, Pitch or Rosin as much as is needfull for to make a plaister.

Of exulcerations in the stomacke. §. 31.



What difference there is betwene the impostume and the exulceration of the stomack, we haue sufficiently declared in the 29. §. therfore haue the learned by good reason witten of these two kinds of diseases seuerally. As much as concerneth the exulceration, the which the Latinists do cal *Ulcer*, they grow otherwhiles of the impostumes, and chiefly if they be hote. For if the same be not thorowly healed, then doth this exulceration follow. The same be sometimes caused thzough cholericke and sharpe rheumes, which fall out of the head into the stomack, and there then thzough their sharpnesse doe excoziate the stomack, like as the same hapneth oftentimes to the Lights. Also these exulcerations may be caused of some sharp and corrodng meats; like as thzough the excessiue vse of Mustard, or the seeds, much salt, and such like. For if there come of this sharpnesse into the stomacke, then doth the same gnaw and corode it. Now for to speake of the signes of it, the disease it selfe sheweth some, and doth demonstrate vnto others the place. If there be a pricking paine, then doth it cast out the meat back againe, as a thing which is noysome vnto it, so that it cannot stay in the stomack: whereby also the retentive vertue is infexbled. Item, if the patient doe take any solide meate or drinke, then doth the paine increase, which would not haue hapned if he had vsed milke, butter, or any other swete meate. Item, if one doe smell any kind of stench thzow the belching, with dzouth of the mouth, and thirst, which proceedeth out of the stomacke; then it is a token of an exulceration in the stomacke. Item, for that this exulceration is so nere the heart, there doe come also great swoonings, ache of the head, and the losse of vnderstanding. But the signes which doe manifest the place of the vlcer, are these: namely, when the necke of the stomacke is excoziated, then doth the patient feele paine in the swallowing downe, and especially if it be any thing which is solide or sharpe that he swalloweth: which paine, he feeleth also euen to the point of his shoullder blade, but chiefly in the mouth of the stomacke, and pit of the hart. Item, if the disease be in the mouth of the stomacke, which is very sensible, then is the paine greater, and especially if one doe swallow downe any sharpe and salt meates, whereby the breath also will be much indamaged and hindered.

But if the disease be in the bottome of the stomacke, then doth one feele no paine in eating and drinke, but after that it is receiued: some signes likewise of it may be perceiued in the excrements; they that desire to haue moe other signes, may reade in the discourse of the Rheumes. But before we come to the remedies of this vlcer in the stomacke, there be certaine common rules to be noted, whereof the first is: If this disease must be holpen, then is the same alwaies to be begunne with drying things. The second: albeit that it is needfull to vse drying things, yet neuertheless must hard be taken that there be no sharpe drying things vsed, as Copperas, burnt Copperas, Verdigrease, and such like, because they be of a venemous nature. The third: all vlcérations of the stomack can be hardly cleansed of the corruption, like as any other which may be outwardly seene, but it must be done onely with things which doe driue it downelwards out of the stomacke. The fourth: these vlcers are not thzough any vomits to be clenched, for that the tough corruption is hard impacted in the vlcer, and would thzough vomiting be dzalwen all together, the which the purging medicine doth not, for that it stirreth the stomacke not so sore, but driueth out the matter gently downelwards. The fift: in the exulcerations of the stomacke may not any strong medicine be giuen, that they bee not the moze harmed by it. The sixt: without a perfect mundification, can no incarnation take any place in any vlcer.

ulcer. The seventh: all which is giuen to such patients, is to be done in the morning early, or must be dispatched before supper time, to the end that the medicine through the meate might not be hindered. The eight: whether this ulcer be in the necke, or top, or in the bottome of the stomack, there must be somewhat alwayes added vnto the incarnatiues that is clammy, as Gum, and Dragagant: to the end that the foresaid medicines might sticke the better, or cleaue to the place infected. The ninth: because that the stomacke so infected is of a bad digesture, you are to giue him to eate a little, and likewise light meates.

When as then this maladie shall be knowne through the foresaid signes, and is yet new, then is there to be vsed none other but astringent and drying things, for which these Trocisci following are to be made: Take Roses, blossomes of Pomegranats, Frankincence, Butchers Broomesæde, burnt Quozie, and Dragon blood, of each a like quantitie, made into Trocisces of the waight of a dragme, and giue one of them euery morning & one euery euening two houres before supper, with iuice of Quinces or such like.

But in case that this exulceration of the stomacke be of continuance, then it is to be feared that there is still some corruption in it. For this, there are to be vsed certaine dayes together mundifications, as Barly water, or Meade, and also incarnatiues. Afterwards are Barly water and sirupe of Quinces to bee vsed, and astringent things to be eaten after it, as Medlars, Seruices, and such like.

Or vse in stead thereof *Oxyfacchara* and *Oxymel*, of each one ounce, temper them with Barly water, and vse it (as is said.) Then take one drag. of *Trociscis de Carabe*. Item, there is also good for this disease one dragme of *Hiera Picra*, often vsed with Barly water or Meade. And if the bovie haue neede of any laratiue medicaments, then vse thereto Cassie, or any milde Clister.

With this disease doth come otherwhiles the Laske, which is to bee stayed with *Trociscis de Spodio*, or *De Carabe*. Note yee also heere, that many of these things (which be described in the second part, the fifth Chapter, and the 17. s. against the bloudie fire) are very requisite for this disease.

This patient is to order himselfe alwayes (as is recited already) with all light meats, as Pullets, Hens, Partridges, new layd Eggs, Barly paps, and Datsen paps. In like manner Lambs fete and Sheepes fete vsed in this disease, are very meete. Buttermilke is also good for this. His drinke must be ripe Wine, without any sharpnes; also Barly water tempered with a stopping sirupe, which liketh you best.

Of the stincking breath through the exulceration of the
stomacke. §. 32.

VVhereas bee such cholerick humors in the stomack, there is commonly a foule stench with them, which may be perceiued by the breath, and that for the most part with thirst, drouth and bitternes of the mouth, the which discloseth it selfe more before then after meate. For this is also good the sirupe of Vineger and *Oxyfacchara*, mixt with the sirupe of *Mozmelwood*: this is not only good for the cold, but also for all hot exulcerations. This patient is also to be purged with Aloe, and yellow Piobalanes. Afterwards he is to vse the *Rotule Triasantali*, Peaches, dried Melons, Pompeons, Abzicookes, Quince peares, Lettice with vineger, Barly, and other sowe things, which be very good for him. Fish, Milke, salt flesh, Onions, Garlike, and such like shall he forbear.

But in case that this foule stench of the stomacke doe proceede of colde humors, then is the sirupe of *Mozmelwood* to bee vsed certaine dayes together, tempered with one thirde parte of *Oxymel* of Squils: and afterwards the patient must be purged with the pills *Stomachica*. And further to vse the Tabulates of *Diagalanga*, of *Diambra*, *Diaplis*, and such like, which be hote of nature. Confected Piobalanes, and especially *Bellirici* and *Chebuli*, Conserue of Rosemary, or confected Ginger, are all very good. He must wash his mouth often with odoriferous waters, and clense the teeth very well. As much as concerneth meate and drinke, wee haue made before in the first part, the thirtieth chapter, and 3. s. a very long discourse of a stincking mouth and breath. Item, yet more which may there be vsed in the second Parte, the fifth Chapter and 25 s.

Icommeth also oftentimes to passe, that the stomacke hapneth to harden without any Ierulceration, which that it may outwardly bee discerned, the causes of this hardnes or schirrosity, may bee as well through cold, as through winde, whereof is sufficiently witten befoze in the 25. & 26. §. Also this hardnesse may be well caused through melancholie, the which through slowe smatch of the mouth, and slowe belching, may be knowne, even as the other proceeding of *Phlegma*, by drowth, and tough spetle, without heate and thirst: For this purpose is this salve following to be made: Take oyle of white *Camelina*, Rue, Cammimill, and wormewood, of each one ounce, the grease of Hens, Wytes, and Geese, of each halfe an ounce, the salve of *Dialthea* one ounce and a halfe: annoynt the stomacke warme with it, and couer it with vnwashten shepes wooll. Also you may prepare for this vse this plaister following: Take Cammimill, Comin, Caraway, and Cresses seede, of each one quarter of an ounce, Frankincense, Masticke, *Bdellium*, of each halfe an ounce, Spikenard, and Saffron, of each one quarter of an ounce, the dregs of Sallet oyle and Ware, as much as is needefull for to make a plaister, spread the same vpon leather, and weare it on the stomacke. Make this following: Take Ware one ounce, Turpentine halfe an ounce, Ginger, and *Opopanacum*, of each one quarter of an ounce, *Aloe*, *Galbanum*, of each three dragmes, oyle of Galingall, as much as will suffice for to make a plaister. It is also very needfull for to comfort the stomacke, whereof hath bene sufficiently admonished befoze.

Of the Hickcough in generall. §. 34.

This disease of the stomack, which we call the Hickcough, and is called in Latine *Singultus*, is a common disease, knowne vnto all men; it commeth seldome, and departeth quickly, and there is no great cunning to driue it away: for it is oftentimes driuen away with a bit of bread, or with a draught of wine, or water, as also through the keeping in of the breath, through neesing, through great motions, through wrath, mirth, and other alterations moe of the minde: like as if any one bee frighted, or see any haynous thing, if any body cast cold water into his face, if one do bind hard the outward members, or if one let boring cups vpon the stomacke, which are altogether small meanes and without danger. But there commeth otherwhiles such a Hickcough that ceaseth not, whereby the heart, the brest, and the lights are weakened: against which, the expert Physicians haue found out these remedies following.

But we will first of all discover the nature of the Hickcough, and his causes, which be described as hereafter followeth. The Hickcough is a motion of the naturall expulsive vertue of the stomack, which is caused through the feeling of any thing that is hurtfull, and that the stomack desireth to expell. This Hickcough may also bee well taken for a cramp of the stomacke, for they be both caused through the repletion or inanition of the stomack. And like as the cramp is none other thing, but a shrinking or drawing of the sinewes backe to their beginning, so is this none other thing, but a dissention or contraction of the stomacke vnto the place of her beginning: but herein do they differ, that by the Cramp the sinewes are contracted, and by the Hickcough the neck of the stomacke. The cause of the Hickcough are two things, namely, repletion and windines, and contrarywise also inanition, as alreadie hath bene sayd, which we will also comprehend in this §. Secondly, the causes be also outward, and inward. First if the stomack be not well defended and kept from cold: also if the outward members, to wit, the head, the hands, and feete, do suffer too great cold, which draweth vp from thence toward the stomacke. In like manner, this Hickcough is also caused well through intollerable heate, whereby the stomack getteth a bad qualitie, to wit, too hote, or too dry. Item, if the head be sore wounded, that the braines be thereby perished: Item, if the stomacke bee much overcharged with meate and drinke, or that any kinde of corrupted humors be gathered therein. Moreover, the Hickcough may be caused through any kinde of sharp and biting meates. For if the stomacke feelee that it hath euer any thing in it that may hurt her, then doth she vse two meanes to discharge her thereof, which is, through parbraking, or through the Hickcough. It seeketh also thereby

thereby to cast out that which lyeth inclosed in the innermost plights. But that nature desireth to drine that out through the Hickcough, which otherwise through vomiting she doth easily bring to passe, this doth dayly experience teach vs: for if one take any thing which is tart or sharp (as chiefly Pepper being beaten small) and drinke wine vpon it, and the same cometh afterwards into the plights of the stomacke, then will the Hickcough be caused through the heate thereof, and the stomack seeketh through the Hickcough to expell the same Wine againe. But by reason that this is caused through inward occasions, then doth it oftentimes happen through the stomack only, and through other infected members, to wit, through impostumes of the head, of falles, and blowes, through breach of the Skull, and impostumation of the Luer, as when the same is ouerheated, that it sendeth sharp, pricking, and slowe humors towards the stomacke, or that the same runne thitherwards from other parts.

If so be that this Hickcough doe onely procede of the stomacke, then cometh it of tough cold, or heate: and biting humors, whereby some bad impostumes, or exulcerations be prouoked. Item, this Hickcough is also caused through great emptines or inanition of the stomacke, which cometh through lingring Agues, long abstinence, great labour, much purging, continuall lasks, and much parbaking. But if so be that it cometh suddenly vpon one without any long precedent sickness, and that a bodie finde himselfe well before meate, and after meate ill at ease, if he haue well eaten and dronken, and thereupon do rest a long time, then it is a sure signe that this Hickcough proceedeth of the fulnes of the stomack. But if they be cold or tough humors, which prouoke this Hickcough, then are all warme things very welcome to the patient, and he seeketh alwayes some kind of cold in the stomack. Or if it be caused through heate, then desireth he all cold things, and seeketh alwayes a gnawing paine in the stomack. With the impostumes are alwayes Agues, paynes, and inappetencie annexed: also the patient after parbaking, and after the laske, seeketh himselfe somewhat lightened. When as then the impostume is broken, that may be perceiued by tart and slowe things that one taketh. All other signes of this seuerall maladie which is outwardly, may be required of the patient himselfe, and of such as stand by. In like manner, if the breath sauour, then is it a signe of some kinde of foule stinking humor, or meate, which putrieth in the stomack. If it come through cold of the stomack, that may be knowne through feeling, and all that is cold, is preiudiciall vnto him, and all warme things be acceptable. Or if this Hickcough be caused through repletion, and fulnes, with anguishes, staynes, and with many belchings, then may it be perceiued what humors they be, by the sweetenes, and bitternes, and saltnes.

Of the Hickcough through repletion, and through windes.

VWhen as then the Hickcough cometh on any body, after that he haue eaten grosse meate, and hath dronken, then it is certaine ynough, that it is caused through repletion of the stomack, through coldnes of the matter, and of windes, which the Grecians do call *Empneumatosis*, which is a distention. For this, the stomack is first to be unburthened through vomiting, and to induce his body through loosenes; for which, there is to be taken *Hiera Picra*, *Rubarb*, and *Agaricus*. And if so be that these milde things will not help, then are you to vse these precious pills following: Take burnt Iuorie, seedes of Endiue, of Purslaine, and *Lignum Aloes*, of each one dragma and a halfe, solwe Dates halfe an ounce, *Rubarb* one ounce, this being beaten all small, and if so bee that you will, then put Vinegar vnto it, or the sirupe of Mints. Or if you had rather haue the same soft like a sirupe, then take so much the more Vineger, or sirupe with it, and take euery day halfe an ounce of it.

For this is also commodious the conseruers of Bayberies, *de Baccis lauri*: so is also the confection *Diacymium*, *Diatrionpipereon*, bare, and confected Annis seedes, confected Ginger, Comin, Caraway, Galingall, Mints, Ameos, Hassick, Cloues, Frankincense, Marierom, and field Mints, through all which things, Powders, Confections, Conserues, and all that one will, and may be made. You haue also certaine good things in the first part, the twelfth Chapter, and 17. which bee very good for this vse. But aboue all, Cloues are very good for to strenghten the stomack, and to consume all bad humors, which cause this Hickcough. The sirupe of Mints is also highly commended for this purpose.

This Confection following may also be prepared: Take Spica, Squinant, *Calmus*, Annis, Fennell

Fennell, *Mints*, *Wormewood*, and *Costus*, of each one dragma, *Saffron*, *Lignum Aloes*, and *Cloues*, of each two scruples, *Mastic* and *Roses*, of each one dragma and a halfe, *Opium*, prepared *Coriander*, white *Poppie* seede, *Cassia wood*, of each halfe a dragma, the muscilage of *Fleawort*, as much as will suffice for to make loosings with: but they be more meete and pleasant, if they be made with *Sugar*, taking to every ounce of powder twelue ounces of *Sugar*, if one will make *Sugar loosings* with it. If so be that then the *Hickcough* plague one too, soe then take *Spec. Dialanga* one dragma, *Philonium* halfe a dragma, temper it, and take it with *Wine* in the morning.

This following is to be dronken: Take *Comin*, white *Mints*, of each a like quantitie, and a little *Frankincense*; seth it in water, and drinke of it oftentimes warme, it expelleth the winde and cold matter of the stomacke.

Item, the same doth also the water of *Rue*, being dronken fasting, or prepare this wine following: Take *Diptamum* beaten small halfe an ounce, Treacle one dragma, temper them together with one ounce of wine. For his meate, all common *Menison*, and all kind of *Birds*, as *Bullets*, and *Pigeons*, &c. be very fit, but they be alwayes better roasted then sodden. And all that he eateth boyled, is to be dressed or stued with *Spices*.

But if all the foresayd things will not yet driue away the *Hickcough*, then is there to be giuen to the patient *Trociscos de Olibano* five dragmes, *Clecampane* rootes three dragmes, dried *Rosemary*, and *Rue*, of each one quarter of an ounce, seede of *Mints*, or the herbe, three dragmes and a halfe, make thereof *Trocisks* with sirupe of *Mints*, and giue thereof one dragma and a halfe at once.

Other do commend this following: Take *Costus* rootes, *Saffron*, *Roses*, *Mastic*, & *Spica*, of each one quarter of an ounce, *Asarabacca* one dragma, *Aloe*, *Opium*, of each halfe a dragma, make also *Trociscos* of it, with the muscilage of *Fleawort*, and giue him one dragma thereof. These *Trocisci* are to be taken alone when the *Hickcough* shall get the maisterie.

Outwardly are these things to be vlsed: Take the decoction of *Comin*, white *Mints*, and *Frankincense*, (like as is sayd for the drinke) make a sponge wet in it, and (being wrung out) lay it oftentimes warme vpon the stomacke. *Aqua vite* is also commodious for this, with all water, Oyles, and other things, (like as is described before in the paine of the stomacke.) In like manner one may foment the place with warme water of *Rue*, or that which is more forcible, must the same be well rubbed with, as is before rehearsed.

Item, there may moreover be taken for this purpose, dry *Wormewood*, *Mints*, and *Comin*, powned together, sowed in a bag, and so layd vpon the stomacke. Also the stomacke must be annoynted with warme oyle, to wit, oyle of *Wormewood*, *Mastic*, and such like, and as then to weare ouer it this plaister following: Take *Frankincense*, *Mastic*, *Wormewood*, and *Mints*, of each halfe an ounce, *Laudanum*, one ounce and a halfe, *Annis*, *Fennell*, *Cloues*, and *Spica*, of each one dragma, make a plaister of them with *Waxe*, for to be layd vpon the stomacke. Also regard is to be had vnto the patient that he incline himselfe as much as is possible to sleeping, and fasting. And if so be that he be somewhat leane, then is he to bathe otherwhiles, for that the same consumeth the cold matter which doth cause the *Hickcough*.

Of the Hickcough, caused through emptines and inanition.

If so be that this *Hickcough* doe come after an *Ague*, by the disquietnes, vomiting, thirst, and drouth of the mouth, then is the patient to take oftentimes a little warme water: and if so be that the *Hickcough* will not thereby auoyd, and tarry away, then is he to take *Barly* water, with oyle of swete *Almonds*. For this, is also requisite *Barly* pap, made with milke: also warme milke as it cometh from the Cow, *Bullet* broth, ree sodden *Egs*, *Wine* which is not too strong: the muscilage of *Fleawort* with the *Iulep*, and the iuice of *Pomegranates* being dronken, is also good for this intent.

Also, annoynt the backbone from aboue till beaneath, or rather the whole bodie with *Sallet* oyle, or oyle of *Roses*.

Woring cups set vpon the stomack, and behinde vpon the back, be much commended for this disease: also the rubbing of all the outward members.

Lastly, wee are to thinke vpon the yong children, who were wont to be bered much with the

the Pickough. In case they be still nourished at the best, and do not digest well, though any pearcing cold, or that their milke doth come to curd in the stomacke, then are they to vse none other medicine, but that their stomacke be annoynted with this oyle following, tempered together, or each alone, and then to lay a warme cloth vpon it, to wit, oyle of Masticke, of Clozme wood, of Dill, and Beuerdod, and that the Nurse which giueth suck, do eat light meates.

Of vn-satiabie hunger in generall S. 35.

Of all other accidents of the stomacke, there cometh also an insatiabie hunger, which the learned do deuide into foure parts, and some into fve, which parts are comprehended in the first, and so we will also let it rest. The first, the Grækes do call *Cynorexian*, the Latinists *Caninum*, which is dogges hunger. The second *Bulimos*, some haue alledged this for dogs hunger, which we also esteeme to be the same. The third, is *Syncopalis*, which bringeth swooning with it. The last is, the lost or spoyled hunger, whereof we now intend to write.

Of the dogs hunger, or the vn-satiabie appetite of meate.

This hunger is (as is sayd) an vnnaturall lust or desire of meate, and hath his name of the Dog (an vn-satiabie beast) and so greedie in eating, that he must cast it out againe, and seeketh immediatly to fill himselfe againe. All such manner of hunger may also come vnto men, and that as well through cold, as through heate, of the ayre, hard running, great labour, long watching, forcible Agues, great laskes, of wormes, or the stomack, or bowels, which consume the meate. In like manner also of any kinde of humors which do fall into the stomack, and there enfeble the retentive vertue, and do diue downe the meate oftentimes with vehemencie, or that the expulsive force be too extreme strong. This maladie cometh commonly after a feruent Ague, and much vomiting. It doth also happen through ouermuch heate of the stomacke that is long continuing, whereby it digesteth much, and alwayes desireth more. The other principall occasion is cold, which sticketh fast in the mouth of the stomacke, whereof cometh also an vnnaturall desire of meate. And how much greater that the cold is, so much the greater is the hunger, and that so long, vntill all the vertues of it be weakened. The third occasion may be some solwe humor, or of *Phlegma* and *Melancholia*, which may be retayned in the mouth of the stomack, and doth there prouoke this lust and desire of meate. The signes of this vnnaturall hunger, which is caused through warmth of the tume, through great labour, and such like, as is discovered before, also through vnnaturall cold, much watching, &c. and all other outward accidents, which are to be demaunded of the patient himselfe. And if this disease be caused through wormes, such hath likewise his sure signes, which be mentioned in their place.

If so be that this hunger then do proceede only through heate of the stomacke, or through heate of the whole body, then is there great thirst with it. And if it be caused through any humor, debilitie of the retentive, or vehemencie of the expulsive vertues, which be to be seene by the meate, that auoydeth vndigested through the stole.

But if this disease be caused through melancholie, then is there with it a pricking, or gnawing, with a drought of the mouth, the patient sleepeth but little, and that with terrible dreames, and hath ill fantasies in his head. When as then this maladie cometh through cold, then doth the patient alwayes feele himselfe troubled after meate, and that he must by and by vomit vp the same againe, or the same passeth from him downewards vndigested. Present regard is to be had that the bodie be not filled full of bad humors, wherby the consumption might at least ensue, and *Lienteria*, yea the *Dyspepsie* it selfe. And if this should so continue a certaine time, then followeth at last *Bulimos*, and afterwards *Syncopalis*, (whereof we haue spoken before) which taketh people out of the world. If so be then this vnnaturall hunger be caused through any outward or accidentall occasion, the same are to be prevented with contrary remedies, to wit, with alteration of cold dwellings into warme, of great labour, into rest and sleepe, &c. In case then that this hunger be caused through coldnes of the stomack, then are warme things for purging, and other warme remedies to be vsed which might expell the cold matter from the stomack, whereof we haue written here before in the 5. s. and of all that strengtheneth the stomacke. For this, it

is also required by al the learned, that these kindes of patients should eate boyled Rice, with the fat of Button stued, or that is dropt off from roste meate. All fat things moderately vsed are very good for him; as Sallet oyle, and such like. But if this maladie doe come through cold sovraine *Phlegma*, then it is good that he boyle Parierom in all his meates. Hee may also vse Mustard, Honie, Nuts, Almonds, Nions, and Garlicke; he may also the space of certaine dayes eate Goates milke, with the oyle of Violets, because that these fat meates do driue aboue in the stomack: therefore they do supplie the mouth of the stomack, & do make a loathsomnes to feeding.

The second: It is then passing good, that such doe drinke much olde and strong red wine at their meales, which is also very good, to slake hunger with. Also for this Dogs hunger, are warme Confections to be vsed; as namely, *Letticie Galeni*, *Diapirris cum Moscu*, *Diatrion pipereon*, *Triphera magna*, good confects, Ginger, Hippocras, and other spiced wines moe, made swete rather with Hony then with Sugar.

But this is not spoken, of the hunger which commeth through long fasting, of great scouring, of the bloodie fire, or of strong purgations; but onely of this vn-satiabie hunger which is called Dogs hunger. If so be then euery such patient shall obserue this decreade order, then will this hunger abate very much, and also be thowoly cured in time.

But in case that this hunger procede of heate, and the meate doe not molest him, neither yet is cast out aboue nor beneath (like as it was wont to be) if after a lingering sickenes, he were ouercharged with meate, and if the stomacke and all the whole body be swaren hot, they are to be fed with meates which be not easie to be digested: as namely, old Bese, Button, Pork, and also all kind of pottages, of Pease and Beanes, of Rice, and wheate boyled in milke, great fishes, Trypes, scate and Liuers of all beasts; also hard sodden eggs: and in fine, with all that is hard of digestion, which lyeth long in the stomacke, and wherewith the stomacke may bee cloyed. Also his meates ought to be drest with some cold things: for which Belons, Cucumbers, and Gourds be very good. He is to keepe himselfe also in the colde ayre. His drinke must be alwaies good Claret wine. And for a conclusion, he must eschew all spice and strong wines. But if so be the stomacke be too much ouercharged, and too much burthened, then is the patient to be forced to vomit, through such meanes as be herebefore oftentimes expessed.

The stomacke is outwardly to be annoynted with cold oyles, likewise also with vnguent of Roses, with the cooling salue *Galeni*, with the white Camfere salue, with Vineger and Rose water, wherein is a little Allom dissolued. And if so be that the same be not any thing which hindereth it, then let the patient bathe in colde water. And if so be that this hunger bee caused through melancholy, then prepare this sirupe following: Take the rootes of Sperage, Fennell, Parsly, Smalage, Butchers bzoome, Thyme, Comin, Burrage, Buglosse, Harts tongue, Raisons (the stones taken out) flowers of Burrage, and of Buglosse, of each halfe an ounce, Fumitorie halfe a handfull, Hony eightene ounces: make a sirupe of them, and giue him each time one ounce and a halfe, or two ounces, For to purge vse the Confection of Sene leaues, or this potion following: Take Sene leaues, Polypody rootes, & Annis, of each halfe an ounce, Cozans one ounce; let them seethe together in eight ounces of water vnto the halfe, then temper therein beaten *Epithymum* one quarter of an ounce, Sene powder, and prepared *Agaricus*, of each halfe a drag. Cloues half a scruple, make therof a potion: And if neede be, open the Saluatella vpon the right hand. He is also to be ordered in his diet, as is befoze rehearsed, and all things are to be forborne which may prouoke appetite, as hath been shewed befoze in the 9. s. It is also sayde, that hard rosted Eggs after other meate, be very meete for this purpose. And it hapneth also very well (like as is briesly spoken of befoze) that if one reconer after a long continued sickenes, that there doth followe a very great hunger: but they are to haue no hard or grosse meates giuen them; as Bese, great fishes, unleaunened bread, or such like, because that their digestion is as yet very feeble, whereby they might easily fall againe into a new disease: but then are they to be kept with subtile meates; as with fat Bullets, Capons, soules, Butter, and such like, and all vnnaturall and vnmeasurable eating is to bee with stood and repugned as much as is possible.

Of the Cowe hunger which is called *Bulimos*.

This vnnaturall and insatiabie hunger *Bulimos*, is as much as to say with the Grecians, as a very great hunger: which name, the successors haue somewhat altered, and haue made

made thereof *Bulimos*. And it is thus described: *Bulimos*, which is a hunger of the members, whereby the stomacke is satisfied. And this is also a great disease of the stomack, which taketh his beginning from the stomacke it selfe. But it is contrary to Dogs hunger in these things following: to wit, although they haue both of them an insatiable lust and desire of meat, yet with the Dogs hunger is not onely a desire, but also the feeding it selfe: but in the Cow hunger, it chaunceth that the patient who hath lately eaten, is moued immediatly to eate againe, where neuerthelesse all lust to eate, and to cast it vp, is taken away. But there is no such hunger in the stomack, which is to be satisfied with a bit; but in the inward parts which be desirous of meate without interceasing: and when the stomack is against her will ouerburdened and cloyed, then will it be ouermuch disordered, and out of quiet or square, for to discharge her dutie of digestion.

Secondly, in the Dogges hunger the vertues of the stomacke and other parts be for a while strong and able: but in this Cow hunger are they withered and weake. And because that such sicknesse is caused as well through heate as through cold; therefore must wee seuerally write thereof.

The greatest occasion of this *Bulimia*, is, when winter time is, the stomack is cooled too much with cold, then driueth the humours towards the stomacke, out of the veines, in the inward parts, filling them therewith, spoyling the appetite, and also depriving the stomacke therewith of all her force and vigo: in the meane while the other parts remaine emptye and hungry, desiring much their food and sustenance. Hence then this insatiable hunger doth procede: so that this is properly an hunger of the members, and is no hunger at all of the stomacke. It so be that then any one, as is said, be so extreamely cooled, and although there come such a lust of feeding vpon him, yet it is very quickly slaked. This disease bringeth otherwhile such a quaine with it, that the patient is caused to cast out some tough slime or corruption: and then will all outward members (which be defraided of their nourishment) be enfebled, impotent, ouercold, and the pulse very small. The sicke person hath soure belchings from the stomacke, and a folole smatch in the mouth. The vyne is bleake, likewise the ordure bleake coloured, thin, and also otherwhiles hard, because that the patient can eate very litle, or nothing at all. Now then, whether this disease be caused or not, through great cold of winter time, or cold slime of the stomack, the patient is certaine daies together, to take morning and euening a draught of *Oxymel Compositum*, or of Squills, with water wherein Galingale is decocted: afterwards he is to vomit and purge with *Mirobalani Chebuli*, *Bellirici*, and *Emblaci*. The like also with the pills *Foetide*, *stomachica*, or with these following: Take Turbith, *Agaricus*, of each one dragme, *Spica* and Ginger, of each one dragme: temper them together, and take one dragme of it at once, and afterwards he is to vse this confection following, namely, *Diamoschu*, *Diambra*, *Trionpipereon*, *Diacymino*, *Diagalanga*, and that especially after purging. All his meate must be also dressed and strewed with spice, and also be rather alwaies roasted then boyled. Rye water drunken is also very necessarie, but chiefly good old wine, which is somewhat binding by nature.

Before dinner and supper, the stomacke is to be well annointed with the Oyle of Hassicke and of Spike tempered together. Also to bath in water, wherein Wormwood, Melilot, Cammomill, and Butchers brome hath bene decocted.

What is more to be vsed for this, looke in the same Chapter, in the 5. s. which remedies be most fit for it. These kind of patients are also to bee sprinkled oftentimes with Rose water, or faire Well water vpon their bodies and their faces, that the naturall heate may be driuen inward, and the inward members may be strengthened. They are also to hold oftentimes spice before their noses, and to vse it in their meate. His wine must be alwaies strengthened and enabled with Cinnamon, Pepper, Cloues, and with *Spica*, and with them and with vineger is he to sprinkle a hot stone, and to receiue the vapo: of it it. The chamber is to be fumed with *Lignum Aloes*, or with *Muscus*, *Ambra*, blacke and white Frankinsence, *Laudanum*, Hassicke, Galingale, with Citron peeles and Orange peeles, *Gallia* and *Alypta Muscata*, with each alone, or with which you please.

But if this disease come through heate, then is this vnnaturall hunger of the members caused of the resolved humours of the veines & other members which passe into the stomacke, and there oppresse the stomacke, with lothsomnes and irksomnesse of feeding. But they are to wash their mouth very often with a little *Oxyfaccchara*, or with veriuice. Likewise also to vse Aulep of Roses with a little Camfere, or sirupe of Roses mixt with Saunders. For this is also meete all cooling

cooling things, and especially them that haue a binding operation, whereof there be many discovered in the same Chapter, and the 6. §.

Afterwards, the patient is to be purged with *Mirobalans*, with *Rubarbe*, or some *Dates* shewed in the decoction of *Prunes*, as also with *Hiera Picra*, or sirupe of *Wineger* tempered with the said decoction. Afterwards he shall vse the confection *Rosata Nouella*, or *Triasantalou*. His meate must be dressed with *Meriuyce*, and with *Butchers* broome seeds, and strewed with odoriferous cooling things. For his drinke he is to take good cleare wine delayed mextly well with water.

It is also good for this patient, that he bathe in water wherein *Roses*, *Mirtlesæde*, and *Cindur* be decocted, and afterwards annoint the stomacke euen to the nauell with the oyle of *Mirtle*, and *Oyle* of *Roses*, wherein is a little *Wineger* tempered. In like manner may hee irrigate the members from on high with *Rose* water, or cold *Well* water.

Of the swooning Hunger called *Synopalis*.

The third vnnaturall hunger hath his name (as is said) of the swooning which it bringeth with it: and the same cometh commonly after the first described *Bulimo*, or such like sickness, for that the naturall powers are very faint and debilitated.

Also because this hunger is so neare vnto the heart, that it cannot tollerate such debilitie, euen as it hath bene here before sufficiently taught. Also in respect hereof, for that some haue so weak and so tender a mouth of the stomacke, that they cannot abide any fasting: but when they begin to be hungrie, and may not by and by haue foode, do fall presently into a swoone. When this happeneth, then are the outward members to be rubbed hard, and bounden with paine, and the face sprinkled with *Rose* water, or washed and quickened with other things which be mentioned in the second part, the first Chapter and 2. §. But if so be that his force be not quite spent, or if one perceiue that the swooning will come vpon him, then giue him a bit of bread to eat steeped in wine.

The fourth is a corrupted or bad hunger. But because this hunger for the most part happeneth to women with child: therefore we will not discourse here any further thereof, vntill such time as we shall discourse of this, and other matters moe appertaining to women.

In like manner also concerning the worms, because that they doe infect and frequent moze the bowels than the stomacke, and are thence expelled: therefore we wil discourse of them in the description of the bowels.

The twelfth Chapter.

Of the Lyuer.



Albeit now the Lyuer haue the seate in the third part of mans body, fast vnder the *Midriffe* or *Diaphragma*, about the stomacke, for which cause we continuing our method, ought to haue written thereof before the stomacke: yet wee haue declared sufficient causes in the beginning of the tenth Chapter, and shewed for what cause it hath not yet bene effected. This most noble member whereof we are now to discourse, which wee call the Lyuer, the Grecians *Hepar*, and the Latinists *Iecur*, hath her situation (as is said) on the one side of the stomacke, which it toucheth in a wonderfull (and yet neuerthelesse in a naturall) manner, with five branches, like as it were five fingers, wherewith she stretcheth also a little towards the left side, and is also by nature one of the most needfull and worthiest members which is giuen for the nourishment and sustenting of mans bodie, therefore are all beasts that do blow endued with it. This great and excellent gift haue the heathen people also acknowledged: but they shamefully & infidelly abuse this wonderfull creature of God in their sacrifices: in which amongst other the entrailes they behold the Lyuer especially, supposing thereby to learne and vnderstand things for to come, euen as they, whether it be through naturall causes, illusions of the diuell, (or through the leasings of their sacrificing priests) haue published and made knowne many kinds of wonderfull things.

things. The substance of the Lyuer is compacted flesh, of a red colour, not much unlike to congealed blood, full of veines and arteries, and is of a warme and moyst complexion, like as is also the blood. Also of her selfe she is without sence or feeling, like to halfe a circle, and in man (in regard of the whole body) she is much bigger then in other beasts, and especially in such as banquet every day, and make good chere, or be fleshy by nature. The Lyuer is the beginning and the seate of all lusts, a fountaine of all the veines, the kitchen of all the blood, which she afterwards in most wonderfull manner both spread abroad, and impart throughout the whole body, whereby all the members be nourished, sustained and strengthened. This her admirable operation is not amisse to be compared with Dust, which hath his les, that setteth it selfe in the bottome; Also there is then some light with it which ascendeth, that we doe call the flowre of the Wine: Lastly, there is somewhat moze which vapozeeth out within the yere, which is waterish. Euen so fareth it with the Lyuer, which draweth first all manner of mixed moisture vnto her, and the greatest and the muddyest: to wit, *Melancholia* sendeth she towards the Spleene: that which is light, hote, and fiery, as *Cholera* is, draweth to the Gall: the excessive watrish moisture which remaineth still in the rest of the body, and all that is not meete for the blood, that do the Reines draw to them, from whence the same cometh into the Bladder, and is afterwards voided out for urine.

This excellent member is (like as the whole body of man) subiect to diuers diseases: amongst which, the most principall are these, namely, when the arteries and veines be obstructed, whereof then be caused all kinde of sicknesses, as inflammations, schirrosities, lasks, or bloody sties; diseases of the Kidneyes, and of the conduits of the urine, thirst, yellow Jaunders, and lastly, diuers sorts of Dropsies, whereof we will speake moze at large hereafter.

Of the infections of the Lyuer in generall. §. 1.

First, all men that haue any infection of the Lyuer, are called *Hepatici*, notwithstanding that some doe make somewhat else of it, and it is described thus: *Hepaticus* hath his continuall paine about the place of the Lyuer, with swelling, and hardnesse. The face loseth his naturall colour: there is also an Ague, and thirst with it, with drouth of the tongue and the mouth. But this is to be thought againe vpon, that the Lyuer it selfe is insensible, and therefore feelth no paine. But this sensiblenesse or feeling haue the inward and adiacent Tunicles, and all that belongeth vnto them: which paine doth procede through a cold, or hote Lyuer, or some impostumation, whereof the Physicians haue their proper signes, which we shall declare in their conuenient places. But the common people, yea also the vnlearned Physicians do not know so quickly the sickness of the Lyuer, and that because of her manifold accidents and *Symptomata*, which be incident vnto it, whereof we will describe the most needfull, with all their necessarie remedies.

Of the obstruction of the Lyuer in generall. §. 2.

As much as the common causes of the obstruction of the Lyuer (like as is already discoursed) are in the veines and arteries, and that as well through heate, as through cold: therefore will we first of all make some declaration in generall of this oppilation, before that we come to the principall. This obstruction or oppilation is thus described: *Oppilatio* is an obstruction, and such a disease, as hindreth the blood, and other humors, that should haue their passage and course through the veines, which may be prouoked through these causes following in the Lyuer: to wit, if a body doe gird himselfe too hard, and hath his clothes too straight about the Lyuer. Item, through fallings, through thrustings, and such like, through vse of grosse meates, as Porke, Beefe, Chese, unleaunened bread, boyled seeds, as Rice, Wheate, &c. All manner of Pap, and other oppilating Potrages. Item, through outward cold, through inward tough slime and grosse blood, which hapneth to lye before the orifices of the veines, through winde, impostumes, and through other diseases moe of the Lyuer. The common signes next after the forementioned, are these: that alwaies his excrements or ordure is very thin and watrish, the urine also sheweth thin, cleere, and yellowish. Also there is paine in his right side, and he feelth a debilitie in the whole bodie, which may best be knowne when one must ascend staires or hills,

and that then the breath is very short, with other signes moe, whereof we shall admonish where we shall write of the impostume of the Luer. Albeit that we shall hereafter make mention of the order of dyet in a hote or cold Luer, and that we here but in generall doe write of the disease of the Luer, yet will we here notwithstanding briefly rehearse this rule.

To wit, that all they that haue any obstruction in the Luer, are not to eate any thing but light meates, as young Button, Hens, and such like, which is often shewed before, and shall be hereafter shewed againe. Also all their meate is to be dressed with Parsly rootes, and herbs. They are also to vse much Peaseporridge. And if this disease procede of a cold cause, then are you to adde Parsly, Fennell, Southernwood, Sperage, or Capers. His meate must be boyled rather then roasted. Also he must beware of all grosse meates, old flesh, great fishes, and of all fishes which haue no shels. He is to vse no bathes, plaisters, nor any thing else before and yet that the second digestion be past. All strong motions or exercises immediatly after meate must be eschue. And although he were very thirsty, yet must he forbear as much as is possible, and chiefly from drinking of Wine; howbeit neuerthelesse a cleare, white and well sauoring Wine is in some sort permitted. This may suffice at this present.

The causes of a hote Luer are many, as namely, the hote time, great labour in the heate of the Sonne, and especially without drinking, excessive Venerie, application to hot medicines, suffocation of the mother or wombe, continuall vse of all hote meats, as Spices, or Wine made with Spices.

These are now the signes of a hot Luer, to wit, a red and yellow vyne, yellow ordure, great thirst, loathing of meate, and a swift pulse. All cold things are acceptable to the patient, and warme things be noysome. He is much enclined to vomiting, and that which hee parbrazeth, is lead coloured, and sometimes yellow and græne. Also the heate of the Luer may be felt with the hand. They which be of hote nature, and young withall, and in a hote time of the yeare, are most subiect to this disease. And when to this heate there commeth youth, that the mouth and the tongue be drie, then is it well to be sene that this disease proceedeth of an vnnaturall heate, whereby there followeth forthwith Obstructions, Impostumes, Exulcerations, Tumors, Schirrosities of the Luer, and such like diseases.

Of the oppilation or obstruction of the Luer through heate. §. 3.

For this obstruction of the Luer these simples are good: amongst which notwithstanding some be moderately warme, but they can thereby do no hurt, because that they be forcibly depililate. They may be mixed with other things, viz. with tame and wilde Endiue, small Endiue, Priests crowne, Luerwort, Melon seed, Pompion seed, Gourd seed, Cucumber seed, and Lettice seed, seeds of Purslaine, of Endiue and small Endiue, water of the rootes, and hearb of Cicozie, Sozrell, Cicozie, Burrage, Venus haire, small Housleake, Harts toong and fiede Cyper: of all which, one may prepare what he will. Item, the sirupe of Vineger drunken with Endiue water. In like manner may be giuen to the sicke person to drinke Warly water, the iuice of cooling hearbs, as of Endiue, Nightshade and *Cuscuta*, with the sirupe of Sozrell and Sugar: for that these things do open the obstructed Luer, and coole the same. You may also vse for this purpose these things ensuing: Take *Oxyfaccara*, and sirupe of Violets, of each thre ounces, sirupe of Endiue twelue ounces, temper them together, and if you think that the choler is tough and thicke, then temper amongst it one ounce of Vineger, and vse thereof as often as you please, each time one ounce and a halfe, with some of the foresaid waters. Or take the sirupe of vineger, the sirupe of Endiue, of each five ounces, and temper them together. If the body be sore bound, then put thereto one ounce of the sirupe of Violets. Or if you thinke that the *Cholera* be burnt, then put the iuyce of Burrage and of *Fumitorie* vnto it.

And if there be any Ague with it (as it commonly doth happen) then is this obstruction not onely commodious, but also most necessarie, that the bad cholericke humors may the easier bee expelled: for which these things following are very meete, viz. the sirupe of *Diarrhodon*, de *Byzantium*, de *Radicibus*, de *Cichorea*, taken with the distilled waters meete for them; to wit, water of Venus haire, of Harts toong, of Agrimony, of Wormwood, of Endiue, of Cicozie, or with the waters wherein the foresaid herbes are decocted.

Item,

Item, Cassie with *Hiera Picra*, *Electuarium lenitium*, *Rhabarbarum*, *Agaricus*, Sirupe of Roses laxative, *Pillule de Rhabarbaro*.

But seriously to take in hand this matter, it is above all workes needfull to purge, which is thus to be effected.

Take the flowers of Burrage, of Buglosse, Violets, Currans, and Endiue seeds, of each halfe an ounce, boyle them together as behooueth: of this decoction take three or foure ounces, and temper therein three dragmes of Cassie, some Dates five dragmes, beaten Rubarb one dragme: these being tempered, take them in the morning early. Some Dates are especiall good for this, because they cleanse the hot Lyuer, and also coole it. Or take the flowers of Violets, of Burrage, Pyunes, and some Dates, of each halfe an ounce, *Spicanardi* one scruple: let them seethe together in sufficient water. Then take three or foure ounces of this decoction, and temper amongst it one ounce of Cassie, and one dragme of Rubarbe steeped in Endiue water: make a drinke of it. Also be that the sick person be mostly strong, then in steade of the Rubarb you may temper with it three or foure dragmes of the confection *de Succo Rosarum*.

Another: Take sirupe of Violets halfe an ounce, Barley water three ounces, Rubarbe one dragme steeped in a little Endiue water, *Spica* three dragmes, confection *de Succo Rosarum*, one quarter of an ounce: temper them together, and giue it him in the morning betimes. If the humors be grosse, then take in the steade of the Rubarbe, *Agaricus* and Rubarbe, of each halfe a dragme: for the *Agaricus* hath an especiall operation in the opening of the obstruction of the Lyuer.

For this is also requisite diuers Sirupes, which be daily vsed at most Apothecaries, and also described in this booke: to wit, above all other, both sorts of *Oxymel*, the Drimel of Squills, sirupe of Endiue, of Barberries, their confectiōs, and all that is made of it, *Oxyacchara*, sirupe of Violets, and of Ribes, and principally if there be tempered with it Roses, burnt Iuoy, and Saunders.

Item, take sirupe *De Bizantiis* two ounces, Hony of Roses one ounce, water of Endiue, Fenell, and of Wormewood, of each two ounces, make a *Iulep* of it to take at two severall times.

Another: Take Endiue water six ounces, water of Liverwort three ounces, seeds of Gourds, Melons, and Cucumbers (slightly beaten with the pills) of each two dragmes, Venus haire two handfuls, and ten or twelue winter Cherries: let these seethe all together in sufficient water, untill that a third part be decocted, and in seething put one quarter of an ounce of red Saunders; afterwards straine it thorow a cloth, and seethe in the same decoction three ounces of Sugar, and then make two Potions of it: they do coole, cleanse, and strengthen the Lyuer, the Kidneys, and all the intrayles marvellous much.

Item, take of a green Gourd, and set it in an Oven when the bread is taken out: a good while afterwards make a hole in the bottome, and receiue the water which shall run out vnderneath, then put as much Endiue water vnto it, and make a *Iulep* of it as you thinke meete. The wine of Pomegranates is very good for this: in like manner also Buttermilke for all diseases of the Lyuer is highly commended. Venus haire one ounce and a halfe or two ounces taken in the morning and evening, cooleth, openeth, and easeth all diseases of the Lyuer. In the moneth of June is the water thereof to be distilled.

Note also, that whereas there is a great heate of the Lyuer present, there must one refraine from drinking Wine, and also from all drinckes wherein is Hony admixed. But he is to vse all that cooleth.

Make also this *Iulep* following. Take the water of Buglosse, Venus haire, and of Endiue, of each nine ounces, the iuyce of Pomegranate two ounces, white Sugar foure ounces and a half: seethe all these together vnto a potion. Or take *Iulep* of Roses, mixe them with Endiue water, and cleare Well water.

Although for great heate wee haue forbidden Wine, yet neuerthelesse Cherrie Wine is permitted, because it is of a temperate nature, and doth moisten the Lyuer, and also cooleth, and therefore these patients are to haue otherwhiles at their desire a draught of it. This confection following is also to be vsed, to wit, *Triasantali Diarrhodon* without spices, conserue of Roses, of Violets, preserued S. Johns Grapes, or Ribes, Barberries, and Peaches preserued, the conserue of water Lillies doth also coole much. Also the conserue of Cicozie with the rootes, and preserued Grapes, are good for this purpose.

Do hane this confectiō following prepared: Take pēled Melon seed, Cucumber seed, Gourd seed, and pēled Pompeon seed, of each thre quarters of an ounce, seeds of Purslaine, of Endiue, and Sorrell, of each one quarter of an ounce, Pine nuts which haue bene steeped foure houres in Rose water one ounce, Sugar eight ounces, or as much as you please: seeth the Sugar with Rose water, and then make lozings of them.

Now for to keepe an open body, these pills are to be prepared: Take one dragme of Rubarbe, burnt Iuoze one scruple, make nine pills thereof with the sirupe of Roses, and take them in together at one time.

Othet Pills for the obstruction of the Lyuer caused through *Phlegma*, which falleth out of the head into the breast and Lyuer. If you will let the sicke person take these pills two houres before he goe to bed: Take pills *De Hiera Composita* two scruples, and let the sicke person sit the next day in a bath of water.

Take also sometimes one dragme of these *Trociscis* following, to wit, *De Berberis*, *De Camphora*, *De Spodio*, and *De Sandalis* with water of Endiue, and make pills thereof.

We will also here repeate these things which are to be vsed outwardly: Take Roses, red and white Saunders, of each one dragme, Camfere halfe a dragme, beate them all to powder, Vineger foure ounces or more: temper this together, and wet a cloth therein, and lay it vpon the Lyuer; when it is dry, then make it moyst againe in the same.

Do take the iuyce of Nightshade and Endiue water, of each thre ounces, Rose water one ounce and a halfe, Vineger one ounce, red and white Saunders, and the seeds of Citrons beaten, of each one dragme, tempered, and vsed as before said.

Item, take one quarter of an ounce of strong wine, foure ounces of Nightshade, water one ounce and a halfe, Saffron five greynes: mingle them well together, and then lay it with a cloth ouer the whole Lyuer. Another: Take Endiue water six ounces, Rose water and Nightshade water, of each thre ounces, water of Mozmelwood two ounces, the iuyce of Lettice and of *Calmus*, of each one ounce and a halfe, red and white Saunders, of each one dragme, Camfere one scruple: temper them well, and then apply it vnto it.

Another, which is yet stronger: Take water of Endiue, and of Sorrell, of each six ounces, water of Burrage, and of Buglosse, of each foure ounces, *Species de gemmis Frigidis* thre drags. *Diarrhodon*, *Triasantalon*, of each one dragme and a halfe, red Corall halfe a dragme, Camfere one scruple: temper them and vse them as the other.

Do take Roses, red and white Saunders, Mozmelwood, Squinant, burnt Iuoze, and *Spica*, of each a like much; beate them all to powder: when as you will vse it, then temper halfe an ounce with Sorrell and Endiue waters, of each foure ounces. Item, take the water of Nightshade, of Endiue, of Liverwort, of Sorrell, and of Mozmelwood, of each foure ounces, *Species Triasantali*, *Diarrhodon*, burnt Iuoze, of each halfe a dragme, Saffron one dragme, Vineger two ounces: temper them, and vse them as the other.

Another which is temperate: Take water of Buglosse, of Cicoze, of Balme, of each six ounces, *Spec. de gemmis temperatis* one dragme, Saffron one scruple, Vineger one ounce, Halmsey thre ounces: temper them all together. But it is to be noted that these cooling things must be vsed with discretion, that they doe not coole the breast too much, and prouoke a Cough: the which might easily be procured.

Here now follow Plaisters and such like.

Take Barley meale thre ounces, Roses one dragme, white Poppy seed halfe a dragme, the iuyce of Mozmelwood and of Nightshade, of each one ounce and a halfe, Vineger halfe an ounce: make pap thereof with the oyle of Roses.

Do take white Poppy seed one ounce and a halfe, the iuyce of Mozmelwood thre ounces, the iuyce of Nightshade six ounces, Vineger one ounce, and Barley meale as much as sufficeth.

This plaister is also highly commended: Take dried Violets thre quarters of an ounce, Roses two dragmes and a halfe, *Spica* and Masticke, of each one dragme and a halfe, Cammomill, Venus haire, Barley meale, Hollihocke rootes, of each ten ounces, Squinant, Cipers roots, and *Calmus*, of each one dragme: make a pap thereof with well water, and lay it euery day ouer the Liuer.

The

The common plaister of Saunders, which is to be found at the Apothecaries, is also very good for this vse.

For a salve: Take oyle of Roses, of water Lillies, and *Spica*, of each halfe an ounce; Roses, burnt *Iuor* of each halfe an ounce, red and white Saunders, seeds of Plantaine & of Purslain, of each one dragma, *Spica*, Agrimony, of each one quarter of an ounce, Basticke two scruples, Make as much as is needefull for to make a salve of it. Item, take oyle of Roses, two ounces, oyle of Violets and of *Spica*, of each one ounce, Vineger halfe an ounce, Roses, burnt *Iuor*, Squinant, red and white Saunders, of each halfe a dragma, Camfere two scruples: then make a salve of it with molten Make.

The Saunders salve described befoze in the first Chapter, and first s. Also the cooling oyntment, and that of Roses, are maruellous good for this diseale.

Yet another: Take the oyle of bitter Almonds, and white wine, of each a like quantity, Steepe Licorice in it, Wormewood, Cammomill and Agrimonie, and chafe it warme vpon the place of the Liuer.

Another which is very forcible. Take the salve of Saunders, and the cooling oyntment *Galen*, of each one ounce and a halfe, oyle of Roses one ounce. If it be too soft, then make it as hard as you will with Make.

It is also necessary to obserue therein an order of dyet. If with this heate of the Liuer there be an Ague, then is he to be kept as one that hath an ague, & that according to the importance of the cause, like as may be discerned in the first part. Generally, Lettice, Purslaine, Meriuce and Cucumbers are very good for him, with Vineger, and other meates moe that may be dressed with them And although the inflammation were without an Ague (and yet there be some dry itch and scabs with it) then be the foresaid herbs very wholesome for him. In like manner also Pullets, Hens, Partridges, small birds, Kids, Buttons & Meale dressed with Vineger, Meriuce, Drenge of Limons, Barly pap and Datan pap are also very fit for his meate. The Vineyard Snails are also very good for them. The fishes that be taken in clere grauell waters, dressed with Barly and vineger, may be very well eate. Pelons, Almonds, Peaches, Stued Peares and Apples, Cherries, Strawberries and Raisons, a little of each eaten are also very good. Wine is altogether repugnant to this diseale: yet being well watered, or Cherrie wine may be drinke in some respects moderately. Also all grosse meates are very hurtfull for him; as unleauened bread, grosse flesh, Cheese, Milke, Starch, Rice, and in fine all that bindeth is hurtfull for the liuer. But Buttermilke is not ill for this maladie.

Of the obstruction in the Liuer through colde. S.4.



If so be that the Oppilation of the Liuer be caused through cold, then is the whole body bleake and lead coloured, and chiefly the face; the tengue, the lips, and the vrine is not coloured: the pulse is slowe, there is little thirst, slow digestion, lead coloured and white excrements that stinke not much. All warme things are very meete for the patient: but colde things are vtterly against him; first, if this obstruction be without an Ague: but in case that it continue long, then must an Ague ensue by reason that the blood putrifieth in the Liuer. But if there bee any humors with this cold, that is to be perceiued by the thicke water: also by the moisture and thinnesse of the ordure, and by the small thirst, slow pulse, by the swelling of the eyes and of the face, softnes of the flesh, and loathsome colour, whereby they doe come quickly to the yellowe Jaundies or Dropsie. With this cometh also oftentimes a laske or scouring, swelling of the eyelids, of the fingers, of the toes, and all outward members. If so be then that these signes chance to be, or may be perceiued, then may easily be adiudged that this maladie doth procede through cold causes. The patient is for this, aboue all other things, to be purged, and the stegmaticke matter is to be expelled; for which this preparatiue sirupe ensuing is to be vsed: Take the rootes of Barly and of Fennell one ounce and a halfe, the rootes of Smallage one ounce, Agrimony, Venus haire, and Harts toong, of each one handfull, Haze, *Cuscuta*, of each two ounces, Licorice, Currans, of each one ounce, white Vineger one ounce, Honie, Sugar, of each five ounces; make a sirupe of them untill there do remaine about fiftene ounces, and clarifie it. For this is also good the sirupe of *Eupatorio*, of *Acetosa*, *Diarrhodon*, de *Bizantiis*, and *Acetosus Compositus*. Item, take Fennell

rootes, the rootes of Parsly, Smalage, Sperage, and Butchers bzoome, of each halfe an ounce, Agrimonie one ounce, Annis, Fennell, *Cuscuta*, of each thre dragmes, Harts tongue, Venus haire, herbe Bennet, of each a handfull, Vineger one ounce, Sugar as much as you will; and make a sirupe of them. And of one of the foresaid sirupes you are to vse certaine dayes one after another, every day two ounces at once. This being effected, then is the patient to be purged with this purgation following: Take flower of Burrage and of Buglosse, of each one ounce and a halfe, *Spica* one scruple, *Agaricus* and Polypody rootes, of each halfe a dragine: let them seethe together, and put vnto it one dragine of Turbith. You are to giue him about fower ounces of this decoction.

Take *Pillulas de Agarico*, or such like, which purge the flegme. When the patient is well purged, then is he to vse some of these Trocisks following dissolued in water of Wormwood; to wit, *De Rhabarbara*, *de Absinthio*, and *de Eupatorio*. Amongst the Confections these are good: *Diacostu*, *Diacalaminta*, *Dianisum*, *Diacyminum*, *Aromaticum rosatum*, *Diagalanga*, *Dialacca*, and such like. Item, take *Pistacia* two ounces; steepe them two daies in warme water of Agrimony, chop them afterwards small, and seeth two ounces of Sugar in two ounces of Agrimony water which is mextly thick. Then temper the *Pistacia* and halfe an ounce of Cinnamon with it; whereof make loosings: then take thereof morning and evening at least one quarter of an ounce. Hereafter doe now follow confections and other things which one may eate. Take one pound of well washt Currans; when they be dried mextly well, then temper therewith one ounce of beaten Rubarb, and eate thereof when you will, a good spoonfull at each time, and then keepe it close kept. This is very good for all diseases of the Liuer, and chiefly to prevent the yellow Jaundies.

Another Confection. Take the muscilage of Hollihock rootes 12. ounces, clarified Honey 18. ounces, Licorice 9. drag, Betony and Balme, of each thre drag. *Cuscuta*, rindes of Tamariske, of each half an ounce, Annis, Couchenel, of each one quarter of an ounce, Ginger one drag, prepared Steele two ounces and a halfe, and one drag. of the muscilage of Hollihock roots, and you must seethe the Honey to the thicknes of Honie: then temper the rest amongst it, and vse it after that you haue well stirred your selfe, walked, or run. Annis seeds confected be good for cold obstructions, and all old diseases of the Liuer. Item, Comin and Caryway haue great power to heate a frozen Liuer, and to open all her obstructions. Also bitter Almonds confected or otherwise. Likewise, Elecampane roots, Calmus, *Eringus*, Nutmegs, Walnuts, all of them confected. Item conserve of Ciebzight, of Fumitory, of Elderpe flowers, Hyssope, Betony, Lauander, Marierom and Sage are altogether very requisite. To all which you may ad *Mina Citoniorum*, both Treacles; to wit, the great *Diateffaron*, and *mithridate*, are very commodious for this disease.

For the obstruction of the cold in the Liuer be these pills following very good, and especially if there be feare of the dropsie: Take Andry *Spica* 2. drag. and a halfe, *Spica Romana* one drag. Rubarb, *Agaricus* & *Ameos*, of each one drag. and a half, Cinnamon, Cloues, & Squinant, of each halfe a drag. Aloe 5. drag. make pills thereof with old wine, and vse thereof as often as you will, one drag. at once. For this obstruction are these things following especiall good: Take Couchenel beaten halfe a drag. make thre pills thereof with the iuice of Limons; then take them fasting, as you please. Some aduise that there must be tempered amongst it the herbe Centory, and then make pills of it with the iuice of Agrimony.

Potions and such like.

VVine is for this cold obstruction of the Liuer, as in that of heate, not forbidden. For there be sundry wines of herbs ordained for the same, viz. wine of Ciebzight, or Auence, of Betony, of Harts tongue, Marierom, wormelwood, Hyssope, and *Asarabacca*, and such like, which be described in the last part.

But if it be needfull that the wine must be tempered; then prepare a water wherein Annis, Cinnamon, Coziander, Fennell rootes, or any of these were decocted, you may also seethe Malloes and *Cuscuta* in wine, and sometimes drinke thereof.

Of spiced wines are some described befoze and hereafter, which doe serue for the Liuer very wel. For which be highly commended *Cleretum*, *Aromatites*, and wine of Zeduary.

Besides the foresaid sirupes may these ensuing be used; to wit, the sirupe of Fumitory, of Wormelwood and Hints. And if so be that the *Phlegma* be very tough, then all the *Oxymels* are fit for it, used with water mexte for the purpose.

Of the outward Applications.

TAke Agrimony two handfulls, Cammomill and Venus haire, of each halfe a handfull, Cypers rootes, Masticke, Squinant, Spica of each one dragme, red and white Saunders, Calamus and Wormewood, of each two scruples, burnt Quoy one scruple, muscilage of Hollihocke rootes three ounces, oyle of Masticke, Spica, and Barley meale, of each one ounce, and also a little Vineger: then make a plaister of it with the decoction of Agrimony.

This foresaid plaister is good for all hote and cold tumors of the Liuer, and to bee vsed at all times, the plaister of Helilot, the plaister of Bayberries, and the knowen gray plaister *Diachylon*, are all very good for this Schirrosity of the stomack, of the Bilt and Liuer. Item, take Roses five drag. Wormewood halfe an ounce, Masticke five dragmes, Indie Spica two dragmes an a halfe, Ware one ounce, Oyle of Roses foure ounces and a halfe: afterwards melt the Ware and Oyle, and wash it with water: lastly, temper all other things beaten amongst it. This plaister strengtheneth, openeth the obstructions of the Lyuer and the stomack, swageth the pain which proceedeth of cold, maketh appetite, and assisteth the digestion.

These oyles following are also marvellous good against all Oppilations of the Liuer; to wit, the oyle of Elder, of Bay, of Spike, and of Wormewood, tempered, or each alone, annointed vpon the place of the Liuer.

It hapneth also very well, that through the obstruction of the Lyuer, the intraites are annoyed. For which you are to take the right sealed earth, and temper it with Annis or Fennell, Spica of Indy, with Cinnamon, of each a like quantity, as the cause requireth: vse halfe a drag. of it at once with Wine. But of this shall be written more at large where we shall discourse of the guts.

In generall, *Oxymel* is good for all oppilations of the Lyuer (if there be any sharpnesse of the bryne with it) amongst which, some expert Phisitions do temper these things following, which do take away the sharpnesse of the Wine: as Annis, wilde yellow Mustard seede, Silvermountaine, Mallowes, Hollihocks, Fleawort, Dragagant, and such like: whereof wee shall speake hereafter, to wit, in his third Part.

The order of Dyet.

Besides all the foresaid remedies, it is necessary that we do also write what diet this patient is to obserue. First of all, whatsoever cooleth and moyteneth, is to be eschewed; to wit, all habitations which lye low by the water: also the Southwind. All that here ensueth is hurtfull for him: as Spinage, Baxes, Lettice, Purslaine, Endiue, Gourds, Cucumbers, and Pompeons, as also all that is made of dough. Fish also is not good for him, vnlesse it were sel-dome vsed. All stony parts of beastes is he also to forbear, as fat Trypes &c. vnleauened bread, fresh fruits, and all pottages. Potwithstanding, Pease porrage, and broth of Lentils made with Mints, Parsley, Spike, and Galingall be speciall good. He must also refraine from drinke water, if it be not tempered with wine. Also all grosse Wine is naught for him. Butter and swines suet is also not much commended. But Sallet Oyle is in some respects permitted. Item, all kind of milk, and all that is boyled with it, grosse old flesh, and all that bindeth, it is also forbidden.

For his drinke he is to vse meetly strong wine which is clere, and of a good taste, and is somewhat swete. He may also vse otherwhiles good warming Aromaticall Wine, like as we haue shewed of late. Vineger, Meriuyte, Limons and Oranges must he vse with other meates, but alwaies a little, and rather these: The Pomegranates, Cinnamon, Pepper, Ginger, Galingall, Annis seede, Comin, Fennell, and such like odoriferous things are very meete for him. In like manner also the herbs and roots of Parsley, Hyssope, Thyme, Marierom, field Mints, Southernwood, Sage, Basil, Costus rootes, yellow Rapes, and all other Turneps drest with Oyle he is to vse. In like sort Olives and Capers. Of all flesh, Hens, Pullets, Doves, Partridges, Fesants, field foules, and sucking Kids, be very good to be eaten: for they may all bee drest with spice; and especiall good to be drest with all meates be Parsley and wilde Turneps. Some doe commend much for this sicknesse the Vineyard Snailles, and of all fruits, the bitter and swete Almonds, Pistacia and Corrans.

Of a schirrous Lyuer. S. 5.

Of this obstruction of the Lyuer, it doth otherwhiles ware schirrous and hard, that one may feele the same with the hand on the out side, without any great trouble to the Lyuer: the which malady the learned do call *Schirrum*, and the Greeks *Scliroten*. This disease is not to be cured but at the first, for when it is wared old, then it is too late. These patients doe some dye suddenly, and some lingringly; for the Lyuer cannot tollerate so strong medicines as the Silt. This disease is to be remedied, as here ensueth.

This sicke person is alwayes every second day to take one scruple of *Ammoniacum*, with *Oxymel*, made into pills. If it shall be needfull, his Lyuer beine is to be opened, and afterwards he is to purge with *Manna* and *Rubarb* tempered with *Agrimony* water: *Mozmelwood* water is also good. He is certaine daies afterwards to take one dragme of prepared *Molls* lyuer tempered in foure ounces of *Agrimony* water, and to vse this certaine daies one after another. It is also good aduice, that this sicke person do vse things which do prouoke much vrin, and do break the stone in the Bladder, whereof shall good instructions be found in his proper place. For it is consonant to reason, that such things will also resolue and desobstruat the hardnesse of the lyuer. Also he is to drinke daily a dragme of the seede of *Agnus Castus*, tempered with *Comin*, and *Fennell* water.

Outwardly be the foze mentioned plaisters, and especially the plaister de *Melilot* and *Diachilon* to be applyed vpon it. Also you may make (if you will) a plaister of these things following: Take *Cammomill* one ounce, *Roses*, marrow of Dre bones, oz of Harts bones, Ducks grease, Hens grease and Oyle of Spike, of each halfe an ounce, beaten *Mozmelwood* thre drag. *Fenegræke* and *Linsæde* meale, of each one ounce, swæte *Costus* rootes thre dragmes, and Ware as much as sufficeth. D seeth *Figges* and *Reisons*, powne them to grout, and temper amongst it *Fenegræke* meale, beaten *Cammomill*, *Rue* and *Melilot*: afterwards mingle it with the Oyle of *Cammomill*, as much as will suffice for a salue.

Item, take *Barley* meale two ounces, *Cammomill* and *Melilot*, of each halfe a handfull, the muscilage of *Hollyhock* roots five ounces, *Cypers* roots, *Squinant*, *Mastick*, and *Spica*, of each one quarter of an ounce, red *Saunders*, *Calmus*, *Agrimony* and *Mozmelwood*, of each two scruples, burnt *Iuozy* one scruple, *Saffron* halfe a scruple, *Wineger* halfe an ounce, oyle of *Roses* one ounce, foure oz five dry *Figs*, oyle of *Mozmwood* and of *Spike*, of each one quarter of an ounce, make a plaister thereof. Some haue taken the venemous hearb *Hemlock*, and laid it as pap vpon the Lyuer: for it doth mollifie schirrositie and hardnesse.

By this is also to be vnderstood that all which is good for the obstruction of the Lyuer, is also very meete for this disease.

Of a cold Lyuer without obstruction. S. 6.

There befall also cold diseases in the Lyuer without any obstruction of the same, yet are all the foze mentioned remedies very good for this intent, by reason that they do all heate the Lyuer and other inward parts: but these Plaisters, Salues, and other things ensuing, are especially ordained for this.

Take *Masticke*, *Spica*, *Cypers* roots, *Squinant*, *Calmus*, *Saffron* and *Myrrhe*, but the *Mastick* and *Myrrhe* are to be dissolued in *Wine*, then temper the rest amongst it vnto a plaister, and lay it vpon the Lyuer. Item, take the iuyce of *Agrimony* twelue ounces, *Wineger* one ounce, *Spike* and *Cinname*, of each one dragme and a halfe: wet a cloth in it, and lay it also ouer the Lyuer. You may also put vnto it foure ounces of *Mozmelwood* water. D take oyle of *Quinces*, oyle of *Mastick* halfe an ounce, oyle of *Spike* one ounce, burnt *Iuozy*, *Roses*, *Squinant*, *Cuscuta*, *Cinname* and *Spike*, of each halfe a dragme, *Saffron* five greynes, and Ware as much as is needfull. Lastly, stirre a little *Wineger* amongst it, and with this salue annoynt round about and vpon the Lyuer twice oz thrice a day, that is, vpon the right side, euen to the ribs.

Another: Take oyle of *Roses* halfe an ounce, oyle of *Mozmelwood* and of *Spike*, of each one ounce, red and white *Saunders*, burnt *Iuozy*, *Squinant* and *Comin*, of each halfe a dragme, *Cinna*

Cinnamom one dram, Agrimonie & Calmus, of each two scruples, Masticke, and Indie Spica, of each one scruple, Saffron halfe a scruple, Vineger one spoonfull, Ware as much as is needfull for a salve.

But if so be that there do remaine any paine, then may you vse these things following: take Wheaten bread which is well boulded, put it into a bag, and so lay it warme vpon the liuer. But if the paine will not be as yet asswaged with it; then take two parts of Millet, and three parts of Brand, and one part of Salt; make them together warme, and vse it as aforesayd: Or set a great boring cup vpon the same place.

Item: Take Cammomill, Balme, Dill seede, and Annis seede, of each two handfulls, Mace, Fennell, Mallowes, Hollihocke seedes, of each halfe a handfull, and two or three Poppie heads; Seeth all these together in a good deale of water untill the third part be decocted, and fill a great bladder or twaine with this decoction, and lay it on the place of the paine; and when one is cold, then lay another.

Lastly: Take fowre ounces of Brand, Venus haire, Dill seede, Burrage seede, and Commin; of each halfe an ounce, Cammomill and Melilot, of each three handfulls; Seethe them altogether in white wine, then poune them to growt, and temper therewith one ounce and a halfe of Barly meale, oyle of Cammomill two ounces, then make a plaister of it, and lay it warme vpon it: it is very good to asswage and delate the paine.

Of the impostumation of the Liuer. §. 7.



The Liuer may be also annoyed through many kindes of impostumes inwardly or outwardly, which be ingendred of many causes; as through fals, thrusts, or by going too narrow girt, whereby all such issues and impostumes are caused. Also these impostumes may be well caused through some cholerick humo2, and through an ouerhot stomacke, through the vse of too much spices, or any other hot meats, whereby the digestion of the stomacke is inteebled and wholly spoiled. For this is especiall good all swete things, as Honey, Sugar, Figs, &c.

But if this moisture be through cold, then doth there come a cleane contrarie cause.

The commonest signes of all the impostumes of the Liuer be these; paine in the right side tending bpwards towards the ribs and shoulde blade, as it were the Pleurisie. The sicke person can hardly lie vpon his sides, and especially on the right side: his face is very blacke, hee loseth appetite, his vrine is bloodred, especially if the impostume be hot: otherwhiles the cough cometh with it, as also the hickcough, parbraking, short bzeath, retention of vrine, & great thirst.

Now for to cure these impostumes, we will first discouerie of them that come through heates for this is first, the liuer beine to be opened (if the patient be able) and to let out much blood: but if the patient be weake, then but a little, and then the oftner.

If so be that he be hard bound, then be gentle clisters to be ministred, and this thing insuing to be laid vpon the liuer. Take red Sanders, and Roses, of each three dragms, the iuice of Endiue, and nightshade, of each two ounces, Rose water one ounce, Vineger halfe an ounce; make them together luke warme, and then wet clothes therein and apply them vpon the liuer, and renew them once every three or fower howers, and continue this three or fower daies. This sirupe following is also to be prepared, which is as well good for the ague, as for to open and loose the body: Take the iuice of small Endiue, of great Endiue, Agrimonie, Smalage, and Fennell, of each three ounces, water of Parsly rootes, of Smalage & Venus haire, of each two ounces, cleere wel water twelue ounces, Sugar eightene ounces, white vineger two ounces. Seethe them altogether, and clarifie them wel, then put vnto it Squinant, Spike, burnt Iuorie, Melon seede, Gourd seedes, Cucumber seede, Pompeon seede, and red Sanders of each one dram. Wormewood three dragms; then make a sirupe of it, and take at each time two ounces of it with the decoction of Pease, or with Endiue water. The third day after that such impostumes be knownen, then is the soft pap to be laid vpon it. Take Barly meale, stewed Figs, and Dates beaten to pap, and tempered altogether with oyle of Roses and Vineger.

For this sickenes one must not purge at the first without great neede be. But when the sicknes is at the prime or declining, then are you to do the same with Hanna, Cassie, fowre Dates, and to exhibit it with the decoction of Violets, Squinant, Prunes, and Wormewood.

In like manner vse loosing meate drest with Burrage, Ballowes, Hops, and such like herbs. But if the impostume be broken ont, and that there do come a gentle laske or scouring, where with corruption also auoydeth, then is nature to worke. But in case this scouring get the mastery, then is the same to be stayed with the *Trociscis de Berberis*, and *de Terra Sigillata*.

But if these impostumes do come of thursts, or such like occasions, then open a veine (as is sayd already) and lay this plaister following vpon it: Take Mirtle seede, Roses and Bayberries, of each halfe an ounce, *Calmus*, Hyrthe, Mastick, of each one quarter of an ounce, Saffron one dragma, oyle of Lillies and Ware as much as is needfull; and if you feare any hardnesse of the Liuer, then vse the mollifying things, whereof we haue spoken in the 5. S. Make this following: Take Cammomill, Melilot, Rue, Wormewood, Treos, Marieroin, *Calmus*, Hyssop, and Roses, of each an ounce and a halfe, Endiue, Hollihock roots, Linsæd, and Fenegreke, of each one quarter of an ounce: let them boyle all together in wine and water, make a sponge wet in it, and then lay it warme vpon it. Item, in the declination of the sicknesse is this plaister following to be vsed: Take liquid Storax, and Ware, of each one ounce and a quarter, Masticke, Saffron, Ameos, of each half an ounce, oyle of Mastick and of Roses, of each five dragms, Wine five ounces: temper, and vse it warme: the Barly for his meate, and the water for his drinke, is amongst other cooling things very necessary meate and drinke.

But if so be that these impostumes do proceede of cold, then do they make thew with intumescences and debilities, they bring also rather heauinesse and oppression with them then paine. For this, take hærde of letting bloud and strong Clusters: but mild Clusters shall be vsed, and also milde purgations. Amongst other is good for these Clusters, Wormewood, Barly, field Mints, Centorie, or which you will, decocted with a little Coloquinte. You may also vse well suppositoies for to keepe the body soluble, and to draw downe the tough and grosse slime.

Prepare also these Trociscs following: Take Roses five dragmes, Barberries halfe an ounce, Annis, Smalage seede, Squinant, Cassy wood and *Calmus*, of each three dragmes, Mastick, Spike, Cinnamon, Asarabacca, Rubarb, Pather, and Lacca, of each one dragma: beate them all together, and make fouresquare Trociscs thereof, with the iuice of Fennell the waight of a dragma, and giue thereof one in the euening with this potion following.

Take the rootes of Smalage, Parsly, and Fennell, of each one ounce, seedes of Smalage, Annis, Fennell, and Cemin, of each halfe an ounce, Squinant, Agrimony, field Cipers, Bermander, Pather, Cassy wood, and Balsam wood, of each one quarter of an ounce, white Wineger one ounce and a halfe, Hony three ounces: sethe them all together in sufficient water, and clarify it as behoueth. Further, annoint the place with oyle of Spike, oyle of *Sesamum*, or oile of the seedes of *Manus Christi*, and lay this plaister following vpon it.

Take the seedes of Smalage, Ameos, Annis, and Cardamome, of each halfe an ounce, Squinant, Aloe, of each three dragmes, Spike, *Amaranthus*, Mastick, Saffron, and Mirtle seede, of each one dragma and a halfe, Turpentine, Rosen, of each three dragmes, Ware as much as will suffice for to make a plaister with: melt it with a little oyle of Spike and *Costus*, and then temper the rest amongst it. But if so be that you will you may take and put vnto it Dre dung, and Goats dung.

When the impostume breaketh, that may be perceiued if the patient about the same time fall a shivering and quaking with a swooning, and vomiting, and that bloud auoyd both through the stoole and the vrine, then is this plaister following to be vsed; and if peraduenture the opennesse be not yet explete, yet doth it ripen and asswage the paine, and strengtheneth the Liuer.

Take Barley meale, and Fenegreke meale, of each one ounce, Linsæde meale three drag. Nil dust, Elecampane rootes, the rootes of Smalage and of Wormewood, of each five dragmes, Cammomill, Melilot, Violets, and Roses, of each three dragmes, white Lilly rootes, Pigeon dung, *Spica Romana*, of each one dragma, oyle of Cammomill and of Violets, as much as will suffice for to make therewith a plaister: afterwards giue him a drinke for to cleanse him, decocted of Barly and Figs, or let him vse *Mellicraton*, which is Meade.

Of the laske or scouring through weakenes of the Liuer. §. 8.

We haue sufficiently written thereof before in the eleuenth Chapter, where we haue spoken of all manner sorts of Lasks and bloudie flures.

Of diuers things which be very commodious for all infections
of the Lyuer. §. 9.



Ere befoze in the 3. §. is highly commended the water of Venus haire for all diseases of the Lyuer. For this is also good M. Tristrams water, for it doth preserve and cure the Lyuer from all diseases. Item, take the seede of Endiue, of small Endiue, and of Lettice water, of Venus haire, and Lyuerwort, red and white Saunders, of each one dragme, seeds of Melons, of Pompeons, and Gourds, of each one quarter of an ounce, shauen Iuoy halfe a dragme, burnt Iuoy one dragme, rootes of Fennell, of Parsly, and Smalage, of each one quarter of an ounce, roots of Endiue three dragmes, and a little Vineger, Sugar one ounce and a halfe: let them seeth all together in three pintes of water vnto the halfe. This is especiall good for a stult Lyuer which is caused through heate, and also for the yellow Jaunders.

Many kinds of golden waters and vitall waters be also good for this, and especially for cold causes.

Loke also in the first part the 12. Chapter, and 1. §. where you haue a very good powder, beginning thus: Take the iuyce of Wormelwood, &c. mire it with Sugar, and vse it ten daies together, it helpeth all maladies of the Milt and Lyuer, it preserveth also from the yellow Jaunders and Dropsie.

Of the thirst, through drouth and heate of the Lyuer. §. 10.

Although the thirst be a common drouth of the inward members, yet neuerthelesse it is caused (for the most part) from the Lyuer, which also dryeth away through the heate, or if the body be burthened with any sicknesse or Ague, which verily is such an intollerable trouble, that it exceedeth all other, like as may be seene by the wretched people that beset on a wheele, who doe more complaine of thirst, then of their disoynting, and broken bones: which thirst is thus described.

Thirst, is a desire of cooling and moysture, which is quenched with drinke. The learned do also make three kinds of differences of the thirst: the first do they take for the thirst which is gone cleane, when one hath lost his thirst, and when he is afraid of drinke.

The second is the diminished thirst, when one drinketh seldome.

The third is the spoyled thirst, like as when any body desireth out of measure any vnaccustomed and hurtfull drinke without measure: to wit, if one would drinke puddle water, vrine, or such like. This thirst is to be likened vnto the strange lust after meate, which is caused through a bad stomacke, which hath bene spoken of in his place.

The causes whence this vnnaturall lust ariseth are many, as great labour, long conuersing in the Sunne and about the fire, a strong Ague through drinke of strong wine, through eating of salt and smoke-dryed flesh, of fish, Cheese, Pepper, Ginger, Cloues, and other Spices: sorrow and anger doe also extenuate the body, and increase thirst: the like also doe hote venims cause. Item, if any inward parts be overheated (like as hath bene said befoze in the 3. §.) hereby the thirst is also prouoked: and especially the thirst is then great aboue measure in the disease of the kidneies, which is called *Diabetes*, and when one goeth ouermuch to the steele.

It happeneth also that some that haue had great thirst, would tollerate the same without drinke, and are fallen into such thirst which could not afterwards bee quenched, and haue fallen thereby into *Phthisin*, *Hecticam*, and other consuming sicknesses.

The same signes and differences of all these causes may be demaunded of the patient himselfe, or the standers by. The inward causes doth euery inward part yeld, as the Lyuer, Hart, Lights, and the Kidneys, sufficiently of it selfe to vnderstand.

For this thirst, are applyed certaine common rules, which may be well marked. First, how that if one haue a moyst body or stomacke, to him is the thirst profitabill; for if he refraine the same, then is the moysture of his body thereby consumed. Secondly, if the thirst bee by reason that one hath dronken ouermuch Wine, then is the thirstie person to endeavour himselfe to much sleeping, and that will quench the thirst. Thirdly, a bodie is thirstie because he is dry by nature, and

and then is he to quench his thirst through drinking. Fourthly, healthfull folkes that haue thirst anights, are to be weaned from drinking. Fifthly, sicklie folkes who haue thirst anights, are to be weaned from their drinking anights. Sixthly, if so be that one haue gotten an vnaturall thirst through eating ouermuch hote meates, he must quench his thirst by drinking water. Seuenthly, the thirst which proceedeth of a hote heart and lights, is to be remedied by taking in of fresh ayre, or by receit of any cooling Lokes called *Looch*, and through much watching, for that drinking much water, and sleeping much, cause moze harne then good. Eighthly, if the thirst do come onely through drouth of the mouth and of the throte, then is he to addit himselfe to sleepe after reasonable drinking, and to forbear talke. Ninthly, if any body be athirst after much purging, he must not drinke too much, lest that the naturall digesture bee thereby enfeebled, or that the naturall heate be therewith dissipated and extinguished. Tenthly, all they that haue accustomed to drinke much anights, they doe in time spoyle all the humors of the whole bodie, whereby they do fall at the last into *Cacochymian*, or the *Dropsie*, if so be that they doe remaine long aliue.

But now as concerning the particular remedies of the thirst. The most of them are discouered in all sicknesses that cause thirst. Nevertheless, we cannot here omit to declare in generall all that withstandeth thirst. And we will first begin with the potions.

Julep of Roses and of Violets are much vsed in all heates. Julep of Roses is made thus: Take one pound of Rose water, halfe a pound of white Sugar; seeth them together by a gentle fire, and clarifie them with the white of an egge, vntill they be as thick as a sirupe. This Julep quencheth all that is of flegmatick Agues, of the Pleurisie, and also of all kind of thirst. In the same manner is the Julep of Violets to be made, and hath the same operation. It is also good for all rheumes of the breasts, and of the throte, against the cough and the thirst. Item, take fresh Well water, or decocted Barley water tempered with Julep of Roses or Violets, and the like also with the iuyce of Pomegranates. The same doth likewise quench the thirst very much.

These distilled waters following do also quench the thirst very much: viz. the water of Endiue, of Buglosse, of Sorrell, and such like, wherewith a little Sugar is decocted.

It is also said that the Cherry Wine is of a temperate nature, therefore doth it quench the thirst in great heate, it cooleth and moisteneth all the inward parts. Item, Beadedoeth also quench thirst, like as the same is to be seene in the last part of this booke. If so be that you desire also in quenching of the thirst, to loose and make soluble, then take three or foure ounces of Endiue water, and with this water draw as much Cassia out of the canes as you thinke good, and so drinke it. It doth quench the thirst marvellous much, like as is also shewed sufficiently in the description of Cassia in the Introduction.

These sirupes following which be heere and there described, may also very well bee vsed for great thirsts: as sirupes of Violets, of Vineger, of Citrons, of swete and solye Pomegranates, and especially the laxative sirupe of Roses. For hote Agues you may also vse the sirupe of Danges, of Barberries, of Cherries, of Prunes, and the iuyce of them all. The same confection, dried, and all that may be made of them.

There be also many things moe ministred against the thirst: as fresh Cucumbers, Gourdes and Pompeons; the same being eaten or the iuyce drunken. For this is also Lettice good, being eaten with Vineger and Oyle. Item, blacke Cherries, S. Johns grapes, and Barberries. The confection of Prunes described before in the eleuenth Chapter, 20. s. is also good and certaine for the thirst. Item, Confection of Peaches, Conserue of Roses, of Violets, and of water Lillies. A peece of Sugar dipt in water, and suckt in the mouth allwageth also thirst. Unripe Grapes chewed and contained in the mouth do the same. Likewise, some Grapes held long in the mouth, do quench thirst also. Or, if the same be brused into ones drinke; like as is moze amplier admonished in the beginning of this Booke.

Of the yellow Iaudies, a sickness of the Luer. S. 11.

This sickness is called of the Grecians, and of all learned for the most part, *Icteros*, and in Latin *Morbus regius*, *Arquatus*, *Aurigo*, *Suffusio fellis*, and of many *Icteria*. This is such a sickness, whereby that the Cholera or Gall doth spread it selfe very yellow ouer all the body,

body, and appeareth with other spots or staines. Therefore is this first to be noted, that there be three kindes of *Icteri*, or yellow Jaundies, the yellow, Greene, and the blacke. The yellow is caused through yellow *Cholera*, the Greene out of light Greene *Cholera*, and both proceede from the Liver; but the black is caused through black melancholike blood of some disease of the Spleen: Albeit the same may also be caused of the Liver. The causes of these sicknesses are taken to be after sundry, & especially of the yellow & green Jaundies, as of the hot season, by great labour or great exercise, great heat, biting of venomous beastes, the use of much heate, sweete and fat meats, and inward impostumes. All which causes doe so obstruct the Liver, that such matter (like as becometh) cannot be conveyed into the follicle of the Gall whereby it is inflamed: which this obstruction & heate may and doth come to passe in the veines and in all parts of the body, whereby the blood is spoiled and converted into a Greene yellowe colour. The cause of the blacke *Icteria*, is an obstruction in the Conduits of the Liver to the Spleen, or in the conduits of the spleen to the Stomacke, a feeblenes of the expulsive or attractive vertue, be it of the spleen or the Liver. Item, through the use of much melancholike meate. In fine, it may also be caused through great heate of the whole body which enflameth the blood, or through great cold that doth congeale the blood, and maketh it blacke.

The first two signes are abating of the lively colour, yelownes in the white of the eyes, and over the whole body and of the urine, the pulse is feeble, the patient thirstie, loseth appetite, his meates will be bitter, and ready to vomit. Item, if the patient be also yong, cholericke of nature, hath done great labour, and eaten much hot meate, then do they altogether confirme that it is a perfect *Icteria*. The blacke *Icteria* is to be knowne by her black spots. The Spleen is commonly hard. This sickness is then shott beneath. The urine is browne, ruddy, and a slime in the bottome. The sick person is alwayes heauie and fearefull without cause, like as all melancholick persons are wont to be. Thus then to speake briefly of this yellow Jaundies; they do alwayes come with heate and with an Ague, or also without any of them both, therefore we will first speake of the hote Jaundies.

Item first of all, if so be that there be an Ague with this sickness, then is the sick person to drinke Barly water with the iuice of Lettice and of Nightshade, for it cooleth unnaturall heate, whereby the yellow Jaundies is caused. There be also all kinde of cooling herbs to be given him to eate, as Endive, Lettice, Sorrell, &c. drest with Meriuce or Pomegranat wine. His drinke must be well watred, thin wine, or common small beere. Hæde must also be taken at the first whether it be not needfull to purge the partie, and if neede require, then is the same to be done in this manner ensuing: Take Cuscuta and Hoarehound, of each one handfull; Endive water twelue ounces, and as much white Rhenish wine; let them seethe together untill two parts remaine, then wring it out and take foure ounces of it: temper one ounce of the sirupe de *Byzantiis* with it, you may put Sugar to it if you will, and drinke three or foure mornings thereof one after another.

Another, which is more forcible: Take Hoarehound, Cuscuta, of each two handfulls, Endive water halfe a pinte, Wine one pinte, let them seeth together, and hang two dragmes of Rubarb in it, wring it often out, then take foure ounces of it, and temper therewith one of these sirupes following, *Syrupum de Bizantiis*, de *Duabus*, *Radicibus*, or *Oxymel* one ounce, and vse them as is before said. For to purge you may after the said potions vse these cooling medicines: Take common conserues of Rûnes and Cassie, of each three dragmes, confectiõ of *Psyllio* two dragmes and one scruple, *De succo Rosarum* one dragme and a halfe, temper them together with three ounces of the water of Cuscuta, and one ounce of the hony of Roses: or take *Hiera Picra* three quarters of an ounce, *Diaphœnicon* one quarter of an ounce, sirupe of Cichorie with Rubarb halfe an ounce, and Endive water as much as you will. The Rubarb is not ordayned for this but by good reason, because it is forcible at the beginning to take away the yellow Jaundies. For this are all medicines good that be described not long ago in the 3. S. for the heate of the Liver.

But if the heate after purging will not yet cease, then giue the patient euery day one or one and a halfe of the Trocisks de *Campbora*, tempered in one ounce of wine, or the confectiõ *Tria-santon*, and *Diarrhodon Abbatis*; but before the foresaid things be vied, you must first vse these pills following: Take Earthwormes washt with wine, or burnt to powder in a pot as much as you please, and put as much Rubarb vnto it or halfe so much, and make pills thereof, giue
one

one dragma or one dragma and a halfe at once, according to the age of the partie, mixed with *Oxymel*.

Also you may giue this patient of this foresaid pouder one dragma without *Rubarbe*. It is also an approued medicine, that twentie or thirtie earth wormes bee boyled in the water of *Sperage*, of *smallage*, and of *Parfly*, and take often a spoonfull of this decoction. Item take of the powder of burnt earth wormes, rootes of *Smallage*, and of *Parfly*, of each a like quantity; giue thereof to women and yong children to each according to his age: it driueth the yellow jaundise very forcibly thzough the veines, and in like manner also the dropsie. For this you haue another in the second part in the third chapter and 7. s.

And to returne to purging, if so be that the pills be moze acceptable: then take washt *Aloe* one dragma or foure scruples, and vse it after the foresayd potions which be good and safe.

But if so be that the obstruction of the liuer bee not opened by it, then is this medicine following to bee vsed: Take *sirupe de Bizantiis* prepared with *Wineger* one ounce and a halfe, water of *Cuscuta*, of *Harts tongue*, and of *Cicozie*, of each one ounce; drinke it certaine times one after another: or take one ounce and a halfe of *Oxymel* with water of *Cuscuta*, of *Cicozie*, and of *Buglosse* of each one ounce thzæ mornings togither, and one of the foresayd purgations after it. The *Oxymel* is highly commended for this sickenes.

These pills following are very forcible for to auoide water: take the iuice of wilde Cucumbers which is *Elaterium*, and the iuice of *Swines bread*, of each one dragma and a halfe, *Rapontica* one quarter of an ounce, *Aloe* one dragma, *Diagridion* one scruple, *Pease meale*, *Cinnamon*, *Spica*, *Lignum Aloes*, of each halfe a scruple: make pills thereof with the iuice of *Smallage*, and giue him one dragma at once thereof at the most.

Now for to cleanse the head you are to vse these things following which you can get, as the iuice of wild Cucumbers, and of *Swines bread*, of garden Cresses, *Horehound* tempered with womans milke and drawne bp thzough the nose, and afterwards to lie downe vpon the backe. These things following do cleanse the grosse *Cholera* which remaineth still in the head, and doth take away all the yellowe jaundise with them. For this are very necessarie all cooling and preparatiue potions, with *sirupe* of *Endiue*, and of *Wurtaine* tempered togither, and chiefly if any obstruction of the liuer be present; for which this *sirupe* following is also very fit: Take *Endiue*, small *Endiue*, *Lettice*, *Cicozie*, *Helilot*, *Harts toong*, and *Venus haire*, of each one handfull, twentie or fve & twentie *Bzunes*, seeds of *Belons*, of *Pompeons*, Cucumbers, of Gourds, rootes of *Cypresse*, of *Capers*, *Dragon rootes*, of each one dragma; beate them all grosse, and let them seethe togither in fire and thirtie ounces of water euen to the halfe. Afterwards seeth in this decoction 4. and twenty ounces of *Sugar* or *Hony*, and clarifie it vntill there be a *sirupe* of it. Another: Take *Endiue*, *Harts toong*, and *Cicozie*, of each a handfull, wilde *Endiue*, and *Priest crowne*, of each two handfulls, seeds of *Belons*, *Pompeons*, Cucumbers, and Gourds, *Lacca*, *Spikenard*, *Mozimwood*, and the rootes of *Smallage*, of each halfe an ounce, burnt *Iuozie*, red *Sanders*, of each one dragma and a halfe, *Roses* one quarter of an ounce, white *Wineger* thzæ dragms, *Sugar* twelue ounces; and then make a *sirupe* of it.

Another: Take *Endiue*, *Harts toong*, and *Venus haire*, of each two handfulls, *Fennell* seede, *Parfly* seede, and *Cuscuta*, of each halfe an ounce, *Spicanardi*, *Spica Romana*, of each one quarter of an ounce, *Sugar* as much as you please; make thereof a *sirupe*. For the obstruction of the liuer in the beginning of the 4. s. there is also a confection which is very fit for this purpose.

Of all drinks which this patient may drinke, there is nothing moze meete for this sicknesse then the *Whay* of milke, whereof he is to drinke euery morning thzæ weekes togither a good draught at each time: for this whay doth clense the blood, and especially if there be mixed with it the iuice of *Fumitorie*. And the same is also good for all itches and scurfes: Item take the innermost skinne of a hens gizzard also a *Partridge* dried and beaten to powder; giue him the waight of a dragma thereof in wine or *Cicozie* water, and let the patient fast fve houres after it. Another: The innermost skin of a pullets gizzard or crop, and the rootes of *Auence*, of each a like quantity; seeth them in wine the space that you would seeth an egge, and drinke thereof morning and euening, and fast an houre vpon it. Item, take foure ounces of *Gentian* and *Fennell* rootes fve ounces, *Smallage* rootes two ounces and a halfe, wash the same very cleane, and cut them in peeces: let them seeth all to gether with sufficient water, afterwards wring them well out thzough a bag, and then let this decoction boyle vntill it be as thick as hony, then giue thereof

thercof two ounces at each time. This medicine is also especiall good for all phlegmatick Agues wherewith the yellow iaunders be mixed. Item, for all dropfies, all paine of the Kidnies, paine of the womb, for all venome, and it is to be given them that haue an Ague with any kind of cooling water, and when there is no Ague with a little Wine. Some do sethe it also with Sugar the which is best of all.

Item, there be mozeouer good to drinke for this yellow iaunders the water of Cicozie, of Sorrell, and of Wormewood, but the iuice of these herbs be much moze forcible. These herbs be also decocted together or each a part, and the decoction dronken warme. Item, the yellow seede of the white Lilly dyed and poudered, and one dragme thereof taken, is an especiall thing in this disease. The same vertue hath grated Auozie.

After purging, and the vse of all these foresayd things, then may any outward things be v^sed whereby to weare away the yelownes of the body and consume it. For this is also much aduised, that all yellow colours are to bee fixed before the patients eyes, for nature doth the easier expell the yelownes out of the bodie. Also, take Endiue water and Rose water, of each foure ounces, red and white Saunders, of each one dragme, temper them, and lay them ouer the L^yuer. Item, vse the Saunders salve which before in the first Chapter in the end of the first s^c is described.

Or take a spoonfull of good Hony, and boyle the same in a little pot in hote water, and stirre it well about, then put as much wheaten floure vnto it as you can take vp with two fingers, and temper a good deale of Saffron amongst it, yet moze alwayes for an old man then for a yong man, spread of it vpon a cloath and lay it vpon the nauell: when it is then dry, take a fresh againe. And you are to continue this certaine dayes together, to wit, when the yellow iaunders be at the chiefe and highest; but one may not lye longer vpon it then vpon the other. For Bathing, take wild Thyme, water cresses, Alehose, Juniper rindes, Elderne floures; let this sethe well together, and make thereof a sweating bathe with hote stones. Item, take Mugwort, Mariecom, wild Thyme, Juniper sprigs, of each one handfull; chop them small, and let them sethe in two bags, then lay one vpon the belly, and another behinde vpon the reynes; and therewith let the patient sweate.

Also, this Lie following may be v^sed for the head. Take Betony, Cammomill, and Sage, of each one handfull, Marierom, *Spica Romana*, of each halfe a handfull, Sene leaues three ounces, Stechas two ounces, chop all small, and sethe them together in a good deale of water and make Lie thereof, it will continue good a whole moneth.

For this hote yellow Jaunders is good all that which penetrateth, cleanseth, and openeth the L^yuer, to wit, Sorrell, Endiue, Pightshade, winter Cherries, Drage, the iuice of Wormewood, Venus haire, rootes of Cicozie and Sperage, Meruine, and the water of the same herbs decocted in Well water, and clarified with Hony or Sugar, and so made into a Potion.

And for conclusion of this heate, there is good heed to be taken whether the patient be abound^{ing} of bloud, and hath full veines, and also hath not bin let bloud a long time, and so there bee nothing which hindzeth the same, then is the L^yuer veine to be opened, and to let it bleede according to his abilitie. But if the yellow Jaunders be without heate and without Ague, then is it a signe that it is caused of Cholera and Phlegma together: you are first to giue to this sicke person preparatiues, with *Syrupo Acetoso composito*, or *de Byzantius*. Hee is also to drinke water of *Carduus Benedictus* with a little Saffron, and afterwards purge with these things following or such like: Take Aloe one dragme, *Diagridii* five greynes, *Agaricus* two scruples, dyed iuice of Agrimony one scruple, then make it into pils, with the iuice of Endiue, or vse in the stead of it one dragme of the pils of Rubarb.

These pils following are not to purge but to open obstructions, Sulphur bis one dragme, the iuice of Swines bread halfe a scruple, *Euphorbium* five greynes, the iuice of Smalage halfe a dragme, make pilles thereof, and giue him halfe a dragme of it at once. When hee hath purged, then let him take *Trociscos de Lacca*, with the decoction of Fennell, Parsly rootes, of Smalage, and such like. For this is also good *Trocisci de Rhabarbaro*, Radish water, and Agrimony. Item, the iuice of Swines bred made to a sirupe with Sugar which is found to be speciall good, and it moueth sweate. In like manner be made for this the great Treacle *Diateffaron*, and *Mithridate*, sometimes one dragme, (taking moze or lesse thereof) according to the importance of the case. The simples which are made for the yellow Jaunders (when there is neither heate

noꝝ Ague with it) be Mather (if one take a dragma thereof euery day.) Item Gentian, rootes of Smalage, of Pennyroyall, *Diptamus*, Rosemary, Centoꝝ, Agrimony, Annis, Fennel, Licorice, *Rapontica*, of *Costus*, *Aristolochy*, Alehoose, and Piony. The compounded things be conserues of Eyebright, of Fumitorie, of Elder floures, Piony and Rosemary, The herb wines, are the wine of Betony, of Gillyfloures, of Hearts tong, of Tamariske, of *Asarabacca*, and of Moymes wood. The *Oxymel* alone openeth all obstructions. But if so be that the yelloꝝ Jaunders do remaine long in the eyes, then the sick person is to smell often vnto sharp Vineger, for it prouoketh the expulsive power whereby the haines may be vnburthened of all their superfluous humoꝝ, oꝝ receiue the vapoꝝ into your eyes of the decoction of Hyssop, Marierome, Hayden haire, Cammomill, Dill, of all of them oꝝ which you please. You may also wash the face with it. And it is very good to smell vnto Rose water oꝝ Rose vineger. Item, you may sometimes drop into their eyes one oꝝ two drops of the iuice of Citrons, of Limons, oꝝ of Oranges. But if these iuices be too sharp, then mixe them with the water of Cuscuta, which water alone is very effectual in this matter.

Also for the yelloꝝ iaundies, whether the same procede of heate oꝝ colde, nā sing is highly recommended, especially if the same can be procured and effected with the iuice of Horehound. Also all such sicke persons must wash themselves with water wherein Cammomill is decocted, and chiefly at the begin ning of the yelloꝝ iaundise. The face is often to be washed with Rose water, to the end that the yelloꝝnes might the lesse infect the eyes.

As much as concerneth the blacke iaundise: the same is to bee cured with the selfe same things, wherewith all the maladies of the milt are to be cured, whereof shall be spoken hereafter: to wit with clifters, letting of blood, and other meanes moe which may there be read.

Of the Dropsie in generall. §. 12.



The Dropsie is a sickness which is caused of a colde humoꝝ that doth penetrate throughout all the members, in such manner that they thereby are all puffed vp and swollen. And, the dropsie is an erroꝝ of the nutritiue vertue throughout the whole body: which erroꝝ is prouoked by those causes which do hinder the naturall concoction of the Liuer.

The common signes and right embassadors of the Dropsie are first of all these following: swelling oꝝ puffing vp of the fete and the legs, afterwards of the face (in men, of the eedes) and a little ouer all the whole body. Secondly, the alteration of the colour of the body into a white colour. Thirdly, when all the humoꝝ in the whole body be corrupted: the which the Grecians doe call *Cacoehymian*. Fourthly, by great thirst. Fifthly, lost appetite through continuall desire of drinke. Sixthly, retention of stoles, of sweate, of vomiting, of the flowers oꝝ termes in women, and such like. Seuenthly, small stoꝝe of vrine. Eighthly, that these sicke folkes are very slowe and vnhandsome for all woꝝkes. Chanceth it then, (like as it is woont to happen) that there be any blcers oꝝ soꝝes with it? then be the same by reason of the corrupted humoꝝ which be in this place very hardly to be healed. And although this sicknesse be very hard & dangerous to be cured: yet neuertheles must the sick person not therfoꝝe be vtterly discouraged. In like maner also the Phisition is through all possible means to indeauour himself to withstand this sickness. The totall summe for to rid this sickness dependeth on thꝛee points; to wit, the mollification of the indurate Tumoꝝs which be in the bowels and other places. And the vse of all mannner of things for to expell the humoꝝs. Lastly he must be diligent to driue out the same by going to stoꝝle, and chiefly through the vrine: So that the principall meanes consist in this, that one doe drinke but little, doe liue soberly and oꝝderly, vse reasonable exercise, that one doe sweate much, purge often, and vse Clifters: for if all this be not diligently obserued, then is there not much good to be expected. For notwithstanding that all these things be adhibited and permitted, yet be there neuertheles very fewe holpen of it. These common rules alwayes take place in all soꝝtes of dropsies.

The learned do make thꝛee Species of dropsies, as *Anasarca*, also *Hyposarca*, (albeit some doe make difference betwene them, and so make soꝝe kindes of dropsies) *Ascites*, and *Tympania*, oꝝ *Tympanites*, of which we will seuerally write hereafter. But first we will then briefly declare thus much.

When as any one is thought to haue gotten the Dropsie, or that the same is yet in the beginning, for it, is the conserues of Sumitorie highly commended; for it cleanseth the blood. For this is also good the golden water which is described in the eight Part. The conserue of Eyes bright doth open much all obstructions. For this is also very meete all that is ordained here before for the obstruction of the Lights and Lyuer.

Of the Dropsie *Anasarca*. §. 12.



This spec. of dropsie doth *Galen* also call *Leucophlegmatia Hydrops*, as a white waterish dropsie, and is such a dropsie wherein the water which lyeth betwene the skinne and the flesh is dispersed thzough the whole body, thzough each member and in the face, and maketh them swell; so that the belly and the nauell doe not swell alone: in which swelling if that it be pressed with the finger, then doth the dint or pit remaine long after in it. The priuie members doe swell, also a waterish scouring or lask. The pulses will be slow and do beate longsome and leysurely.

The causes of it are bad digestion: so that all the meate and drinke is at least the halfe part turned into a flegmaticke matter, whereby the same cannot as behooueth be assimilated to the other parts. When as then these foresaid signes be perceiued in the face and in the priuities, then may the sicknesse be taken well to be *Anasarca*, the which also of all other dropsies is most easiest to be cured, because that it diuideth it selfe into all the parts of the body, and for that cause may be the easier ouercome by nature.

For this are these remedies ensuing to be vsed. First, if it be a Woman, and that the same sicknesse is fallen vpon her, and caused thzough retention and let of her termes, or obstruction of the Hemorrhoides; then is care to be had thzough all meanes to helpe and to prouoke them. And in case that the same cannot be compassed and effected, then is the *Sapha* or Vilt veine to be opened: and likewise to set boxing cups on the thighes and legs.

But for all other species of Dropsies letting of blood is very hurtfull, for that they haue but little blood, yet very much moisture; whereby the good blood being drawne out, the water will be left behind.

For this, is to be giuen to the patient this sirupe following for to open him: like as is taught in the 4. s. of the diseases of the liuer.

Item, *Trocisci de lacca*, are especially good for this: and afterwards he must euery weeke bee purged with pills of *Rubarbe*.

Or take these pills ensuing: *Agregarine* two scruples, *Ammoniaci* one scruple, and make seven pills of it with *Oxymel*. The pills *de Hiera*, *de Aloe*, *de Mezereo*, *Foetida*, *de Agarico*, are altogether very meete for this vse. It is also admonished before to vse reasonable exercise, hunger and thirst. More waking than sleeping is very much commodious. Item, water bathes (if one can come to them) are also very good for this, which be by nature warme: or in the stead of them to bathe in dry baths, and then to sweate well. Such persons must also in warme seasons, and when the winde is downe, lye with their bellies towards the heate of the Sunne, and let the same be well rubbed. Some doe aduise also, that the armes and the legs must be well rubbed.

This confection following is very fit to purge and expell water: Take Turbith half an ounce, *Hermoadili* one ounce, peeled wilde Saffron seedes thre quarters of an ounce, Ginger, Cinna-
mom and Annis, of each one scruple, Violets, Cuscuta, Soxell seed, of each one dragme, hony of Roses foure ounces, Sugar two ounces: seth the Hony and the Sugar with a little of the water of Sumitorie vntill you may scum it: when it is sodden enough, then mire the rest with it vnto a Confection. Giue thereof halfe an ounce at once.

Another.

Take one dragme of *Rubarbe*, Annis, wilde yellow Rapeseede, and Indy Spica, of each one scruple, Licozice one dragme, *Asarabacca* halfe a drag. Conserue of *Mariozam* one ounce, Conserue of Roses thre ounces, *Misacydoniorum* and *Oxymel*, as much as you will, for to make a Confection. This Confection strengtheneth and expelleth much the water.

Yet another. Take Elecampane rootes, Ireos and Gentian, of each one dragme, Ireos
lozenges

losinges one ounce, sirupe of Horehound one ounce and a halfe; then make a Confection thereof. Take thereof as often as you please: it strengtheneth, doth quench thirst and lengthen the breath.

The ancient Physicians doe aduise much for to vomit, to wit, at the first in the beginning of the sicknesse whilst that the patient is in state of strength, but not otherwise.

Some doe write, that dried Hedgehogs flesh doth maruellously ease in this sicknesse, if one take of the same one quarter of an ounce in wine. The like is also reported of the Wolfes Liuer, if the same be taken with Rubarb and *Rapomica*, with water wherein Wormewood is decocted.

Of the Dropisie *Ascites*. §. 14.

This Dropisie some do call *Asciten*, and *Alchiten*. In this Dropisie the belly doth onely swell and the legges, and contrarily the vpper parts of the body do dry away. This name is giuen to this species of Dropisies, of a hide wherein men doe carie Wine or Dyle.

Of all other signes this sicknesse is a great trouble in the belly, when one clappeth or soundeth vpon it he doth heare a rumbling or a noyse of water which is forcibly stirred about, the which also happeneth if the sicke person do turne himselfe from the one side to the other: the bodie is not so swollen throughout like as in the foresaid Dropisie, neither do there remaine therein any dents or pits if one presse therein with the finger. The nauell doth not stand so puffed vp as in the *Tympanite*, the pulse is feeble, swift, and small.

The cause of this Dropisie is feeblenesse of the Liuer, which hath not a sanguification or concoction, and altereth all her moisture into water.

This infection of the Liuer may be caused as well of heate as of cold: also of the water which is ingendred in the Liuer, that falleth downe afterwards into the lower parts and hollownesse of the belly.

If this Dropisie doe come through hote causes, after any paine of the Liuer, after an Ague, by swelling vp the belly beneath the nauell euen to the very hip: also if one turne the sicke person about, one heareth the water; he hath an intollerable thirst, auoideth but little vrine which is fieriered, with some clots as it were with small stones: then is there great danger, and but small hope of life to be had. For if so be that one giue to the patient medicines which do coole the heat, then is the Liuer enfeebled, the water and winde augmented: if that warme and drying things be vsed for it, then doth the heate and excessive thirst increase.

But not to leaue this sicke person vtterly comfortlesse, and to please his friends, you may vse for the lengthening of his life moderate cold and warme things, like as is this sirupe following: Take Endiue foure handfuls, Maiden haire and Harts tongue, of each one handfull, Fennell seede, Parsly seede, and *Cuscuta*, of each halfe an ounce, *Spica Nardi*, *Spica Romana*, of each one quarter of an ounce, and Sugar fixe ounces, make a clarified sirupe of it.

In like sort may also this cooling confection following be vsed, as *Diarrhodon*, *Dialacca*, *Diacrocoma*, *Diatrisantalon*, and *Aromaticum Rosatum*, and other such like cooling things moe.

Also the Wolfes Liuer (like as herebefoze for *Anasarca* is said) is very highly commended for this, if the same be giuen with Endiue water, for it should (euen as many thinke) reduce the Liuer to her right state.

Also for to coole the heate of the Liuer may this plaister following be made and applied vpon it: Take the iuyce of Endiue, of small Endiue, of Agrimony, of Liuerwort, of each two ounces, Barly meale as much as will suffice to make a plaister withall.

It happeneth also very often that in this *Ascite* the patient is hard bound in body, who if hee be knowne of sufficient strength, then is he to be often purged (as is already said) the which may be effected through sundry meanes, as through Pills, Potions, and through Clitters, whereof there be many herebefoze described for the obstruction of the Liuer, and are also very requisite for this purpose, and amongst therest these following may also be vsed: First, let pills be made with Rubarb, which be acuated with a little *Mezereo*, and be giuen vnto him once a weeke.

Also the pills of *Mezereo*, are very good for this vse, but they must be taken in hand very circumspectly: for that the *Mezereon* is marvellous sharpe, as herebefoze in the Introduction you may well perceine.

Item,

Item: Take of the foresaid *Mezereon* leaues which haue bene steeped two daies and two nights befoze in the iuice of Quinces and Vineger, & dried againe, half a drag. make small pills thereof: it expelleth water wonderfully. The like haue you befoze in the 4. S. good pills in the obstruction of the liuer, beginning: Take *Spica*, &c. The iuice of wild Cucumbers, or *Elaeterium* is also good for this, but it must be giuen with great circumspection; for there is no man so strong that may take aboue halfe a scruple. Our Phisitions do seldome take aboue foure graines at once, as is amplier spoken of in the Introduction. Item, take clouted Goats milke three ounces, the iuice of blew Flower-deluce halfe an ounce; seth it on a small fire vnto the halfe or more; strain it & temper it in a little Sugar, & so take it. Or take the iuice of blew Flower-deluce which is very cleare one ounce, drinke it with some Sugar, or with some Goates milke once in euery 4. daies: & the daies betwene both he is to drinke a good draught of Beere decocted with Worme-wood, or Wormwood powder with 2. ounces of Sugar cast into sugar plates, & eate thereof. In Italy they haue an herbe called *Sodonella*, the iuice whereof is much vsed for the dropsie: also the water & powder of the herbe: or in stead thereof may be vsed for the dropsie, of the said blew Flower-deluce: for that *Sodonella*, which groweth neare the sea & all salt places, is giuen with wine wherein *Rapontica* with a little Wormwood is decocted. What force Wormwood hath in this disease is sufficiently shewed in the end of the 9 s. Also what vertue the wild Saffron seed hath for the Dropsie, look for the same in the Introduction; the like also of the seeds of *Manus Christi*.

A powder to purge withal: Take beaten Ireos, three dragmes, Ginger two scruples, Annis, Basticke, of each one scruple, white sugar Candie one dragme, Turbith one quarter of an ounce, *Diagridion* sixe graines: take one dragme thereof; it expelleth the water and the going to stoole very vehemently. But if there be any heate withall, then are these milde purgations to be vsed: Take the flowers of Burrage, Violets, Fumitorie, of each halfe an ounce, Licorice, Anis, Currans, and Wormwood, of each one quarter of an ounce, eight or ten Prunes, *Spicanardi* one dragme: seth them all in whay of Goats milke, and steepe therein halfe an ounce of the shels of yellow Diobalans for a potion.

Item, take sixe ounces of the whay of Goates milke, and fresh rootes of the flower-deluce which be well cleansed from their shels halfe an ounce, seth the same vntill two parts remaine, then temper them together for a purgation.

Clifters, as is befoze discoursed are also marvellous good for all such dropsies, whereof certaine doe follow: Take *Ebulus*, Cammomill, and S. Johns wort, of each one handful: Let them seth sufficiently in water; then take of this decoction twelue or sixteen ounces, Sallad Oyle three spoonesfulls, halfe an ounce of *Hiera Pachii*, or *Hiera Picra*, Salt one dragme; temper them then together. Item, take the broth of Tripes, or any other fresh flesh broth, Pease pottage, or any other that one hath readie in the stead of common water; and in the stead of *Hiera*, take prepared Cassie for Clifters.

This following doth loose more: Take Mallowes, Hollihocks, Bêtes, Cammomill, and the herbe Mercurie, of each one handfull: Seth it in water or in any of the foresaid brothes, and take thereof twelue or sixteen ounces, Salt, Oyle, *Hiera* or Cassie, *Hiera Picra*, *Benedicta Laxativa*, of each halfe an ounce; temper them together, and minister this Clifter very warme. This following draweth from the head: Take Rosemarie, Betony, Cammomill, and S. Johns wort, of each one handfull, Polipodie, wilde Saffron sette grosse beaten, of each halfe an ounce, and seth them well. This being done, take as much broth and doe as is beforesaid: there may also be vsed in stead of common oyle, the oyle of Linsede.

If there be great griping of the belly with it, then may also be vsed with the foresaid hearbes, Annis, Fennell, Caraway, all together, or those that one can get: Take the waight of an ounce thereof beaten together grosse.

Clifters are not onely good for the Dropsie, but also against all griping of the belly, against the grauell, against the obstructions, against the yellow Jaundise, shewings, and such like.

But in case that with this Dropsie there be any scouring or red fluxe: then are Trociskes to be giuen to the patient, of Barberries with Vineger: for these Trociskes do coole, supple, and strengthen the liuer, and stay the scouring. The same do also *Trocisci de Spodio*, *de Sandalis*, and the iuyce of Quinces, and all that is made thereof. Item, the Conserue and confection of Cicozie, by reason that they haue a binding and cooling operation.

But if so be that the *Ascites* be without an Ague, and there be no rednesse seene in the water, then

then may these pills following be given.

Take prepared leaues of *Mézereon* and *Sagapenum*, of each one scruple, make this to pills with the iuyce of *Mozmewood*, but giue no more at once then the fourth part onely, for they expell and purge very forcibly.

What things do moue Vrine.

In the beginning of the description of the Dropsie, it is (amongst other things) thus declared, that the chieftest meane for to cure this sicknesse, is to expell vrine, and to auoide the same in great abundance, the which may be atchieued thzough these means following: Take Rue, S. Johns woozt, Benniroyall, Sage, Marioram gentle, Mozmewood, Licorice, Annis, Fennell, and Elecampane rootes, of each one quarter of an ounce, seethe them together in a quart of Wine, but not too long; then drinke thereof in the morning thre ounces, and as much more in the euening. Item, take Garlick and S. Johns woozt, of each one handfull, seethe them together in a pinte of Wine untill a third part be decocted: afterwards straine it thzough, and when you please drinke a little thereof at one time, it dyeth by the water, and expelleth the rest thzough the vrine.

Item, take the whay of Goats milke foure ounces, seethe thre dragmes of *Spica nardi* in it vnto thre ounces, and giue it him to drinke fasting. Or take one ounce of the iuyce of *Pep.* Also white Wine wherein the flowers of Rosemarie and the hearbe be decocted, is very meete for this. Item, the Vineger of Squils is also very good.

The *Trocisci de Lacca*, or *Crocoma*, one quarter of an ounce giuen at one time with any of the foresaid iuyces, be especiall good for this.

Item, Rubarb, *Asarabacca*, *Diptamus*, Cinnamome, Agrimonie, Mariorame gentle, Rue, Pyrre, all together, or each alone steeped in Wine, are very fit for the Dropsie, or any other maladie.

In the description of the yellow Jaundise in the eleuenth s. haue you also amongst other potions, a very good potion fit for this, beginning. Take Gentian &c.

These things following doe also expell vrine, namely, *Hermadaeli*, Indie *Spica*, Licorice, Cinnamome, Fennell, Betonie, Vineger, Parsly rootes, Sage, and Rosemarie, seeth any of these things in Wine; and in thre or foure ounces of the same Wine dissolue one dragme of the trociskes *De Lacca*, but aboue all other these here be very commodious: Item, the rootes of Pettles, of Parsly, Fennell, Elecampane roots, *Asarabacca*, powdered all together, or each alene; taking one dragme thereof, or wine drunke wherein the same hath beene a while decocted. The rootes of great Ferne boyled in Wine and drunke, expell vrine very much. All herb wines are commended aboue all other things for the Dropsie, to wit, wine of Gilloflowers, rootes of Marioram gentle, Betony, *Asarabacca*, and of Pylope, but all troubled wines are contrarie to this disease.

Outwardly are sundry plaisters vsed, and it is reported that they doe bring foure kinds of commodities: first, they doe supple, drie, expell wind, and do strengthen the belly and all the intrails, like as these following are: Take Coloquint, Hollihocke seedes, *Diagridion*, Aloe, Pyrre, roots of Hallowes and *Bdellion*, of each one dragme and a halfe, Treos thre dragmes, seedes of Hallowes, wild Cucumbers, Cardamome and *Euphorbium*, of each thre drag. Boreas, *Sal gemma*, of each one quarter of an ounce, Goose grease, Duckes grease, Calues, and Hogs suet, as much as is needful for to make a plaister or a salve, lay this plaister vpon the belly, it doth supple much. The plaister of Bayberries is also speciall good for the Dropsie, and moreouer much mightier for it, if the same be tempered with Goates dung, or Cow dung.

If the priuities be much swollen, then make this plaister following: Take Annis, Fennell, and Comin, beaten small together, of each one ounce and a halfe, Beane meale, *Ebulus*, the iuice of Elberne leaues, and good Wine as much as will suffice, lay it vpon the belly, and ouer the priuities.

Another: Take Barly meale, Cyper rootes, dyed Shæpes dung, Bozace and Bolus, of each a like quantitie, beate them together, make a plaister thereof and apply it to the belly. This plaister hath great force to exsiccate and drie the water. Item, take Cow dung, or Goats dung, and temper them with the vrine of a man childe vnto a plaister. Or take Dre dung which

is dyed in an ouen, powne it to powder, and make thereof a plaister with Wine, and then lay it on the belly.

Another: Take fat Figs three ounces, Pigeon dung halfe an ounce, Mastick and Spikenard of each halfe a dragma, powne al that is to be pownded, and then make it to a plaister with Goats piss.

Of all other salues is that of *Agrippa* much commended, which is knowne at all Apothecaries, for it is maruelloous good for the Dropsie: There is also another made, that is *Arthanita*, of Swines bread which is not so common. For a common iniunction the oyle of Cammomil and of Rue tempered together is very commodious.

But it is also to be noted, that if so be that the Dropsie do come out of any cold occasion, that then this foresaid plaister is to be laid vpon the whole belly, and the cooling things vpon the Liver.

Sweating is very good for all Dropsies. S. 15.



It is shewed, that among other reuelations and expulsions of superfluous moistures of mans body, sweating is accounted one: therefore it is very needfull to write somewhat thereof, and how that the sweate, especially for Dropsies, is moued.

We haue also written in another place of a dry sweate bath, the which for the difference thereof we will rehearse here againe.

Take a flat tub, turne the same upside downe ouer a hote hearth, and make vnder this tub a small fire of Elderne wood or Juniper wood without smoke vntill it be thorough warme. When it is then hot, set hopes about it that it may be couered close, then set the patient in the same tub couered enery where close, yet so that his head be without. Afterwards he is to rub him well, to the end he may sweat well: dry away the sweat, and let him sit in it as long as he can abide it. Item, take *Ebulus*, Beane straw, of each a like quantity, seeth them together, and make thereof a sweating bath with hot stones, as is accustomed. It is also good to drinke a dragma of the powder of Bayberries with wine, and chiefly after the sweating. Conserue of Elderne (taken fasting before sweating) after purging, causeth abundant sweate, and doth expell the fountaine or beginning of the Dropsie.

This following should be marvellous auailable for the Dropsie through sweating: Take of the middlemost graine rinde of the Elder eight good handfuls, *Carduus Benedictus* five handfuls, Rosemarie three handfuls, the vppermost sprigges of Elder three handfuls, chop all these small together, then put them into a glasse, and powre vpon it two quarts of white Wine; then stop it very fast, and so let it the space of foureteene dayes in horse dung, and afterwards distill it in seething water, whereof giue the patient one spoonfull twice a day. But at the first time giue him very little of it: and if he can abide it, then giue him more. This hath bene tryed in a thicke fat woman: that she must be laid vpon a leather bed, that the sweate through this medicine hath run so extreamely from her, that it must be laden vp with dishes.

The great Treacle *Diatessaron*, and *Mithridate*, one dragma, or a dragma and a halfe taken with Wine, or any of the foresaid waters doe vehemently expell sweate. In like manner is very commodious for this all that is set downe for the yellow Jaundise, for prouoking vrine, and expelling of grauell.

Certaine famous auncient Phisitions doe aduise, that vnto them that haue the Dropsie, shall Treacle be giuen, and that thereupon they should be made sweate vpon a board in a warme Duen, hauing their head out. But I cannot much approue the same.

The like grosse meanes, like as to bury the sicke person warme in the said and other things moe, there be of many men many described. But I will not rehearse them all, because I haue declared some that be more necessarie and tollerable.

This Tympania or Tympanites, is alſo properly called *Hydrops*, which is a Dropſie: becauſe that it is rather cauſed of winde then of water, and hath therefore her name, for that the belly as in other Dropſies, is here alſo puffed vp higher: the ſpauel is thruſt forth on high: and becauſe all other members doe conſume and ware very leane: yea for that the belly is hard ſwollen, that one clapping or knocking vpon it, it giueth a cleare and hollow ſound.

In theſe ſickneſſes the patient ought not to eate at any hand any graine herbes, nor yet any thing elſe which maketh or ingendzeth winde, as Spinage, Beetes, Colewoozts, new fruites, Peaſe, Beanes, Turneps, boyled Rice, or any ſuch like. He muſt alſo beware of milke, Cheeſe, Cheſtnuts, vnleauened bread, and Muſt. He muſt alſo eſchue all cold, and keepe himſelfe alwaies warme, and to ſweate if it be poſſible, euen as we haue ſaid befoze. And the belly muſt be daily well warmed with warme Panicke or Millet wherewith is mixt a little Salt: for this caueth the winde to breake away. In like manner ſhall boring cups alſo be ſet vpon it vnpickt.

All theſe things following are good for him: to wit, the Confection *Diacyminum*, or *de Baccis Lauri* uſed often, and other moe that be wriſſen hereafter for the griping of the belly.

But aboue all and for all Dropſies, the prepared Wolfes Lyuer is very much commended, be it powdered or eaten otherwiſe amongſt other meate: for it hath an excellent and priuy vertue to expell the Dropſie.

Item, theſe things following may be uſed for all Dropſies, if there be no heate with it, as Conſerue of Elderne leaues, of Betony, Gilloflowers, and of Roſemary, Fennell Annis, Comin, and all other ſuch like which doe expell winde, with moderate exerciſe. To ſuffer hunger and thirſt, and much watching are alſo good for this.

Theſe Suppoſitories alſo following are very meete for this purpoſe: Take *Sal gemme*, Rue, Beuerced, *Euphorbium*, and Pettie ſeede, of each one drag. decocted Hony about three ounces, and make thereof Suppoſitories. Theſe following be not ſo ſtrong: Take Comin, Boreas, Rue ſeede, of each a like quantity, Hony as much as is needfull for to make Suppoſitories. Alſo let the belly be rubbed with rough linnen vntill it be red. And when the winde doth not blow, let the ſunne ſhine vpon it.

This plaſter following is maruellous good for this: Take dyed Goats dung twelue ounces, rootes of wilde Cucumbers, and rootes of *Ebulus*, of each two ounces, Barly meale twelue ounces, Aleed Vineger foure ounces; make a plaſter thereof, boyled well with ſharp Lee: this plaſter conſumeth all windy matter, openeth the pores, and draweth all wind out of the body if it be laid warme thereon. The belly is alſo to be annointed with oyles which be of a hote nature: to wit, with oyle of Dill, oyle of Rue, of Coſtus and of Bayberries.

Of Clifters wee haue ſpoken befoze: but for this are ſuch chiefly to be uſed as doe expell the winds, as this following is: Take Ireos, Hyſſope, Smallage, Rue, Bearefoote, of each one handfull, Annis, Fennell, Ameos, Bayberries, of each half an ounce; let them ſeeth well. Take afterwards of this decoction twelue or ſixtene ounces, if the patient be meetly ſtrong: then put vnto it clarified Hony, and oyle of Rue, of each one ounce and a halfe, and ſtone Salt one drag. There may alſo *Hiera Picra* be put vnto it: for the ſame is marvellous good for to driue out all bad humors, and to leaue the good.

Here do now follow certaine Sirupes moe which are to be uſed for all Dropſies, like as the common ſirupe of *Eupatorio*, which is good for all cold diſeaſes and obſtructions of the Lyuer, and therefore is good for the dropſie: it extenuateth all tough and groſſe humors, it comforteth the Lyuer, it expelleth water, and hindzeth all ſwellings of the inward parts.

In Italy is this enſuing ſirupe of Ireos much uſed: Take graine rootes of Ireos foure and twenty ounces; cut them in peces, ſteepe them the ſpace of three daies in as much Well water as will couer them: ſtir them about twice a day, but that they may be couered vnder the water: afterwards ſtraine the water from them, and powze other water vpon them, as befoze: keepe the firſt water in a cleane pot, and doe the ſecond time as you did at the firſt: Then temper both theſe waters together, or ſeethe each alone with a little Sugar. Afterwards mire theſe things following with it; to wit, Scabious, and Maidenhaire, of each one handfull, Sperage rootes

rootes, Fennell rootes, Arcos rootes, of each halfe a handfull, paled Melon seede, Gourde seedes, Cucumber seedes, and paled Pompeon seedes, seedes of Purslaine, of Cicozie, of Endiue, and of Lettice, of each one quarter of an ounce, Fennell, Annis, Sperage seede, and Smalage seede, of each halfe a dragme, Millet and winter Cherries, of each three dragmes, fat Dates, and Figs, of each sixe, Licorice, Madder, of each five dragmes: let them seethe all together vnto the halfe, and afterwards seeth the decoction with sufficient Sugar vnto a sirupe. Some do giue this sirupe a pleasant taste with Cinnamome. Other do steape therein one quarter of an ounce of Rubarbe against the obstruction and debility of the Luer.

The Italian Phisitions doe giue thereof, when they will prepare any bad humoz, not aboue one ounce at the first, and afterwards a little more, vntill they be wholly purged with it. It is also to be noted, that when this Sirupe waxeth old, it looseth the purging vertue. Also we will now speake of the iuyce of the blew flower-deluce: When it is giuen alone, it annoyeth the stomack, and causeth the red or bloody fluxe. Further, for this sickness is to be used the Sirupes *de Radicibus*, *de Absynthio*, *Capillus Veneris*, *de Betonica*, and such like more.

When it appeareth that the swelling of the belly, of the legges, and of the priuities both decrease (be it in whatsoeuer Dropisie it will) then boyle *Ebulus* with the root and herb, and bathe or foment therewith the swolne places, or wash it with common Lye which is somewhat salted.

Other doe aduise this following: Take Marioram, Wormewood, fiede Mints, Parietarie, the roots and leaues of *Ebulus*, Marioram gentle, Cammomill, and Baydenhaire, al together or which you will: seethe them in Wine or Lye, and therewith bath the members, but alwaies after purging, for otherwise it is not requisite. Marke also, that for all sorts or kinds of Dropies, the remedies are often to be altered, taking now one sort, and another time another sort: and that for this is alwaies a good order of dyet, as we shall here briefly note, and set forth.

The order of Dyer.

WE haue heretofore sufficiently shewed that sobriety is good and needfull for all Dropies. It is therefore required, that one doe eat but once a day. Partridges are good for him, Turtle Doves, and other yong Pigeons, kids, rostmeate, Pullets, sowles drest with Meriuyce and the iuyce of Limons, Barley or Spelt bread which is raised and well baked, are also good for him. He may also eat sometimes Endiue, Sorrell and Cicozie, with Vineger, or a Sallad with Sorrell and Parsly.

And for a conclusion, we are to say somewhat more for opening the skinne in this Dropisie, thereby to let out the water. The which the learned do permit at the last, when the patient hath his legs and priuities full of water, that the same be then opened with a Lancet, thereby to let out the water: but not much at once. But in truth this is a slender helpe, and febleth the sick more then it doth strengthen: for inwardly as much water hath a course vnto it as may be letten out.

Other doe open the legs with *Cantharides*. The third sort doe cauterise the belly two or three fingers broad beneath the nauell, so that there as much as may be they do draw ouer and open the skin, and that chiefly in *Ascite*, where it ought most to be used. We will also note at this present, that because oftentimes before the hote *Euphorbium* hath bene remembred, the same is not to be used but in the greatest extremity, euen as his nature and operation are at large described in the Introduction.

The thirteenth Chapter.

Of the Gall.



In the middelt of the Luer is a bladder established by nature, where in is kept and gathered all bitter and sharpe humors which are separated from the blood: which humors the Grecians doe call *Choleram*, the Latins *Bilem*, and we call, the Gall. The nature of this humor is described after three kinds of waies: to wit, light greene *Cholera*, yellow *Cholera*, & lastly, blacke *Cholera*, like as before is sufficiently shewed. This blacke choler (by reason of her colour) is also called of the Grecians *Melancho-*
lia, and is cold, dry, sharpe, and heauy, and also none other then dregs,

and yeast of the grosse blood : for it is nothing else but a yelloſw *Cholera*, that is, *Oxymel* burnt; whereby the yelloſw and greene *Cholera* are eaſily altered into blacke *Cholera*. How this blacke *Cholera* doth make men mad and raging, in the firſt part, in the twelfth Chapter, and 8. S. is ſufficiently declared, and alſo ſhall be taught hereafter.

It happeneth either through extremity of heate or cold, that the blacke *Cholera* appeareth rather in the winter, and the yelloſw *Cholera* in ſommer time. For when as the conduits which do carie thoſe ſuperfluities into the Gall are obſtructed, then is the yelloſw *Cholera* diſperſed through the whole body, with the reſt of the blood, which cauſeth the yelloſw Jaundice; and otherwhiles, by reaſon of their ſharpeſſe and heate, a certaine Ague. Or if it get wholly the upper hand, then doth it cauſe many kinds of ill and ſharpe exulcerations, whereof we are to write moze at large in other places.

Thus for to remedie this *Cholera*, and the ſoſeſaid Ague thereby, is this generall rule preſcribed by *Galen*.

At the firſt it happeneth otherwhiles, that the Gall doth ſend her ſuperfluitie to the ſtomacke, whereby the digeſtion is hindzed and ſpoyled, and the patient getteth great infirmitie: for this, there is no fitter meane to exonerate him thereof, than by vomiting, and that chiefly when one is faſting.

Contrariwiſe is the *Melancholia*, which through her heauineſſe descendeth downewards, to be purged through the ſtole, which may be moſt commodiouſly effected through Clifters, afterwards through ſweating, and through the urine.

And how this ought to be put in practice, is ſufficiently declared befoze in the Dropsie, and yelloſw Jaundice. In like manner it is eſpeciall good to bath in ſweet water, for thereby will both the ſaid cholericke humors be moiſtned and coled, if it be done in due time. This patient is alſo to forbear Wine, even till the declination of the ſickneſſe.

And when the ſickneſſe beginneth to decline, then is he to uſe ſmall, watered, and but a little wine. All meates that moiſten and coole are good for theſe Aguiſh folke, if the ſame be ſoberly uſed. Theſe herbes following may alſo be dreſt in his meate; asorage, Beetes, Sorrell, Malloves, Lettice, Gourds. Alſo Barly pap (which is *Prifana*) and fiſh which is caught in grauelly waters. All fowles are good for him which haue a ſoft and tender fleſh, or the pinions of the groſſe and hard fowles. The bzaines and ſeete of Swine, ſmall birds, and rere ſodden Eggs be good, but chiefly the yolkes which are moze nourishing, and lighter to be digeſted.

He may uſe all fruits that remaine not long in the ſtomacke; but he muſt reſtaine Honey, Mard, and ſharpe meates.

This may ſuffice of the Gall, of her bladder, nature, and of the tertian Ague which is cauſed by it. Of which Ague, amongſt other, ſhall be further written in the ſixt part. The ſickneſſes beſides, which be cauſed through *Cholera*, ſhall be deſcribed moze at large in their due places.

The foureteenth Chapter.

Of the Milt or Spleene.



His third part of mans bodie containeth alſo in it the Milt, which the Grecians doe call *Splen*, and the Latinists *Lien*, a knowne and neceſſarie part of mans body. It hath his place in the left ſide ouer againſt the Liuer and the Gall, next of all to the ſtomack. And if this were not found in the left ſide but in the right ſide (like as the ſame befoze time hath been ſcene) then is it reputed to be againſt nature.

This Milt is faſtened to the backe with certaine ſiſſewes, where the ribs doe take end: and with one end it ſtretcheth to the Liuer in the right ſide. Her ſubſtance and eſſence is a tender and ſoft fleſh, like to a ſponge; yet to be compared to the Lighte, it is ſo much harder and faſter, as ſhe is ſofter and tenderer then the Liuer. She hath alſo many veines and arteries, whereby ſhe draweth eaſily vnto her the groſſe melancholick humors out of the Liuer, by which ſhe is fed and ſuſtained. She is different in colour to the Milt of beaſts: for it is blacke gray, of ſome long and thin: and of all foureſoted beaſts there is none which moze agreeth with the Spleene of a man, then that of a Hog.

The

The office of this Spleene is none other but to cleanse the liuer from all melancholick humors, and that is brought to passe through the said veines, whereby she draweth vnto her the same grosse humours, where she keepeth and retaineth the cleanness, and driueth from her the rest through certaine passages and conduits: which if it be not performed, the spleene is so weakned that it cannot perfectly draw vnto it the same melancholick humors, and then there procede out of it diuers melancholick sicknesses; as namely, heauinesse of mind, desperat madnesse, and such like.

This disease of the spleene hath his certaine and outward signes: as when one is sorrowfull, then doth he commonly feele paine about the Spleene where melancholie hath her residence. Yea there is also written thereof, & beloued by many, that if men were depriued of their spleen, then they should thereby loose all their laughing, and that their laughing and mirth doth augment according to the increase of the spleene.

Also the foresaid febleness of the Spleene causeth exulcerations, swellings, leprosy, the canker, and such like. And albeit, that it do draw the melancholick humors vnto it, yet neuertheless can she not by reason of her febleness expell the superfluity of the same: but swelleth, whereby an Impostume may easily follow. If then it force the biting and sharpe matter excessively into the stomacke; then doth it there cause the insatiable Dogs hunger, whereof we haue written in the eleventh Chapter and five and thirti s. Or if the same harden in the stomacke, then doth it cause vomiting: the bowels will thereby be made sore and deadly annoyed, and also afflicted with moe other perillous accidents: by all which it may easily be perceiued, how much the health of this part importeth.

Therefore it is to the contrary much to be marvelled at, that certaine Beasts can be wholly without it. And so daily experience sheweth, that how much the lesse a mans spleene is, so much the faster may one run, and do the more labour.

The chiefest diseases of the spleene, be inflammations, obstructions, and schirrosities: of which, the obstructions and hardenings do depend so fast one vpon another, that the one cannot be well without the other. And the Phisitions haue also no other difference in vie, than that there be vsed for the obstructions mo outward medicines, than for the hardnes or schirrosity: for in the hardnes of the same must outward things be vsed, whether the same be caused through heate, cold, or wind, which do come commonly with it: So that the spleene in all these diseases hath great affinity with the Liuer; and so all that which is ordained for the Liuer, is also seruing for the spleene.

And now to write briefly of the occasions of these maladies, whether the same be allwayes moued through inward or outward causes. The outward causes may be such meates and drinks as do ingender melancholick blood: as Cheese, Coleworts, salted flesh, and such like, according as hath bene said in the first part, of *Melancholia*.

The inward causes do come of the Liuer; or when the melancholick humors be too many; or when the spleene hath a bad complexion, whether it procede of *Cholera*, *Phlegma*, wind, or any other occasion.

Of the obstruction of the Spleene with heate, and an ague. §. I.



The obstructed Spleene hath these signes: to wit, an hardnesse which one may feele outwardly, with paine, swelling, thirst, thin and ill-fauored colour of the vrine, a heauie ratling breath, bad colour of the face and of the whole body, heauinesse of mind, terrible dreames, and such like. But with the impostume is alwaies this difference, that the paine is in one place onely: but in the hardnes of the spleene without impostumation, the paine is ouer all the whole spleene. These diseases do also make the whole body leane, because that the Liuer doth not performe her naturall digestion and in stead of good blood doth ingender bad humors, wherewith the whole body is fed and nourished.

If with this paine of the spleene through heate, be Agues and a red vrine adioyned; then are these cooling things to be vsed for it: to wit, Lettice, Endiue, with their seede, Saunders, burnt Quozie, the seedes of Melons, Pompeons, Gourds, and of Cucumbers, Vineger, & such like. Of compounded things, the confection *Triasantali*, &c. These things following are temperate,

rate, and not onely good for the Milt or Spléne, but also for the stomacke, Liuer, Gall, and for all inward parts, as Cammomill, Melilot, Lilly rootes, Burrage, water Lillies, Fumitory, Maidenhaire, and Harts toung.

But to procéde methodically, then is the patient first to vse these things following: Take Caper rootes, rindes of *Tamariscus*, the innermost gréene rindes of the Ash tree, and the blossomes of Broomie, of each one ounce, Endiue, Purslaine, small Endiue, Maidenhaire, of each one handfull; the seedes of Pompeons, of Cucumbers, of Gourds, and the seede of Melons, of each one ounce, Honey three ounces, Sugar nine ounces: let the foresaid roots be steeped a whole night in Vineger, then afterwards make a sirupe thereof, and giue two or three ounces of it (according as the cause requireth) with Endiue water, and that for the space of foure or fife dayes in the morning fasting. For this are also these Sirupes good, to wit, the sirupe of vineger, of *Oxymel simplex* and *Compositum*, *Oxyfaccchara*, Vineger of Squils, and his *Oxymel*, *Acetosus*, *Diarrhodon*, *de Fumo Terra*, *de Epithymo*, *de Pomis*, *de Duabus*, & 5. *Radicibus*, of Burrage, and of Buglosse, of each halfe an ounce, Currans one ounce, Annis one quarter of an ounce, Polipodie rootes halfe a dragme: seeth & foresaid all together in sufficient water, untill there remaine about foure ounces: Steepe therein a whole night *Mirobalani Indi*, then wring them wel out, and drinke it bloud warme early in the morning.

You may also for both of them in stead of the *Mirobalani*, temper amongst it one quarter of an ounce of the confectiō of Sene leaues, or *Hiera Picra*. Also this following may be vsed to purge withall: Take *Confectionis Hamech*, halfe an ounce, or *Diaphœniconis* three quarters of an ounce. Item, pills of Indie, called *Pillulas Indas*, one dragme: the Sene leaues may also be well taken, but hereafter followeth a brier, safer, and a more meete way.

Take the confectiō of Sene leaues, and temper it (according to the strength and age of the partie) with Rubarbe and Burrage water; giue it him warme fasting, and afterwards vse these Pills.

Take *Ammoniacum* one dragme, *Tamariscus*, Harts tongue, and the seede of *Agnus castus*, of each halfe a scruple: make nine pills thereof with the sirupe of Vineger, whereof the patient is to take a little for the space of eight dayes together before supper, and one or twaine after supper, and then afterwards take this potion.

Take the water of *Tamariscus*, of Harts tongue, and Cicorie, of each one ounce and a halfe, Vineger of Squils one quarter of an ounce, white Sugar halfe an ounce, then temper them together: this are you thus to drinke in the morning fasting, and then take of the foresaid pills twayne, and so continue it during the space of ten dayes. But especially you are to vse the potion, for it is the most forcible medicine for the Spléne that may be found.

In like manner is this also exceedingly commended: Take the whay of milke, steep Harts tongue, *Epithymum* and *Calmus* in it, and so let it stand a whole night: afterwards you may seeth this a little while, and drinke often thereof. Likewise the seede of Purslaine, *Calmus*, and the rootes of Cicorie, of each a like quantity: is very good being taken with the sirupe of Vineger.

Of those things which conuey the medicine towards the Milt.

It is of no small importance to know the vse of those things which may conuey the preparatiue and purgatiue medicines towards the Spléne, like as hath bene sayd elsewhere: This doth *Tamariske*, Harts tongue, Caper rootes, Hather, burnt Squils, *Scordium*, wilde yellow Rapeseede, Pep, *Spica* of Indy, *Calmus*, *Ireos*, Horehound, Wormewood, Agrimony, Annis, Fennell, *Cuscuta*, the seede of *Agnus castus*, small Germander, and bitter Almonds.

When as then the sicke bodie hath bene purged, the Milt veine is to be opened: or if the melancholicke humors do abound, then is the Lyuer veine to be opened, for that this melancholick humor doth mire it selfe with the bloud. Some aduise, and that not without reason, that Leches should be set in the fundament on the Vyle veines, because that by nature they do draw out the blacke bloud. For a strengthening and allaying of the heate, this following is to be giuen, as confected Peaches, Cicorie rootes with Vineger, conserue of Roses, of water Lillies, of Cicorie, and of Violets.

For his drinke, is allowed him otherwhiles a draught of Cherrie wine; for it is (as is often

oftentimes said) altogether temperate, and do moisten the dried Spleene and the inward parts. Every such patient is to beware of all sweet and grosse Wine, which is shewed before in the first part,

Of the impostume of the Spleene. §. 2.



This impostume may be caused out of blood, of *Phlegma*, *Cholera*, and *Melancho- lia*, as also of winds and obstruction. The outward occasions may be blowes, falls, great labour, and chiefly by that which happeneth in the heate, whereby the blood is burned: Item, of grosse meates which make grosse blood.

The common signes of all impostumes of the Milt are paine, heavines, and swelling of the left side, which stretcheth it out from the bowels even to the shoulder blade, and sometimes it bringeth also with it a healing breath.

All the lowre humors do bring with them their proper signe, like as is already rehearsed, and so to remedie this present infirmitie, this is the right way.

First of all you are to let him blood on the Lyver veine in the left elbow, and afterwards in the Milt veine upon the left hand besides the small finger, and if so be that the patient may abide it, then let the blood runne untill it staunch it selfe.

With purging, eating, and drinking is he to be kept, like as it is said in the twelfth Chapter of the Liner. Otherwise is this following very commodious: to wit, distilled water of Purslaine, Maidenhaire, Willow leaves, Harts tong, Nightshade, of Smallage, and of Endive, of which one wil, (alone or tempered together) & then the rootes of Capers beaten very small and tempered amongst it. You may also boyle the foresaid herbs, & use the decoction of them tempered with the sirupe of Vineger. The first foure or five dayes the Milt is to be annointed with this salve following: Take oyle of Roses one ounce and a halfe, oyle of Cammomill and Vineger, of each halfe an ounce, then temper it together, The second or third day temper amongst it halfe an ounce of the iuice of Nightshade. The first day use this following: take oyle of Roses, Cammomill, and the iuice of Wormwood, of each a like much, annoint it very warme, and lay it upon a warme cloth. Then lay this plaister following upon it: Take Barly meale, powdered Hollibock roots, of each two ounces, Roses, red and white Saunders, of each three ounces, roots of Endive one ounce, Vineger, and water of Harts tong, as much as is needfull for to make a mild plaister.

When as the patient is letted blood, and purged, and hath drunken the foresaid water certaine dayes together, he is to purge againe with *Cassie*, and with *Epithymo*: but if the impostume be of cold (which chanceth very seldome) then may it be knowne, for that it is very soft, white, and without paine. But if the same be caused thzough *Melancho- lia*, then doth the same shew it selfe hard, with small paine, and then may you use that *Oxymel compositum* or *Oxymel* of Squills, with water wherein the rootes of Capers, *Tamariscus*, Harts tong, and such like be decocted: Concerning the purging of *Melancho- lia*, you shall shortly hereafter find perfect instructions.

Of an obstructed Milt without ague, but yet with paine. §. 3.

For this is chiefly commended the *Tamariscus*, and yet about this, Harts tong, Capers rootes, Hony suckles, which have altogether a marvellous power for to assuage the swelling of the Spleene. In like manner, *Centoziz*, *Valerian*, and *Melu*, or in stead thereof, the rootes of wild Dill.

These are the principall things which may be used for the foresaid disease. Again, these things following are good for to warme the cold Spleene: as *Aristologie*, the middlemost rinds of the Ashen tree, Broome rootes, Burrage Buglosse, Ammoniack, Rue, Thyme, *Epithymus*, bitter Almonds, the water of the Ash tree leaves, Annis, Fenicell, Caraway, *Ameos*, Barly rootes, the rootes of Smallage, of Sperage, Squills, and their Vineger, seide of *Agnus Castus*, Lupins, *Bdellium*, and *Beuercod*. Of the compounded things are the Confections of *Diacapparis*, *Diacalaminta*, *Diacyminum*, confected Carawaies, and Commin, very good also. And albeit, that according to the opinion of *Galen* & others, this obstruction of the Milt when the same waxeth old, is thought incurable: yet do y successors neuertheless think that it is
very

very curable, although the obstruction of the foresayd *Milt*, and the hardnesse of the same had continued thre or foure yeares. For which they do first giue things to open the spleene: to wit; one dragme of *Nithidate*, water of *Sage* two ounces, & that betimes in the morning, whereupon they require one to fast foure howres after. Item, take *Squills* and *Oxymel*, of each one ounce, *sirupe de Eupatorio* halfe an ounce, water of *Valerian* two ounces and a halfe: giue it him warme in the morning. Or take *Paideu haire*, *Polutricum*, and *Harts tong*, of each foure scruples, *Radde*, *Worme rootes*, of each two scruples, fresh *Well water* 24. ounces, *Wineger* thre ounces, *Licozice* one dragme and a halfe; seeth them afterwards together by a mild fire vnto the halfe: the patient is to drinke of this potion seven or eight dayes together, euery morning foure ounces, The same is good and approued.

Secondly, it is to be considered, how that this obstruction is to be opened. For this, it is good that one do take euery morning early one quarter of an ounce of washt *Turpentine*, and fast fve or six howres vpon it: or in stead of this, that he do swallow two or thre pills made of *Galbano*.

Thirdly, if so be that this grieue be caused through wind, (whereof we are to speake more at large hereafter) then may one swallow halfe a dragme of *Ammoniacum* made into pills. Or take *Pillulas Aggrouatiuas*, and *Ammoniacum*, of each halfe a dragme.

Fourthly, to the end that the bad humors may be expelled out of the *Milt*, giue the patient one ounce and a halfe of the iuice of *Dorehound* tempered with two ounces of *Smallage* water, to drinke early in the morning.

Fiftly, to the end that no griuouiser disease do strike into the *Milt*, and that the *schirrositie* or hardnesse might be mollified and discussed, take *Holihocke roots*, and *Swines bread*, of each thre handfulls, *Bdellii*, *Ammoniacki*, of each halfe an ounce, *Centory*, *Wormewood*, *Harts tong*, and *Tamariscus* of each one handfull and a halfe, *Wineger* six ounces; seeth them all together in a pot of water, and steepe a sponge therein, and lay it very warme on the left side: when the place is then very warme, couer it with a woollen cloth which is made wet before in stealed *Wineger*, decocted water of *Hony succles*, and of *Tamariscus*. And if so be that this swelling do not asswage thereby, then vse this plaister following.

Take the prepared marrow of an *Ore*, *Badgers grease*, and the oyle of a *Fore*, of each halfe an ounce, *Tamariscus*, *Harts tong*, *Wormewood*, *Caper rootes*, *Spica of Indy*, and *Spica Romana*, of each one dragme, *Ammoniacum* one ounce and a halfe, *Bdellium* halfe an ounce, oyle of *Wen* two ounces, *Waxe* as much as is needfull for to make a plaister with it: then make it like to a halfe *Boone*, and lay it on the left side: and then shall you see in short time that the hardnes will weare away.

Of hardnes, or *Schirrus* of the Spleene. S. 4.



Although the auncient Physicians were of opinion, that this hardning of the *Milt* were not difficult to be healed at the first, but were indeede if the same had long continued and were neglected, like as *Galenus* writeth, that he knew not how to cure it, neither had knowne any that could heale the same: Nevertheless one must not despaire, but administer freely vnto it all strong outward and inward remedies. For how much the longer that this accident continueth, so much the lesse vexation hath the patient with it. But it is not to be neglected: for this danger is with it, that if the same do not inueterate, then the patient might happen to fall into the *Dropsie*, whereby afterwards they commonly, one more, another lesse happen to dye with a laske or scouring.

The signes of this hardnesse are the same that here before in the 2. s. and afterwards in the obstruction of the *Spleen*, are discovered. There is alwaies a heauines in the left side: the whole body, and especially the face, getteth an ashy-coloured and ill-fauoured colour: all the members will be weake, as if they were beaten in peeces. When the patient will do any exercise, then seemeth it as if his breath would depart. The signes of the impostume of the *Milt* are also described, yet the same may be well knowne by the feeling.

All that be sicke of the *Milt*, will also be leane, very lither, out of courage, do get heauie legges, a heauie tong, and a thin vyne.

If with the paine of the *Milt*, or the swelling and hardnesse of the same, there be no Ague, then is the patient againe in the beginning of the cure to haue a veine opened: and especially if it be discerned that the veines be full of bloud, then is the *Sapha* on the foote to be opened, and after certaine dayes the *Milt* veine on the left hand. Afterwards are certaine sirupes to be vied which do purge melancholy: For which this following, or such like is to be prepared: Take *Areos*, *Fennell* rootes, and *Barly* rootes, of each one ounce and a halfe, the inside of *Squils* one ounce, *Capers* rootes, the greene rinds of an *Ashen tree*, and *Boome* rootes, of each one ounce, *Paidenhaire*, *Harts tong*, *field Cipers*, *Germander*, and *Rosemarie* flowers, of each one handfull, *Annis*, *Fennell*, *Cuscuta*, *Asarabacca*, seeds of *Buraine*, of each one dragma, *Licozice* and *Curran*s, of each an ounce: *Tamariscus*, flowers of *Burrage* & of *Buglosse*, of each half an ounce, *Hony* six ounces, *Sugar* nine ounces: make thereof a sirupe, and vse the same as hath bene said of others.

This following is to be prepared for a purgation: Take *Burrage*, *Buglosse*, and *Tamariscus* flowers, of each halfe an ounce, *Annis* and *Cuscuta*, of each one quarter of an ounce, *Thyme*, *Epithymus* and *Agaricus* of each an ounce, *Curran*s one ounce; seeth these all together in tenne ounces of water vnto the halfe: then take of this strained decoction three or foure ounces, and temper therein one quarter of an ounce of *Hiera Picra*, and also prepared *Azure stone* halfe a dragma: or in stead of this, one dragma of *Bolus* prepared, temper them together, and giue it him early in the morning. Also you may make pills of the other things without the water.

Another: Take *Capers* rootes, *Harts tong*, *Asarabacca*, *Lupines*, *Cipers* rootes, and *Endiue*, of each one quarter of an ounce, *Epithymum* half a dragma, *Barly*, *Bunes*, *Violets*, of each three dragmes: let them seeth all together. Lastly, put the *Epithymum* and one quarter of *Sene* leaues vnto it: then seeth it vntill the third part be decocted. Then take foure ounces of this decoction, and temper therein halfe an ounce of fresh *Cally*, beaten pills, of *Azure stone* one scruple: last of all temper it together vnto a potion. But if the patient had rather vse pills, then take pills *De Lapide Armeno*, or *Indo*, one dragma at one time. The *Lupins* sodden alone in water, should be also good for this.

But if this hardening of the *Milt* be of wind and cold, as it otherwhiles befalleth, it is thereby to be perceiued: to wit, if one presse vpon it, that then the wind will rumble. For this, amongst other things, may be giuen *Trocisci de Capparis*, and to let the sicke body drinke olde *Wine*: but water must be wholly forbore. But if one will vse water with it, then is the same first to be steeld, and all his drinke to be tempered with it, or any of these things following to be decocted in it, as *Rus*, *Costus* rootes, *Cinnamom*, *Annis*, *Spica* of *Indy*, *Squinant*, &c.

We haue also a little before declared, how that *Ammoniacum* is to be vied: for this is also good rosted *Millet*, *Salt*, and *Comin* layd warme vpon it. Item, boring cups vnpickt set vpon the *Milt*. But if it be discerned, that there be any moisture in the *Milt* (which may be perceiued by rumbling, if it be wung hard) then is the patient to be purged, as aforesaid. For this, is also good the sirupe of *Acetosus Compositus*, and this fomentation following is to be vied with it: Take *Annis*, *Fennell*, *Caraway*, wilde *Thyme*, *Violets*, floures of *Burrage*, *Calmus*, the roots of blew *Flower-deluce*, and *Agrimony*, of each one ounce, *Cammomill* one ounce and a halfe: let them seeth all together in *Wineger*, and wet a sponge in this decoction, and keepe it very warme vpon the *Milt* before meate; afterwards lay one of these foresaid plaisters vpon it.

Above all those which we haue hitherto rehearsed, there be yet mo good things, whereof we will first discouer the simples, as namely, *Agaricus*, which doth open all obstructions of the *Milt* and other parts, *Sene* leaues, *Epithymus*, and blacke *Helleboze*, or *Præsewozt*. The compounded medicines be *Pilule Inde*, whereof we haue spoken so often, which are woorthy to be described here, which be prepared as followeth.

Take *Mirobalani Indi*, blacke *Præsewozt*, and *Polipody* rootes, of each two dragmes and a halfe, *Thymus*, *Epithymus*, *Stechas*, of each three dragmes, *Agaricus*, washed *Azure stone*, *Coloquint*, *Indy salt*, or *Sal gemme*, of each one quarter of an ounce, *Cloues* halfe a dragma, powder of *Hiera Picra Galeni*, three quarters of an ounce, the iuice of *Smallage* as much as sufficeth for to make a masse of pills. These pills are good for all melancholicke accidents, for the *Canker*, for the *Leapry*, for all incurable blacke *Impostumes*, for all heauines of mind, the quartaine Ague, yellow *Jaundise*, diseases of the *Milt*, and such like. One may take a dragma at once of these pills. Item, take tenne dayes together the powder of *Fearne* rootes one dragma and a halfe, augmen

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augmented it still from day to day, to the waight of one dragme and a halfe.

Others do take of this foresaid powder one dragme, and of the pills *Aggregatina* halfe a drag. and temper them together. Item, take the iuice of *Mozmwood* foure ounces, Sugar as much as you please, and so vse it ten dayes one after another. It is also not onely good for the Milt, but also for the yellow Jaundise; as also for all moisture of the Lyuer, and for the dropsie. Item, for all hardnesse and swelling of the same, being tempered with Vineger and so drunken.

Maister *Tristrams* water is also very mete for all diseases of the Milt, like as be also the most of all golden waters which be described in the eight part. Item, take *Roses* and *Warberies*, of each three dragmes, burnt *Iuory*, *Mozmwood*, *Cuscuta*, *Licorice*, *Balltick*, and *Squillant*, of each one dragme and a halfe, *Endiue* seede, *Fennell*, *Annis*, *Spica*, *Agrimony*, *Opium*, *Afarabacca* rootes, *Costus* rootes, peeled *Gourd* seede, and *Cucumber* seedes, of each halfe a drag. then make *Trociskes* thereof with *Endiue* water. They be especiall good for the Milt, and also for the Liuer.

For potions, he may take of these things following what he desireth: as namely, both kinds of *Chamedryos*, *Harts tongue*, *Maidenhair*, *Sene* leaues, *Capers* rootes, *Tamariske*, rootes of *Barley*, *Smallage*, *Fennell*, *Cinnamom*, *Licorice*, *Curraus*, *Annis*, *Fennell* water, and of *Caraway*, wherein *Thymus*, and *Epithymus* be decocted.

The order of Dyet.



His patient is to beware of cloudy and foggy weather, and of hard and grosse meates: his bread must be well baked, and be a day or two stale, but unleavened bread is not good for him: also *Annis*, *Coriander*, and *Fennell*, are to be baked in his bread. All field fowles, as *Pheasants*, *Partridges*, yong and old turtle *Doues*, *Kids*, yong *Button* dressed with vineger, he may eate well, as also reere *Egges*.

Of all other herbs these are good for him: *Mints*, *Barley*, *Fennell*, *Garlick*, *Leekes*, all kind of *Cresses*, *Sage*, *Hyssop*, *Radish*, *Endiue*, *Agrimony*, red *Beale*, and the first decoction of red *Colewortes*. He must also eate oftentimes *Annis*, *Comin*, *Dill* seede, *Fennell* seede, and the seedes of *Sesamum*, *Capers*, *Tamariske*, bitter *Almonds*, the kernels of *Peach* stones, and of *Cherry* stones: for this is also good, the losinges of *Comin*, and of *Annis*. The milks of wine are also to be eaten for the curing of the disease of the milt, and also the milk of a sound horse dried and beaten to powder the waight of a dragme, take of it with strong wine: for it is in like manner very requisite for this purpose.

But if so be that there be no heate, then may he chuse some of these things following for to drinke: First, wine is not onely permitted for this hardnes of the Milt, but also highly commended. Also all famous Physicians doe advise, that the patient must eate and drinke in the wood of *Tamariske*: for they say that onely hereby many be holpen who haue gone twentie yeares with a hard Milt. But if this *Tamariske* wood cannot be gotten, then are the shavings thereof to be taken and laid in his drinke. And if so be that one cannot continue this forty dayes together, then he shall evidently see amendment. *Ash* wood doth the same, which hath also the power of the *Tamariske*. Of Wines, white wine is alwayes most commended: if it be too strong, then is it to be allayed with water that is steeled, or with raine water, or the water of *Harts tongue*. You haue also hereafter two kinds of good wines, which may be prepared for this vse.

Take *Sene* leaues, *Baulme*, *Maiden hair*, and the rindes of *Tamariske*, of each five handfulls, *Polypody* rootes foure handfulls, prepared *Coriander* three ounces, *Guaiacum* foure ounces, eight or tenne *Putmegs*, *Cloues* halfe an ounce, *Galingall* one ounce and a halfe, *Citron* pills one handfull, shavings of *Ash* wood as much as is needfull, at the most sixtene quarts: make then an herbed wine thereof, and let the patient drinke the first draught thereof in the morning and evening. Another: Take the rootes of *Cicozy*, rindes of *Tamariske*, *Harts tongue*, and the middle rindes of the *Ash* wood, of each one handfull: powze ten pots of Must, or some other good wine, and vse thereof as before.

And all other herbed wines which may be made, are at this present praised for the Milt: as wine of *Cyberight*, wine of *Tamariske*, each made by it selfe, or both together. Item, wine of *Hyssope*,

Hyssope, of Marioram, and of Wormwood, do warme the Silt and all inward parts: the wine of Gilloflowers, and of Betony is also good for this. Item, the Aromaticall wine, and mo other spiced wines, and also the wine of Asarabacca. Reasonable exercise before meales is also much commended: and sometimes to bath in water wherein the foresaid hearbes be decocted. To the contrary, he must eschew all troubled wines, as Rust, Syder, and Bere: for all such do not only obstruct the Silt, but also the Lyuer, the Light, and Kidneys: which obstructions be causes of many sicknesses.

For this disease is also hurtfull Swines flesh, Milke, Cheese, Rice, Starch, Pease, Beanes, Seruices, Peares, Medlars, Quinces, Chestnuts, and Peaches: therefore be they to be restrained.

We will also note some things, wherewith the sicke party, and the Silt, with all other inward parts are to be strengthened. Amongst which, is *de Mina Cydoniorum aromatica* one of the chiefe.

Item, this confection following, if that heate and cold be mixed together: Take Venus haire, Harts tongue, of each half an ounce, *Ammoniacum* one quarter of an ounce, *Tamariscus* one ounce, seedes of *Agnus castus*, and of broad Plantaine, Aristology rootes, Agrimony, Wormwood and Squinant, of each one dragme and a halfe, *Laudanum* one dragme, seed of Purslaine, Sorrell, Endiue, and wilde Endiue, of each two dragmes and a halfe, *Oxymel* of Squills sixe ounces, water Lillies, Violet seedes, and of Malloves, of each one quarter of an ounce, Sugar eight ounces. Seth the Sugar with Vineger of Squills untill it be as thicke as hony: when it is cold, then mire the rest amongst it, with the water of Maiden haire: afterwards seethe it againe with vineger of Squills untill it be as thicke as hony: when it is cold, then mire the rest amongst it, with the water of Maiden haire. Afterwards, seeth it againe untill all the water be decocted: when it is then sodden and well brayed, then vse euery morning three dragmes of it. If you had rather drinke it, then temper it with Sorrell water: it is a maruellous good medicine.

Another Confection. Take *Mirbalani Indi*, and *Bellirici*, floures of Burrage, Buglosse, Elecampane roots, and folefoote leaues, of each one dragme, seedes of Endiue, of Lettice, small Endiue, and Sorrell, of each one dragme, peeled Melon seede, Pompeon, Cucumbers, and peeled Gourd seedes, of each one dragme and a halfe, Pingles and Pistacia, of each two ounces, sirup of Vineger foure ounces, Sugar three ounces, solwe Dates one ounce and a halfe: make a confection thereof, and take thereof euery morning before meate, as much as the quantity of a Nutmeg. This confection is very forcible to consume all melancholicke humors and matters: it openeth the spleene, strengtheneth the stomacke and the heart, and deoppilateth also all obstructions. Item, Nutmegs, Walnuts, rootes of *Eringus*, and Elecampane, all confected, be very meete for this disease.

Amongst the Conserues, are the Conserues of Betony, of Gilloflowers, of Lauander, of Spike, of Marioram, Sage, Hyssope, Eyebright, and of Fumitory, and all that may be made of these foresaid herbs very good. Likewise also both the Treacles, and Mithridate. Item, you haue more in the first part, the 12. Chapter, and first s. a good grosse powder which is meete for this. Capers eaten with Vineger, rootes of Smallage with the herbe, and Dill, are also good. And let this suffice for the order of Diet.

Here followeth now what is outwardly to be vsed.

This powder following is alwaies about the fourth day to be strewed vpon the head the weight of foure graines; and one may vse it with much furtherance as long as he liueth: Take Roses, burnt Iuoie, white and red Corall, of each one scruple, Pace foure scruples, Cloues halfe a dragme, *Lignum Aloes* two scruples, then make a small beaten powder with it.

A bag for the bzeast: *Species de Xyle Aloes*, *Latificans Almanforis*, of each five dragmes: put these in a red crimson silk bag, and weare it on the left bzeast. Concerning the oyles and salues are these most meete: Oyle of Byckes is very good for all diseases of the spleene. Item, the oyle of Bayberries, of bitter Almonds, of Spikenard, of Wormwood, Galingall, and of Capers. For all kinds of Salue may you make this following: viz. oyle of Lillies, Almonds, Capers, and

and the marrow of all kinds of beasts, Saffron, Vineger, Gum, Ware, muscilage of Hollihocke rootes, of Linsæde, and of Fenegræke sæde.

The salve of Hollihocke rootes, *Vnguentum Altheæ*, (which is well knowne to all Apothecaries) is also highly commended for this disease, the description whereof immediately ensueth: Take the rootes of Hallowes, of Hollihockes, of Lillies, Onions, Squils, Linsæde, Fenegræke sæde, Figs, and Raisins, of each halfe an ounce: powne them all together, and then steepe it a whole night in strong Vineger: afterwards seeth them all in water, and then stampe it to pap. This being done, mingle therewith the salve of *Althea* two ounces, Ducks grease, Calves marrow, and vn salted butter, of each one ounce, oyle of sweet Almonds foure ounces, Ware as much as is needfull for to make a salve.

For this is also good the salve *Marciaton*, and *Cerotum de Hyssopa Philagrii*. This following is a speciall good salve for the Splene: Take the iuice of wild Cucumbers, and of Swines bzed, of each foure ounces, put them in a glasse, and the salve of *Althea*, oyle of Capers, and fresh Butter, of each two ounces; let them seeth the space of foure houres in hote water: strayne it afterwards through a cloth, and afterwards put *Ammoniacum* vnto it dissolved in the iuice of Swines bzed one quarter of an ounce, Ware as much as is needfull for to make a salve therewith.

And because that this salve cannot be made euery where by reason of the iuice, this following may be vsed: Take oyle of sweet Almonds sixe ounces, Peats sæte oyle two ounces, fresh Butter one ounce, the iuice of Byony and Tamariske, of each two ounces: put this in a speciall pot, and let it seeth in boyling water vnto the halfe: put afterwards vnto it the rootes of Capers, Tamariske, *Agnus castus*, and Harts tongue, of each one quarter of an ounce, molten white Ware one ounce: then make a salve of it.

Another. Take oyle of Capers thre ounces, Cammomill one ounce and a halfe, Harts tongue, rootes of Capers, Endiue, wild Endiue, and Lettice seede, of each halfe a dragme, seeds of *Agnus castus*, and Ware, as much as sufficeth for to make a plaister or salve: lastly stirre a little Vineger amongst it. This salve is very good for the Hilt in hote and also in cold causes: it mollifieth all hardnesse, expelleth all winds and all impostumes of the same.

Now for to lay somewhat vpon it, boyle Rue in strong Vineger, and make a woollen cloth wet in it: wring out the same, and so lay it warme ouer it.

Item, there standeth the like a little before: Take the roots of Hallowes, &c. and that which is written shortly after it, euen to the salve *Althea*, and what further followeth: seeth them all in water of Cammomill, and lay it warme with a bag ouer the Hilt: it helpeth maruellous well.

Take *Oxymel* sixe ounces, Capers rootes one ounce, Wormwood halfe an ounce, beate them small together: afterwards make a woollen clout wet in it, and lay it so vpon it.

Hereafter follow certaine plaisters: Take *Ammoniacum* thre quarters of an ounce, *Bdellium* one ounce and a halfe: dissolve them in vineger of Squils, *Tamariscus* halfe a dragme, Harts tounge, Dill sæde, and *Agnus Castus* sæde, of each two scruples, broad Plantaine sæde halfe a dragme, Ware one quarter of an ounce, and Rosin as much as is needfull therewith to make a plaister.

Another: Take *Tamariscus*, Harts tounge, sæde of *Agnus Castus*, and of broad Plantaine, of each two scruples, *Ammoniacum* and *Bdellium*, of each thre dragmes. You are to dissolve both these Gums in vineger of Squils, and when they be cold, then mixe the other things amongst it, beaten smal. The same doth also the *Ammoniacum* alone dissolved in sharp vineger, and spread vpon a cloth and so layed thereon. Other do dissolve this Gum in the iuice of Swines bzed, for then it is moze forcible, as is herebefore admonished. Item, take oyle of Lillies, also of the flowers of blew flowers deluce, and of Capers, of each one ounce, Barly meale, Linsæd meale, and Fenegræke meale, of each one dragme, *Bdellium*, *Ammoniacum*, *Galbanum*, of each one dragme and a halfe, *Opopanacum*, Myrthe and Frankinsence, of each halfe a dragme. Make this all together with molten Ware and Rosin vnto a plaister, then spread it vpon a cloth, & vse it as all the rest. Item, take Rue leaues one quarter of an ounce, Bozeas and Pep, of each thre dragmes, *Ammoniacum* seven dragmes, dissolve them in old Wine, and make a plaister of it, it mollifieth, healeth, and expelleth windines. Or take *Ammoniacum*, *Bdellium*, and Pitch of each one ounce and a halfe, *Treciscos de Capparis*, white Mustard seede, Sulphur, wild Garlicke, and Cow

Cow dung, of each one dragma, Muscilage of Fenegræke, and of Linsæde, of each one quarter of an ounce : powne all them that be to be pownd : then first dissolue the Gum in strong vinegar, and worke them one amongst another : but first of all annoint your hands with the oyle of Barberries.

Another : Take the muscilage of Fenegræke, and of Linsæde, of each one ounce, the grease of Hens, Geese, and Duckes, of each three ounces, Wash Butter, Swines grease, Peates fat oyle, of each one quarter of an ounce, beaten *Tamariscus*, Willow leaues, Harts tongue, the middle rind of the Ash tree, Capers rootes, Rue leaues, and Pep, of each one dragma, oyle of Capers one ounce and a halfe, a little Ware and Vineger : then make a plaister of salve of it.

Item, take an Onion, cut off a peece at the top, and make it hollow within, and fill it with oyle of Lillies, and let it rest vncouered in ashes, so long till it haue soked vp all the oyle : afterwards stampe it, and lay it warme ouer it.

All these plaisters following are also good for it : as namely, *De Meliloto*, *Diachilon magnum*, *De Muscilaginibus*, and others. Take of the plaister *De Muscilaginibus* two ounces, *Ammoniacum* dissolued in Vineger, and *Marcasite* beaten small, of each five dragmes : temper it on the fire, and spread it on a leather cut after the fashion of a halfe Moone, and so lay it warme vpon the spleene, it is very good, and approued. We haue promised herebefore to describe the salues of *Dialthea*. It is also made after sundry fashions, like as we shall also teach here : Take cleane Hollihock rootes eight ounces, Linsæde and Fenegræke seede of each foure ounces, Sallad oyle sixteene ounces, Turpentine halfe an ounce, Rosin one ounce and a halfe : the rootes and also the seedes shall you steepe three dayes and three nights in a quart of water ; the fourth day seeth them so long, vntill they yeeld from them a thicke tough slime or muscilage : wring them hard out, and take eight ounces thereof, and seeth it with the oyle vntill all the moisture be decocted. Afterwards put the Turpentine, Rosin, and foure ounces of Ware vnto it. When all these things be molten and well tempered, then take it from the fire, and stirre it well about vntill it be cold.

The second : Take eight ounces of faire sliced Hollihocke rootes, Linsæde, and Fenegræke, seede, of each foure ounces, stampe them, and wring them through as before : then put vnto it foure ounces of Barrowes grease, two beaten Onions, one ounce and a halfe of *Gummi Arabicum*, and let them seeth all together vntill that all the moisture be decocted : afterwards take foure ounces of molten Ware, and then temper them together, and stirre it well about vntill it be thorough cold.

The third : Take faire cleansed Hollihocke rootes twelue ounces, choppe it very small, and powze two quarts of water into it, six ounces of Linsæd, three ounces of Fenegræke seede, and three ounces of Lilly rootes : then powne them all together, and when they be boyled to a tough slime or muscilage, then straine them through a cloth, and take twelue ounces of it, and seeth the same with 24. ounces of Barrowes grease vntill the iuice be all decocted : afterwards put vnto it foure ounces of Ware, Fenegræke meale two ounces, *Galbanum* dissolued in Vineger, *Gummi Hedera*, and Turpentine, of each one ounce. But if you cannot get the foresaid Gum, then take three ounces of Turpentine, and temper them all together as before : this salve is good for all swellings, for the shrinking of the sinewes, for all tumors of the breasts : looseth phlegme, asswageth the Cough and all stiches in the sides, as also the paine in the Keynes, of the grauell, and is good for all extenuations.

The fourth and last : Take fresh Hollihocke rootes twelue ounces, Linsæde and Fenegræke seede, of each six ounces, Squills three ounces, Sallad oyle 24. ounces, yelloe Wax six ounces, Turpentine, *Gummi Hedera*, and *Galbanum*, of each one ounce and a quarter, *Colophonia* and Rosin, of each three ounces : powne all that is to be pownd, and let it steepe together three dayes in water : afterwards seeth them all together, and straine them thorough a cloth, and then take four and twenty ounces of the muscilage thereof, and let them seeth all together on a soft fire with the foresaid oyle vntill all the moisture be decocted : afterwards put Ware vnto it, and then a little of the Gumme, and lastly the Colophonie and Rosin. When it is boyled enough, then stirre it well about, and let it coole.

Of the *Melancholia* and moyſture of the Spleene. §. 5.

Foꝛ as much as the Spleene (as is ſayd) is the true receptacle of the blacke & melancholick bloud; therefore reaſon requireth that we ſhould write of what nature the ſame is, where by other things may alſo be diſcerned which be incident to the Spleene. Firſt, we haue in the firſt part, the 12. chap. and 8. ſ. deſcribed many kinds of cauſes of Melancholy, and in other places moe, eſpecially in the beginning of the former §. and taught of the Spleene, of her beginning, cauſes, and what hurt might procede thereof: to wit, if the ſame got the maſtery, that there may follow not onely heauines of the mind, frighting, and ſuch like: but alſo it might depriue the whole body of his liuely colour, and cauſe all black vlcers, leaſy, the canker, quartaine agues, and ſuch like: and laſtly, all manner of diſtraction of the mind, raging madnes, and inhumane beaſtlineſſe. Therefore, becauſe this booke euery where maketh mention of them, it is not needfull to diſcoure moze at large thereof at this preſent. But we will onely deſcribe certaine remedies which be fit foꝛ it.

Therefore it is firſt to be noted, that all preparatiue and purgatiue things are to be vſed, that the matter may be auoyded through going to the ſtoole, and not through vomiting, by reaſon that theſe melancholick humors are very ponderous and heauy, and will not be expelled but onely downwards.

Before we then come to any particular remedies, we will firſt diſcouer what ſimples there be that do prepare theſe melancholick humors, and where by the ſame may be expelled, viz. Burrage, Bugloſſe, *Thymus*, *Epithymus*, Capers rootes, *Tamariscus*, Harts tongue, good Wine, bathing in ſweet Water, Licorice, Currans, Polypody rootes, graſſe, *Chamedryos*, *Cuscuta*, *Aſcarabacca*, Gentian, Lupines, Fumitory, Calmus, *Spicanardi*, *Agnus caſtus*, bitter Almonds, Cicorie, Roſemary, Radish ſeede, Burnet, ſea Crabs, and aboue all a chearefull courage oꝛ light heart.

The compounded medicines are *Oxymel* of Squils, hony of Roſes, ſirupe of Vineger, *Sirapius acetosus*, *compositus de Fumo terra*, and other moe. But chiefly this following is to be prepared foꝛ it: Take Cicorie, Roſemary, Burnet, Hops, Cinſoile, Endiue with the roots, Fumitory, the rootes of Bugloſſe, Burrage flowres, Liuerwoort, *Chamedryos*, field Cipers, Capers rootes, *Tamariscus* rootes, and Harts tongue with the roots, of each two ounces, Prunes, and *Sebestes*, of each twenty oꝛ five and twenty, Sene leaues, *Cuscuta*, *Thymus*, wilde Thyme, and Fennell of each halfe an ounce, Licorice, Raiſins, *Stechas*, of each two ounces; ſet them all together in three pints of water euen to the halfe: adde to this decoction (being ſtrained) Bugloſſe, and the iuice of Prunes, of each eightene ounces, Sugar ſoure and twenty ounces, Hony of Roſes ſix ounces: let them ſet to a ſirupe.

Theſe things following are reputed foꝛ ſuch as expell Melancholie and do purge, viz, *Epithymus*, *Mirobalani Indi*, *Chebuli*: Polipody roots, prepared *Eſulus*, Bolus, mountain Mints, Caſſie, Sene leaues, Fumitory, Hony ſuckles, Hops, blacke Peewwoort, Indy ſalt, wild Saſſon ſeeds, *Salgemma*. The compounded medicaments are *Diaſena*, *Hiera Ruſſi*, *Hiera logodion*, and ſuch like. Item, take Sene leaues, *Thymus*, *Epithymus*, *Cuscuta*, and Burrage flowers, of each one ounce, Annis, Fennell, and Small lage ſeed, of each halfe an ounce, Harts tong, Baidenhaire, *Chamedryos*, and Agrimonie, of each one handfull: let them all ſet well, and take thereof ſowze ounces; ſteepe therein *Mirobalani Indi*, halfe an ounce, and *Chebuli* three dragmes all the night: afterwards ſtaine it well out, and temper therewith *Diaſena*, three dragmes, *Cassia* one ounce, waſht azure ſtone two ſcruples: giue the ſaine vnto him in the morning, and there may leſſe thereof be giuen at once. When as melancholie appeareth, then is the Liuer veine to be opened; foꝛ that ſurpaſſeth al other things: and the ſame is to be done moze then once, and that alwayes according to the abilitie and ſtrength of the patient. Item, care muſt be taken to open the piles, be it with rubbing with the Lannet, oꝛ laſtly with Leaches.

foꝛ this it is alſo very needfull that this patient be often purged: but he muſt firſt alwayes vſe ſome kind of ſirupe as is herebefore expreſſed. Alſo he muſt vſe according as the cauſe requireth, the ſirupe of Burrage, of Bugloſſe, Apples, *de Epithymo*, and *Diarrhodon*, of Cicorie, Wormwood, of Roſes, hony of Roſes, *Oxymel*, and ſirupe of Vineger.

And foꝛ to purge, he muſt take *Mirobalani Indi*, *Chebuli*, *Citrini*, of each halfe an ounce: the outward rinds of the blacke Peewwoort three dragmes; powne them together very ſmall, and ſet

seeth them in sufficient water: straine it, and put into this decoction *Epithymum*, *Thyme*, *Polypody* rootes, and *Sene* leaues, of each thre quarters of an ounce, the seeds of Citrons one quarter of an ounce; then seeth them againe vnto the halfe, and so let it stand all a night: afterwards straine it out, and wzing it hard, and put as much Sugar vnto it as you thinke meete: This being done, seeth it againe, and clarifie it with the white of an Egge. Lastly, temper amongst it the sirupe of Citron pills one ounce; and drinke soure or fise ounces of it early in the morning.

But this is here to be noted; that if this sirupe be giuen to any body that is infected with the Pore, the same partie is first to be purged with the confection called *Lenitiva*, mixing with it thre dragmes *Confectionis Hamech*. Afterwards giue vnto him this Sirupe following, and then the decoction of *Guaiacum*; whereof we shall write hereafter moze at large.

This patient must often befoze meate take *Cassia*, for it cleanseth the blood, and taketh away the sharpnes of it.

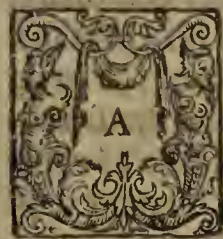
For this, are meete also the *Pilule Indæ*, *Aggregatiue*, and *De Lapide Lazuli*.

Item, *Sene* leaues steeped in *Venbzoth*, strewed with a little *Cinnamom*: or *Sene* leaues steeped in *Whay*. Item, the same boyled with the flowres of *Burrage*, of *Buglosse*, of *Walme*, and with the rootes of *Wardly*.

The *Sene* leaues may also be steeped with *Wormewood* and with *Wine*: and it is good during the space of a whole moneth alwayes euery other day, to drinke two or thre ounces of the decoction or infusion of *Sene* leaues, both which are described in the eleventh Chapter, the 20. s. and temper amongst it two ounces of the laxatiue sirupe of *Roles*: the decoction of *Sene* leaues as much: vse this fasting. You haue also herebefoze a powder for to purge melancholy, and two kinds of Confections, *Diaturbith, cum Rhabarbaro*.

Item, whay wherein *Epithymus* hath bene infused, or *Polipody* rootes haue bene decocted, doth moze prepare to purge.

How the melancholicke blood is to be purged. S. 6.



Amongst all these foresaid medicines, there be diuers which do cleanse the blood. And the drift of all Phisitions in this sickness is, that all the heauie, blacke, and vncleane blood might be purged, diminished, and corrected. Nowbeit, there is somewhat else which is here to be signified: to wit, for this doth *Venus* or *Baidenhaire* first serue, that educeth all bad humours and slime out of the *Luer*, maketh good colour, lengtheneth the breath, cleanseth the stomacke, the liuer, and the milt, and also breaketh the stone.

Item, take the whay of Goats milke, steape *Fumitory* in it, or mire the iuice of the hearbe amongst it, and drinke of it certaine dayes ensuing other at each time a good draught: or in the steade thereof, take the Sirupe or Conserue of the same hearbe, for both of them be very good. Also, make pills of powdered *Casticke*, and the iuice of *Wormewood*.

There be also certaine Wines for the cleansing of the blood prepared, as hereafter ensueth: Take *Currans* thre common pounds, *Baidenhaire* fise ounces and one quarter of an ounce, blacke prepared *Helleboze* two ounces and a halfe, and one dragme of *Polypody*, and *Hermopactili*, of each foure ounces, prepared *Coriander*, and *Sene* leaues, of each fise ounces and one dragme and a halfe, *Wockwood* fise pounds, rinds of the same eightene ounces. These being all well beaten together, then powze thereon two almes of *Hull*, and halfe an alme of *Well* water: then let them stand and worke together at the fire about fise dayes space, stirring it well euery day about. When it is settled the space of thre dayes, and fallen downe, then straine it out cleare, and keepe it vntill occasion serue to vse it. Of this foresaid wine must the patient drinke at meales in the stead of other wine the space of two moneths, or at least euery other day. This openeth the body very easily, and therewith expelleth all grosse humours and *Cholera* out of the body. And if this wine cannot be brooked by it selfe, then may the same be tempered with other common wine drunken moderately. It expelleth melancholy, and all heauinesse of mind: it maketh merry, and of good cheere.

In like manner of all herbe wines these are highly commended for this sickness: viz. wine of *Burrage*, *Buglosse*, and of *Harts tongue*, and of *Tamariske*; which not onely take away melancholick humours, but do withstand the quartaine Ague which is caused by them.

Of Confections you may vse *Diarrhodon Abbatis*, *Aromaticum Rosatum*, and *Dianthos*. Likewise Conserue of Violets, of Roses, of Buglosse, and of Rosemary. Treacle and Hithridate, taken the waight of one dragme, is very commodious for this: for that they do both diminish melancholie, and take away the heauinesse of the mind, feare, and such like, that may proceed of Melancholy.

The confected Citron pills do repugne all melancholicke accidents. Confected Nutmegs do make fresh blood. For meates in stead of other sauce, Sugar is to be used.

We haue before discovered, that bathing in sweet water is very profitable. So are also boyling cups set vnpickt, vpon the sides, whereby to extract all windinesse.

You are also to vse the grosse powder, which in the first Part, the 12. Chapter, and 1. s. is described, which is ordained for the memory.

The fifteenth Chapter.

Of the Bowels or Guts.



Like as we haue hitherto described the Stomacke, the Luer, the Gall, and the Spléne, and made full declaration thereof: so will we now discourse of the next adiacent parts, before that we come to the Kidneyes: to wit, of the bowels or guts, and all that concerneth them. We affirme then that beneath the Stomack the Bowels haue their beginning, which are parted in sixe parts. The first three and vppermost are very subtile & thin; for which cause they be called in Latine *Gracilia intestina*, into the which one part of y digested meates are conueyed. The other three sorts of the bowels be the vndermost, which are more thicker & fleshlier than the three vppermost, whereby the sharpenesse and hardnesse of the *Stercora* should the lesse bzuise them. And these sixe sorts of bowels haue their name given them by reason of their greatnesse, and property of their operations, and not for that they be sixe seuerall things: for they hold fast one vpon another, so that they may rightly be taken for one Gut, which is placed in the belly after a wonderfull manner with many kind of crookes and windings about, and reacheth from the Stomacke euen to the fundament. And to speake particularly thereof, the first which beginneth at the Stomacke is called of the Latinists *Duodenum*, and that for this cause, because it is twelue fingers breadth long. The second (which *Galenus* calleth the first) they doe name *Ieiunum*, which is the empty gut, because it is alwayes emptye. This gutte hath some crookes and turnings: afterwards, it doth reach forth straight out euen to the Luer. The third is by the Greeks called *Ileon*, and by the Latinists *Voluulus*, which is the winding gut, not onely for that by his length it twisseth & windeth about, but also for this cause (as the learned write) because there be ingendred in this gut great Cholicke and gripings, which do draw hither and thitherwards through their great pains, as now in one, and then in an other place they be most violently perceiued. Thus are these three (as is said) thinne and subtil of substance, differing onely herein, that *Ileon* is not found alwayes emptye, like as the two former. The fourth gutte which they do call *Cæcum*, that is, the blind, and *Monoculum*, being the annexed gut, which they do call *Cæcum*, for that it seemeth that it hath but one going out or issuing: whereas notwithstanding the Anatomists do attribute twaine vnto it: we will call it also the bag, for that it is like to a fatte Stomacke: yet somewhat lesse, & better to receiue all that must be annoyded through going to stoole. The fift is *Colon*, and by the Latinists called *Crassum intestinum*. This gut is fleshier then any of all the rest: also of a reasonable length and crookednes, in the which, and especially in the end of it, the meate is conuerted to dung: which (before and ere that it is digested) the learned do call *Chylum*. In this foresayd gut doth the Cholicke properly ingender. The last gut is *Intestinum rectum*, which is the Arsegut, that is called *Longanum*, for that it doth not crooke, and stretcheth to the end of the fundament. These are now the lower guts, and they be otherwhiles called the lower belly. But what each sort of these bowels haue for a nature, property, power, vertue, and operation, were here to long, and contrary to our purpose to decipher, because we do not here thinke to discourse of any thing, but onely the cures of the diseases that the bowels or guts are subiect vnto.

Of the paine and griping of the Guts in generall, §. 1.



Both these sorts of the guts come great outward gripings, stiches, and paine, whereof there be two sorts: the one *Iliaca*, the other *Cholica*. *Iliaca* is in the vppermost small guts, and *Cholica* in the vndermost bowels: which sorts of pains or stiches receiue their names of the bowels, or the bowels of these foresayd gripings or sicknesses. And because that in both these sorts of paines of the bowels the remedies are alike, whereas in other diseases they be greatly differing, therefore we will treat of both these seuerally. Afterwards we will also determine of the *Mozmes* in the bowels, of all other diseases which are to be ascribed to the bowels, as of all the scourings, of bloody stire, and obstructions, &c. wherof we haue heretofore discoursed, &c. where be many kinds of things to be found for the paine of the guts.

Of the vppermost Paine and griping of the Guts *Iliaca Passio*, which the common man calleth *Cholica*. §. 2.

I *Leos*, or *Iliaca Passio*, are gripings or stiches in the vppermost small guts, which be caused of some obstruction or swellings of the guts, whereby the congested filth or corruption cannot fall downe into the great guts: whereby such great intollerable paine, sickness, and gripings do insue, that the guts seeme to be bozed through with a bodkin, and that commonly with a continuall vomiting and parbaking: yet not in all patients.

Therefore, if so be that this paine, picking, and obstruction do get the masterie; then doth there follow it a stinking belching, yea a parbaking of all filthinesse and of ordure through the mouth, and that by reason that the stopping beneath is so great, that neither ordure nor wind can euacuate beneath: neither can it be opened through Clitters, whereby it must needs follow, that all the belchings do draw the wind and filth vppwards, and must lastly be auoyded through the mouth.

Certaine learned men do dispute of these causes, and that not without reason: for some do thinke, that it is not the right ordure which is elected by the mouth, but that it should be only a certaine filthy and corrupted meate which lyeth stinking in the stomacke, because the same cannot be expelled: but be it how it will, this sickness is neuertheless so terrible and painfull, that certaine ancient Physicians do call the same *Domine miserere*, Lord haue mercy vpon me.

And it is a grieuous sickness indeed: for besides all that is said, if it come with a great heate, then it doth commonly cause an impostume in the bowels, whereby cometh the crampe, and the contrature of the sinewes, so that the sick person thereby doth lose his senses & runneth mad.

These and other signes which shall herafter follow, are so deadly, that scarcely euer any one recouereth his health againe.

The common people which haue no vnderstanding of naturall things which pertaine to mans body, do call this *Iliaca*, the Mother in men, like as the common people in Italy do call it *Paron*, which is, Father, whereas notwithstanding men haue no mother in them.

The causes of this *Iliaca Passio*, are inward and outward; the outward may be through falls, thrusts or strokes on these places: or through drinking of much cold water, through much binding, grosse meates, as hard Cheese, Cow beefe, or any other hard flesh which is not well sodden or roasted, salt Pork, and principally of ill boyled wood Pigeons, or meates which be swallowed downe not well chewed. Item, there be mo things which be hurtfull for this sickness, as Pease, Beanes, Hedlars, Quinces, Seruices, Peares, Sloes, and such like binding fruites. For this paine of the belly is commonly moze rise in haruest, when fruites are found most abundant, than at any other time of the yeare. These sicknesses may also be caused of cold and piercing winds, as the Northren winds: as also to the contrary, out of great heate and great labour: and lastly, through venime taken. The inward causes commonly procede from other parts: as if there be any impostume present, whether it be in the Bowels or in the Luyner, or in the sucking veines called *Vene Mesaraica*, in the Kidneyes, or in the Bladder, or when the Bowels through some vapour fall downe into the priuities. If so be that the

cause be in the bowels, thereof there be fire: to wit, if the gut *Ileon* or *Colon* be too hot or too cold, or be fraughted with any cold tough matter, or through wind, or obstructed with some hard corruption, or when the bowels be full of weathed worms: lastly, this disease may also be caused through faintness of the expulsive or strength of the retentive vertue.

Concerning the signes, they may be demaunded of the sicke persons or standers by. But if there be any impostume in any other parts, it may be knowne by the place affected where the impostume is. The hot impostumes of the guts are discerned by the continuall agues, thirst, and panting or beating of the same part; whereas to the contrarie the cold impostumes be without great paine and without agues, but onely with a kind of heaviness and tumour: and these commonly assaile a man that is accustomed to vse much cold and moist meates, as milke, fish, and such like. If this sickness be caused through the obdurate corruption of the bowels, then is there with it an extream paine, so that it seemeth to the patient that his bowels are cut vp, and that chiefly if he haue taken before any such things as may cause these bindings, and harden the filth or corruption, as inward or outward heate, and through vse of dry things. Or if this disease come through wind, then doth the paine depart from one place vnto another, with a kind of rumbling, and that with such stiches, as if the bowels were pickt through with auls. And if the same be caused of cold flume, then be cold rheumes felt, and such like in the bowels, & that chiefly through certaine meates taken, which do increase *Phlegma*.

Of the paine or griping of the guts, which is called *Cholica*. S. 3.



olon or *Cholica Passio*, is a paine of the bowels, to wit, (as is before discoursed) of the neathermost guts, which is caused, when the superfluity which nature is enured, naturally to auoyde and cast from her, is stopt and hindered, and if the corruption, winds, or worms be not expelled, as they were wont to be. But the paine of the cholick cometh commonly by fittes, ceasing otherwhyles, and then immediatly returning with great intollerable paine, with heavy breath, with shivering, shaking and sweating. The causes of this cholick are for the most part the same with *Iliaca Passio*: for both of these sorts of paines in the guts be matched so neare together, that they may well be called sisters. But there is onely this difference betwene them both, that the neathermost bowels be fat by nature, and therefore may gather fatnes vnto them, that by that meanes the guts are made so narrow, that the hard ordure cannot passe thorough them, but is vtterly hindered.

The signes of the Cholick be these: when the ordure and winds are dayly shut vp and hindered. And although the stoole be furthered through Clusters, or some other meanes, yet is the ordure neuerthelesse hard and burnt, as Shæpes dung, or Goates dung, whereby the naturall appetite doth abate from day to day, vntill it be vtterly lost. Thence followeth then so great paine and gripings about the pæuell, that it seemeth that the guttes be knit or haled together with strings, or pluckt a sunder, and bozed through with bodkins. As often as one stirreth him, or turneth from one side to the other, then doth the paine increase vehemently in this sickness; the patient is alwaies greedy of sowre and sharp things, and hath a loathing of all that is fat.

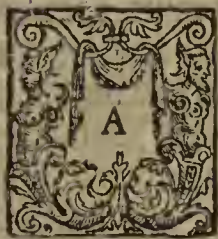
Each humour whereof this paine is caused, is knowne by these signes following: If it be caused of *Plegma*, then is the same with paine, heaviness, and desire of all warmth. The paine is to be knowne by the feeling. Old folkes, and such as be flegmaticke by nature, are most of all subiect to this passion. Also the winter, eating of much fish, of much fruite, and of much milke, excessive rioting, and great quietnesse, much going into the water, and such like, be to this sickness a great cause. If in case that this sickness be caused through heate, there is there a great inflammation, and with it drouth of the tong, great thirst, itch, & great heate in the vaine. Chiefly if the person be young, and in the Sommer time, if he be cholerick by nature, if he haue vsed much about the fire, or much spice. Or if this paine of the bowels be caused through obstruction, it may be known by the going to the stoole, and paine of the guts, to wit, as if the same were tozned asunder, and stucke thorough. And if the patient would go to the stoole with great forcement, then is it all to be auoyded very like to clay, the which may be caused through long vse of any old meate, through the patients drie complexion, and through long continuing labour, and with much sweating in the hote ayre.

¶ If this Colicke proceed through wind, then is heard much rumbling in the bowels and puffing up of the belly, his excrements do swim upon the water because they be full of wind: and so much the more may one be ascertained thereof, if one knew that the patient had eaten before much Pease, Beanes, Chestnuts, Rapes, Figs, Must, and such like windy meates or drinke much water, or much watered wine.

¶ When this paine of the bowels is caused of any hote impostume, then doth the patient feele hote stiches; he hath thirst and great paine, and that alwaies in one place; he hath also a red face, extuberation of the eyes, and restraint of the urine.

¶ But if this griefe be caused through a cold impostume, for it be all these things beforementioned much feebler: being caused of superfluous meates, of much fish, of much cold and moyst herbes, fruits, Swines flesh, and such like: also the stoles be full of *Phlegma*.

Of the difference of these paines in the Guts: §.4.



¶ Above all those which are before discovered, be these two sorts of paines in the bowels disagreeing in this: to wit, that in the paine of the uppermost guts, the extremity is much greater, and can kill a body much sooner; for that these uppermost, tender and small guts are much more sensible than the neathermost great guts: Secondly, because that *Iliaca* is unstedfast (as it is said before) and remooveth from one place into another: Thirdly, because this *Iliaca* is higher than the navell. And when this paine setteth there and about the reins, then it is the generall opinion of all the learned, that in no wise, neither through medicines, neither through any other meanes this sharpe matter or wind which hath no vent, lying shut up in the crooked cut *Ilion*, and there making this paine, may be made to auoyde neither yet expelled, and that there will follow of it the *Dropsie Tympana*, wherein the wind doth after it spread it self abroad betwene the skinned and the flesh behind over the whole body, as hath bene said more at large before in the twelfth Chapter and sixteenth §. The fourth difference is, that the uppermost paines of the guts or *Iliaca* are to be holpen through medicines from above, and the undermost paine *Colica*, through clisters; for that the Clisters be very commodious for the *Cholera*, and very little for *Iliaca*, or nothing at all: Fiftly, if there appeare any other accidents with it, as swooning, trembling of the heart, short breath, much waking, or cold of the outward parts; they be then alwayes the more grievous in *Iliaca* than in *Colica*: because that it is nearer to the heart, and therefore the more perillous.

¶ Now to come to the remedies, we will (according to the custome of the ancient Physicians) distinguish these paines of the bowels by five severall causes, wherof the first is the obstruction or binding of the body: the second *Phlegma*: the third winds: the fourth impostumes: the fift *Cholera* and heate. But we will here declare for the first certain things that be generally convenient for both these griefes; the remedies which be ordained and used in both these paines of the bowels, are also very meete for either of them; onely (as it is sayd) the Clisters for *Iliaca passio*, do seldome do any good: not that the same be therefore altogether forborne, for both must alwayes be first induozed to open the passages of the guts, and as soone as one perceiveth the paine, to be presently in hand with clisters, and also to make somewhat ready which may be laid upon the belly to warme the same therewith, like as with these things following: to wit, Pellitorie of the wall, Bugwort, Southernewood, Fennell, Clecampane leaves, Wormwood, white Vints and Bariozam: of these herbes take as many and which you will, put them in a bag, and let them seeth in Wine: afterwards wyng them out, and so lay them warme upon the place of the paine.

¶ Item take Billet or Dates, mixe them with Salt, and a little Annis, Fennel, Dil, and with Linseed: parch them, and lay them on the paine: You may also make and use after the same manner a bag with Cammomil, Venus haire and Stechas. Item, take *Albea Butter*, Barrowes grease, Hens and Ducks grease, of each halfe an ounce, oyle of Cammomill one ounce, annoint the place of the paine with it: what is particularly to be used besides for either of these paines in the guts, shall be distinctly shewed hereafter.

Of the paine in the guts through obstruction or binding of the body. §.5.



In the beginning of this description of the paine in the bowels, when it cometh chiefly through the binding of the body, it is to be cured with Clusters, which hereafter be described against winds, and with the purgative medicines, whereof diuers be set downe in the eleventh Chapter, 20.5. And both these are to be vsed so often, and so long, vntill that the body be thoroughly opened. In like manner, this patient must indeauour himselfe to eate all soluble meates and herbes, viz. Mallowes, and herbe Mercury drest with fresh broths, with Butter and Salad oyle, which for this disease is not onely needfull, but also much commended.

Lay also outwardly vpon it this plaister following: Take Mallowes, Hollihocke rootes, and Bearesfoote, of each one handfull, Fenegreake meale, and Linseede meale, of each sixe ounces, oyle of Violets, Hens grease, Barrowes grease, and fresh Butter, of each two ounces, solwe white Lilly rootes rosted, All the herbes are to be sodden, and afterwards stamped, and you are afterwards to temper the rest amongst them ouer the fire, and then to apply them warme vpon it. For this is also very good the sirupe of Violets drunken with some broth wherein Damaske Runes, Raisins and Figs haue bene decocted, and wherewith some Cassie is tempered. He may also vse the herbes and other things stamped, whereof the Clusters be boyled, and make a plaister thereof with Butter, or oyle of Violets, and with Barrowes grease, and lay it ouer all the belly. He must also eschue cold ayre, and must keepe him alwaies warme, continuing this so long, vntill that ye haue his body very open.

Of the paine in the guts through slime and Phlegma. §.6.



The other former discovered cause is *Phlegma*, which (as is sufficiently shewed before) doth shew it selfe apparantly, if with a tolerable paine there be no great heate nor thirst adioyned. And if there be any salt matter (which the patient shall perceiue in his mouth) or any obstruction of the bodie, stinking, belching, and great faintnesse with it, then must preparatiue medicines be ministered to the patient, and such as may procure no wambling, and so begin with these Sirupes following: viz. the sirupe of white Vints, of Wormewood, and all sorts of *Oxymel*, or any such like. Afterwards is much commented by the ancient Physicians the confection *De Gallia* for to purge, which followeth hereafter: Take Mastick, Cloues, Ginger, Pepper, long Pepper, Cinnamon, Nutmegs, *Gallia Muscata*, and *Diagridion*, of each a like quantitie: afterwards wring out the iuice of solwe Quinces, and put as much hony as iuice vnto it: then take of both these one ounce and a halfe, and put halfe an ounce of powder vnto it which is made of the foresaid things: but let this iuice and hony seeth before to the thicknesse of a sirupe, and afterwards temper the other things amongst it, whereof you are to giue at once one quarter of an ounce or two dragmes and a halfe. Also the purging confections of Quinces, which be described in the eight Part, are very meete for this purpose, and in like sort the *Electuarium Indium*.

A purging Confection: Take Turbith one quarter of an ounce, Ginger one scruple, Mastick halfe a scruple, Sugar three dragmes: temper them well together, and then take it with what you will. But if so be that the sicke body be not addicted to vomit, and that the same be not feared, then are these Pills following to be exhibited vnto him, called *Iliaca*. Take Coloquint, and *Sagapenum*, of each ten dragmes, *Diagridion*, three dragmes and one scruple; then make pills of it with wine, and giue thereof one dragme at once, they ease very speedily the paine. For this is also very good *Benedicta Laxatiua*, or *Hiera Picra* one ounce, *Hiera Picra magna* halfe a dragme, Turbith, and Ginger, of each one scruple: then mixe them together with a good draught of wine. But in case that in this cholick the purging medicines will not helpe, and the sickness still increaseth, then make these suppositoies following: and if so be that these suppositoies will not sufficiently relaxe, then are clisters to be vsed, which are the very best and safest remedies for the cholicke which one can deuise, therefore we will here rehearse some of them, and begin first with the mildest. But note alwayes (which is good in all clisters that are to be vsed for the cholike)

cholicke) that the herbes, and all that is to bee vsed with them, are to be decocted in such broths wherein Calues heads, Lambes heads and fete bee boyled: for these broths bee very requisite for all obstructions of the body.

Take Cammomill, Hollihocks, and Ballowes, of each one handfull, Fennell, Annis, Caraway, of each one quarter of an ounce: seethe them all together in Wine or water. Take fiftene or sixteene ounces of this decoction, and dissolue therein fresh Butter, and Sallad oyle, of each two ounces and a halfe, or thre ounces, with the yolk of an Egge; temper them well, & minister it warme. Item, take one pound of Linsede oyle, and vse it very warme for a Clister: Or take Ballowes, Hollihocks, Bêtes, Mercurie, Fenegræke and Linsede, of each one handfull, five or sixe Figs cut, Annis, Fennell, of each one quarter of an ounce, Bayne one handfull: seethe them all together in sufficient water. Of this decoction you are to take fiftene or sixteene ounces, and then temper amongst it *Hiera Picra*, and Cassie, of each one ounce, oyle of Rue thre ounces, and then make a Clister thereof.

Another: Take Ballowes, Hollihocks, Mercurie, and Bearefoote, of each one handfull, ten or twelue fat Figs, powdered Fenegræke, and Linsed, of each one ounce and a halfe, Dill seede one ounce, Bayn halfe a handfull, oyle of *Sesamum*, and Hony, of each one ounce and a halfe, *Sal gemma* one dragme, Cassie and *Hiera Picra*, of each thre quarters of an ounce: temper them all together in sixteene ounces or more of the foresaid decoction vnto a Clister. You haue before in the eleuenth Chapter, and the 21. s. a Clister of *Malmesey*, which is also conuenient for this vse. Item, take the iuyce of *Parietarie*, and the iuyce of *Mozmwood*, of each sixe ounces, one Putmeg, Peach kernels beaten very small halfe a dragme, make them all together warme, and minister thre of these Clisters in one day.

Another: Take Annis, and the seed of Pellitorie, of each one quarter of an ounce, Pellitorie leaues one handfull: seethe them all together in wine, & take thereof fiftene or sixteene ounces: melt Butter therein, and Linsede, of each two ounces, then temper them together. When the patient hath auoyded this Clister, then let him afterwards drinke five or sixe ounces of the Oyle of sweet Almonds, and that tempered with Sugar. Item, take the oyle of Rue twelue ounces, five or sixe Leekes heads, stampe them, and seethe them in the Oyle: then straine it through a cloth, and vse the oyle for a Clister. Item, take Pellitorie, Centorie, *Mariozam*, and field Bints, of each one handfull, Annis, Comin, and peeled wilde Saffron seede, of each one dragme, Polipodie roots, Turbith, and Radish seed, of each halfe an ounce, *Sal gemma* one dragme: temper all this into a Clister, as is abouesaid.

You are also to obserue heere, that these and such like Clisters shall be ministred but onely when other remedies will not auaille. Item, oyle of Cammomill is more precious then common oyle: but if Cammomill cannot be gotten, then is oyle of Linsede to be vsed in stead of it. Also hereafter doe follow sundry remedies against all paine of the guts, which serue also very well for the *Phlegma*.

Certaine Potions for the cold *Phlegma*.

Take the rootes of Smallage, Fennell, and Parsley rootes, of each two ounces, Annis, Fennell, Caraway, Parsly, and Smallage seeds, of each one ounce, Radish two ounces: make a decoction of this, and drinke thereof adayes oftentimes as warme as you can suffer it.

Also once or twice a day drinke a spoonesfull or twaine of Rose Hony tempered together with the foresaid Potion.

Item, seethe an old Cocke vntill the bones fall from the flesh, and in this broth seeth Polipodie rootes, the seedes of Dill, and of Annis, and drinke otherwhiles a good draught of it. Also you may oftentimes with the waters and seeds of the foresaide rootes, foment the place where the paine is, and afterwards annoint the place with Oyle of Rue wherein Annis seeds are boyled.

Some do highly commend the oyle of Sulphur, viz. to drinke in the Winter one droppe or twaine with Muscadell Wine, or with vitall water. It will maruellously helpe and expell all gripings in the guts of a cold occasion.

Item, the confected Elecampane rootes, and confected Pimpernell rootes, doe asswage all

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paines of the bowels which procéde of cold. In like manner the confected Ginger doth warme and strengthen all inward parts, and so doth also the rootes of *Eringis*, when it is confected.

Amongst other Conserues, there be also meete and commodious the conserues of *Diony*, and *Rosemary*, of *Hyslop*, of *Spikenard*, and after purging; the Confections of *Trion pipereon*, *Diacalamintha*, and such like.

Of the paine in the guts through wind. S. 7.

The third cause of these paines in the bowels are winds. If then this paine do come of no obstruction, and yet neuerthelesse one scle rumbling in the belly, and heareth the paine come by and downe in the belly, and if the paine doe come by fits, and there abateth a time: against this be those remedies to be vsed that doe expell wind. For which, the Confection of Bayberries is so highly commended, that it is thought that her like cannot be found. And the Apothecaries they call this *Electuarium de Baccis Lauri*, and it is thus prepared: Take of Rue one dragma, Anise, Comin, Cardus sæde, Louage sæde, *Dariozam*, Caraway, bitter Almonds, long Pepper, *Daucus* sæde, white Mints, Pepper, Calinis, Bayberries, and Beuercod, of each one quarter of an ounce, *Sagapenum* halfe an ounce, *Opopanacum* one dragma, all these being powdered together and molten, then make a confection of it with clarified hony, and giue the patient thereof the quantitie of an hassell nut with a draught of wine. *Barimalade* with spices is also very meete for this purpose. Item, in like sort be both the sorts of Treacle and *mithridate*, for that they do wast wind, and be good for all cold diseases of the intestines. Item, there is also fitte for this vse the confection of *Hozserabish*, which shall hereafter be exprest.

These confections following are also very commodious: viz. *De Cumino*, *Diatrion Pipereon*, *Diagalanga*, *Dianisum*, *Diacalamintha*, *Diaplis*, *Aromaticum Rosatum*, and after them a good draught of Wine.

If you desire to make a powder, then prepare this following: Take Ginger halfe an ounce, Annis one quarter of an ounce, prepared Coziander one ounce and a halfe, Bace, Galingale, Cucubes, and Putmegs, of each one dragma. This being beaten all small, then put as much Sugar vnto it as you please. This powder consumeth all wind, and hindreth also the generation of other. You haue also herebefore certaine grosse powders for the stomacke, which be also very good. In like manner do Annis, Fennell sæde, Caraway, and Comin, (either bare or confected, and taken before meate) consume all paine in the guts. The sirupe of *Mozmwood* expelleth also winds.

For this are also very conuenient clisters, if they be made of such things, as do cause wind to auoide, as this following: Take Malloves, Hollihock rootes, Violet leaues, Bearefoote, and Wets, of each one handfull, Centorie, *Rapontica*, Calmus, white Mints, *Dariozam*, Southernwood, Rue, and Hyslop, of each halfe a handfull: Seeth them all together in sufficient water, and take fiftene or sixtene ounces thereof, hony of Roses, and oyle of Rue of each three ounces, *Hiera Picra* one ounce, *Benedicta Laxatina*, halfe an ounce, then temper them all together.

Yet this clister is to be diminished or augmented according to the abilitie of the sicke person. Suppositoies may also be vsed for this, which are thus to be made: Take Rue and Comin, or Caraway, of each one handfull, Swines bred one roote and a halfe, *Boreas* one dragma, clarified Hony three ounces, make Suppositoies thereof. Another: Take Beuercod, Hony, Dre gall, and oyle of Violets, of each a like quantity, let them seeth somewhat thicke: afterwards wet a Suppositorie in it, bounden at a thred, and vse it as before: it consumeth wind exceedingly and purgeth very much.

Potions and such like.

Take the rootes of Smalage, of Fennell, and of Parsly, of each two ounces, Raisins, the Stones taken out, two ounces and a halfe, ten or twelue fat Figs, twentie or foure and twenty Iuiubes: Seeth them all together in two quarts of Water euen to the halfe, and take thereof three or foure ounces tempered with the foresayd confection. The common people and husbandmen do commonly vse slight things which they can best get; amongst which may

may this potion following be reckoned: Take fresh Cow dung about halfe an ounce, temper it with good wine and wzing it thzough a cloth, and then drinke thereof, it is much commended. Other do ascribe this to shepes dung, also Chickwæde is commended for the same boyled in water and so drunken. Likewise also Wormwood wine, or Wormwood sodden in water: also Meade being drunken is very good for this paine; Wine measurably drunken driueth not only the wind out of the bowels, but also out of all parts of the body. The wines of Harts tongue and Marioram gentle, are also much commended for these paines in the guts, and mo other aromaticall wines, as of Galingall, Putmegs, and Cloues.

Item, take *Species Iustini* one dragme, and drinke the same twice a weeke with one ounce of Rosewater, it is also good against the grauell. Master *Tristrams* Water is also good against all paines in the guts: likewise is also commended one dragme of Beuercod drunken with one ounce of *Mellicraton*.

In the meane time may outward things also be vsed: for this one may take the hearbes, the seede, and other ingrediencies whereof Clifters haue bene made, wzing them out hard, stampe them and temper them with butter, with Barrowes grease and oyle of Cammomill vnto a plaister, and so lay it warme ouer the belly, it is very good. But if one will lay any thing vpon the maladie: then must the belly be warmed well befoze with warme clothes, for this may be made also the foresaid bags of Millet and Salt: or take unbeaten Millet, Dates, and Fennell, or Bran, which you can get: parch them in a panne and apply it warme vpon the paine. Item: Take parched Linsæde sixe ounces, parched Comin one ounce, Bran halfe a handfull; beate them all grosse and make a bag thereof, then let it seeth in water or wine a good space, afterwards wzing it out and lay it very warme vpon it. Item: take the oyle of Scorpions, oyle of bitter Almonds, and Turpentine, of each sixe ounces; let them melt all by the fire, afterwards temper halfe a dragme of Saffron amongst it. Lastly, dippe sheeps wooll in it, and lay it warme vpon the griepe: or take Pellitory, and powdered Linsæde, of each one handfull, powze two ounces of the oyle of Scorpions vnto it, and let them be made hote together: afterwards put a little Saffron vnto it, and vse it as befoze. Warme bread laid vpon the belly or the stomack, asswageth the paine, and is good against the suffocation of the mother or wombe.

Another: Take Honey, Butter, Salt and Vineger, of each a like quantitie, let them seeth all together a good while vntill it begin to be somewhat tough, then spread it on a cloth, and bind it warme vpon the belly.

Item, take wild Thyme, Marioram, Caraway leaues, Cammomill, Wormewood and Sage, which you will, cut it small, and put it into a bag, then make it moist with wine or water, and let it warme in a pan and vse it as befoze. Or Cow dung and Butter, of each a like much; temper amongst it halfe so much beaten Comin. Wols dung is also very good for this vse, a plaister being made of it. For this is also good the plaister of Bayberries, which is described in the eleventh Chapter and the 5. s.

Item, another salve also which is described in the third Part, in the tenth Chapter and the 5. s. Take Comin, Caraway, &c. Or prepare this following: Take Goose grease, and oyle of Scorpions, of each thze ounces, Saffron one scruple, Ware as much as suffiseth.

These oyles following are also to be vsed for this disease, viz. oyle of Lillies, of Cammomill, of Rue, of Dill, of bitter Almonds, of Spike, of Bayberries, and Elecampane rootes, of Peniroyall, and such like oyles which be warme of nature, and chiefly if Ameos and Passicke be boyled in them.

The bathing and fomenting is also very profitable for this sicknesse, which may be made as hereafter followeth; and may be prepared according as the cause requireth. The bathes of sweete waters are very good to asswage the paine, and they be especially commended after the cholicke, and after purging, and that fasting. After bathing is some Treacle or Pithridate to be vsed and taken, and to sweate after it.

For this be also good Sulphurie bathes which be warme by nature. Now will we declare all the foresaid things that expell wind and consume it, and especially those which may bee vsed for Bathes and Fomentations, viz. Rue, Dill, Rosemarie, Fennell, *Chamedryos* and filed Cyperis.

Amongst the seedes, Annis, Fennell, Comin, Caraway, seedes of Rue, Ameos, and Dill seedes. Note yee that the patient must sit no deeper than to the breast in this bath: and also may not

farre

tarry long therein, that he fall into no swoond: Otherwise the bath is very profitable, for it openeth the pores, and doth consume the wind whereby the paine is delayed. You may wet a Sponge in his bath, and lay the same oftentimes warme vpon the belly. Likewise you may also fill a bladder and hold it warme vpon the belly. If you haue not this decocted water, then fill a bladder halfe full with Linsæde oyle, and make it warme in hote water, and so lay it vpon the belly.

Another Bath.

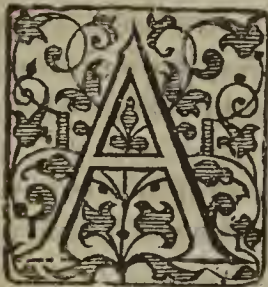
After that the body is well purged, hee may sit in a Tub with warme Sallad oyle, and when the paine is asswaged, then to goe out of it againe. But if the oyle cannot bee had nor be gotten, then vse this ensuing: Take Pellitory, Violet leaues, Rue, Cammomill, Linsæde, Fenegræke, Hollihockes, and the sprigs of Coleworts, of each three handfuls; seeth them all together in water for a bath. Of this may you also make a Lotion for seete, be it cooling or warming according as the case requireth.

For a fume: Take Frankinsence, Masticke, *Lignum Aloes*, and *Sandaraca*, of each a like quantity, cast it vpon hote coles, and receiue the fume vpon the belly or where the paine is, for it doth draw much wind vnto it. The place also is first to be rubbed so long vntill it be thowred, and afterwards well annointed with any of the foresaid oyles.

The wind may also be consumed through good gouernment, (if the same be put in practise) through exercise and sobriety: for that where there is not much moisture receiued into the bodie, there cannot ingender much wind. And when such a patient hath recovered his health, then must he beware of greene herbes, milke, and all other things which bee windy. Hee must also addict himselfe to drinke hony water with spices, or prepare this Meade ensuing.

Take two ounces of clarified Honie, three pints of water, seethe and skum it well. When it is cleansed, then are you to hang therein halfe an ounce of grosse beaten Pepper, and afterwards let them seethe againe vntill there remaine about one quart of moisture. When it is then cold, take out the Pepper being well wrung out. For this serueth also burnt Wine, or *Aquavita*, yet there is nothing better than good old Wine moderately drunken. He is to be restrained from all watred wine, because it ingendzeth winds. He must likewise beware of all cold drinckes, viz. the water of all herbes, fruite, fish, milke, and such like.

Of all manner of paine in the belly. §. 8.



Albeit that heretofore there be many things discovered for to assuage y^e paine of the belly, notwithstanding we must here set downe somewhat of the *Narcotica*, which be things that take away or do numbe the senses, for which we aduise in the vse of them to begin alway with the least, and so to come to the greatest, so that nature be not violated. Wherefore where great paine is, you must apply parched Millet, Banick and salt. Item, take Cammomil, Melilot, Rue, Marioram, Pennirovall, Rosemary, Comin, Annis, Fennell and Dill seed beaten grosse which one will, and as much as one will: let them seeth in Wine, and whilest it is warme wet a sponge in it, and lay it vpon the place of the paine. Make bags of the foresaid seeds and herbes, and sprinkle wine vpon a hote stone, and warme them thereon. Or seethe it in wine, and then lay them vpon the belly as all other. Afterwards annoint the place with warme oyle, viz. oyle of Cammomill and of *Costus*, but if the paine be intollerable great in the vppermost guts, that one feareth to fall thereby in a swoond, one must (through extreme neede) put things in practise which do numbe the senses: for which the Confection *Philonium* is to be used and chiefly with the purging Confection *Diaphœnicon*, but this must be done with the counsell of a learned Physitian, as we haue oftentimes already admonished, yet shall suffice halfe a dragme tempered with halfe an ounce of the Conserue of Roses.

Others in steade of *Philonium*, vse the pills of *Cynoglossa*, for that they be safer; also the *Triphera Sarasenica*.

And albeit that through al these former reasons it may be sufficiently vnderstood, how that he is to be kept with meate and drinke, neuerthelesse we will briefly rehearse it once againe for methode sake.

These

This patient is oftentimes and very long to be rubbed with warme clothes. He is also to inure him alwaies befoze meales to walke easily. He is also to be restrained from all fruite, Pease, Beanes, and Must, and all that pꝛocreateth windes. He shall also eate all light meats, and dresse his meate with Dill seede, Comin and Annis: Partriches and all other field fowles are very good for him. The iuyce of old Cockes boyled with the foresaid seedes, is heere much commended.

For this sicknesse is also much aduised to eate Hedghogs flesh roasted, which causeth all paines of the intrailles to cease. His bread must be a little moze salted and raised: then commonly good old cleare and white Wine, if there be no Ague with it, is to be his drinke.

Of the paine of the bowels through any impostume and other affections of the guts. §. 9.



W^e haue numbꝛed this herebefoze in the 4. §. for the fourth cause of the paine in the bowels. But in case this paine in the bowels be caused thꝛough any impostume and vlcꝛ of the Lyuer, of the Splene, Kidneys, or any other parts, then is the same to be knowne by the place where those parts do dye: Like as by each of these is sufficiently declared what is to be done for it. But if the bowels be hurt without any impostume, and that the same may be felt with the finger or any other instrument, then may you finde all that described in the tenth Chapter and 3. §. But if in the paine of the belly thꝛough heate there appeare any impostume in the one side, then must a veine be opened on the other side: for the same must not be fozelowed, for that it is much needfull. First, he must befoze other things haue a veine opened within the third or fourth day in the contrarie side of the paine, and afterwards on the other side where the paine is felt. This being now done, then take two parts of water, and one part of Wineger, and make a sponge wet therein, and so apply it to the paine. When the sponge beginneth to be warme, then wet it againe, and reiterate this oftentimes.

Moreover, the patient is oftentimes to be purged with Hanna, Cassie, and solwe Dates, and let him be ordered like as one is to be ordered who hath an Ague. He must also beware of Wineger, solwe Pomegranates, and also of all soure things which may hurt the bowels. Boyled Barly, and oaten paps, Hallowes, Burrage, and Mace decocted in Henbrath, or eaten alone be very mete for him: and if the Ague be not great, then are they to be drest with Butter or with oyle. He must also keepe a good diet, and must vse much oyle of *Sesamum* in his meates, His drinke must be Barly water decocted with Licorice, and all his whole gouernment cooling and moistening, as followeth hereafter. Take Hallowes with the rootes, Hollihocke rootes, Bearefoote, and Violet leaues, of each one handfull, Burrage flower, and flowers of Buglosse, of each halfe an ounce, foure or fve Prunes; seethe them all together in a pot of water euen to the halfe, and then take of this decoction twelue or sixtene ounces, and temper with it two ounces of Cassie, oyle of Violets thꝛee ounces, of Hony one ounce, then make a Clister of it. This is also especially commended being made with Goats milke, Cassie, and oyle of Almonds. When as then the impostume is broken bp, then are you to vse for to cleanse it, Clisters, Barley water and Hony, and afterwards consolidating medicines. But if so be that one perceiue any parings of the bowels in the stools, and that with great paine, then are these following to be vsed.

Take somewhat lesse then a pound of steeled water, and seeth therein broad and picked Plantaine and Roses, of each one lb. euen to the halfe. Take twelue or sixtene ounces thereof, and melt therein one ounce of Deere suet, thꝛee yolkes of Eggs well beaten, oyle of Roses two ounces, Thomas Sugar one ounce, and temper them all together.

Another: Take broad Plantaine, wilde Tansie, and Comfrey, of each one handfull, Pomegranat pils one ounce. seethe them all together in a pot of steeled water euen to the halfe: then melt in this decoction two ounces of Deere suet, *Trociscos de Carabe*, *De Terra sigillata*, of each one quarter of an ounce, then make a Clister of it.

For plaisters, take the sodden hearbes and the other things of the former Clisters, powne them to grout, and temper therewith halfe an ounce of pownded red Saunders, Barly meale two ounces, and oyle of Violets as much as doth suffice for a plaister, and then lay it warme ouer it, it doth abate the paine very much.

Another:

Sesam

Another: Take *Pallowes*, and *Hollihocke* rootes with the hearbes of *Nightshade*, *Violets*, *Cammomill*, and *Belilot*, of each halfe an ounce: beate them all together, and temper there with oyle of *Violets*, of water *Lillies*, and Ducks grease, of each thre dragmes, *Linsede* meale one ounce, and then make a plaister of it.

If need require to purge more, then may the same be done with the conserue of *Prunes*.

But if so be this paine of the bowels be with a cold tumor, then must stronger Clusters be vsed, as there be sundry set forth in the 6. s. against the paine of the bowels through *Phlegma*. But first are the Oyle of *Cammomill* with *Wineger*, and the Oyle of *Roses* (that it may pierce and strengthen the bowels) for to be vsed: after the Clusters expressed before in the fifth s. may this plaister following for mollification be vsed for to ripen and assuage the paine: Take *Linsede* meale, *Fenegræke* meale, *Wheaten* meale, and *Barly* meale of each two ounces, fire yolks of *Egges*, oyle of *Cammomill*, and good wine as much as is needfull for to make a plaister, this must be laid warme vpon it.

Another: Take eightene or twenty *Figs*, sethe them well in water, crums of white bread two ounces, *White* meale one ounce and a halfe, vn salted *Barrowes* grease, and Oyle of *Cammomill* as much as is needfull for to make a plaister: let them all seth a little together, and then lay them warme vpon it: you may also put warme vnto it one ounce of beaten *Cammomill*.

It happeneth also sometimes, that in these impostumes the vyne is retained backe, because that the conduits are stoppt through the tumor; therfore if that befall, the *Saphea* must be opened, and the kidneys and the priuities annointed with the oyle of *Cammomill*, and oyle of *Violets*, and also are Clusters and Plaisters to be vsed, like as shall hereafter be further spoken of in the prouocation of vyne.

Of the paine in the bowels through heate and *Cholera*. S. 10.



his is the last cause whereby (as is discoursed before in the fourth s.) the paine of the guts may being noyed; and then it cometh with heate and an ague, it is not then so hurtfull or lingring as that which proceedeth of *Phlegma*. For this must the patient first of all be purged with sirupes and such like things as do coole, and further be kept with necessary meate and drink. He is lastly to vse clusters in this manner following: first of al he is to take certain daies together preparatiue sirupes, as both the sirups of *Wineger*, *Oxyfaccara*, sirupe of *Violets*, of *Roses*, of *Endiue*, and of water *Lillies*, with some decoction wherein the same herbes haue bene decocted, whereof diuers be described in the third Part.

For purging.

Take fresh *Cassie* one ounce or one ounce and a halfe, the iuyce of *Endiue* well clarified and skummed thre or foure ounces: then make a potion of it, and giue it him warme, or in stead of the iuyce (if one cannot get the same) then take *Endiue* water.

Another: Take eightene or twentie *Prunes*, and five or sixe fat *Figs*; seth them all together in sufficient water, and take of this decoction thre or foure ounces. temper *Cassie* therein, and oyle of sweete *Almonds* five or sixe ounces tempered with *Sugar*, and the same drunken at once loose the body very gently, and is also most sure that one may giue to the children newly borne: Likewise *Manna* decocted with sowre *Dates*, *Prunes*, and with *Sugar*, is also very requisite to loose and coole.

Concerning the meates, he must be restrained like as in other hote sicknesses, and must chiefly eschew alwaies meates which make winde. But oyle of *Almonds* vsed in his meate, be verie meete for him.

All his Clusters must bee made soluble and cooling, like as be these following: Take peeled *Barly*, *Pallowes*, *Hollihock* roots, and *Violets*, of each one handfull, *Prunes*, *Sebestes*, of each eight or ten, the seedes of *Belons*, of *Purflaine*, of *Gourds*, of each one ounce, *Bzanne* halfe a handfull; Sethe them all together, and take of this decoction and put vnto it oyle of *Roses*, and of *Violets*, of each one ounce and a halfe, *Cassie* for the cluster one ounce, *Electuarium de Succo rosarum*.

farum fine dragnes: then make a Clister of it, like as hath bene sufficiently shewed.

But here is to be noted, that if any parings auoyd with the guts, then must oyle of Roses be most of all vsed; yet oyle of Violets doth allwage the paine of the guts if the same come through any sharpnesse or any heate.

Take Malloves, Hollihockes, Beatesote, Violet hearbes, and Bâtes, of each one handfull, Barley and Bran of each halfe a handfull: let them seethe all together, and then take of this decoction twelue or sixtene ounces, and temper Cassie in it one ounce, *Hiera Picra* thre quarters of an ounce, *Benedicta Laxativa* thre dragnes, oyle of Violets thre ounces, Salt one dragne or twaine, minister it as is accustomed.

This ensuing is also speciall good if any body haue bene bounden certaine dayes together: Take twelue or sixtene ounces of Cow Milke, temper one ounce of Cassie amongst it, and minister it warme.

There may also a cooling plaister be laid vpon the belly, whereof there be diuers discovered against the heate of the stomacke and the Luer: yet must alwaies some Cammomill, Moyme wood, and such like be tempered amongst it.

For a cooling you may also take preserved Ribes, or any such like, as in the eleuenth Chapter S. 6. is shewed.

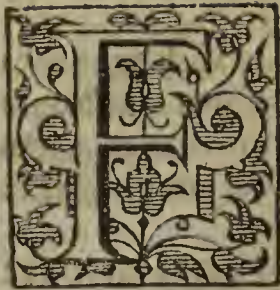
Of the paine of the belly mixt with grauell. S. 11.

For this disease is much aduised, to take thre dayes one after another, a good draught of the water of Elderne flowers, which helpeth maruellous well. Item, take the iuyce of Bellitorie eight ounces, oyle of Rue two ounces: seethe the dung of a Dog in it, which hath eaten nothing but bones: straine it thorough, and vse it for a Clister. It is also much aduised for to take for purgation halfe an ounce of *Diaphenicon*, and *Sebestes* one dragne and a halfe, *Philonium Romanum* one scruple, *Species Iustini* halfe a scruple: temper them all together, and drinke it, and then a little fat broth after it. But how easily an error is committed in distinguishing the paine of the guts, from the paine of the reins, and the paine of the grauell, it shal hereafter be declared, where we shall speake of the grauell.

Of the paine in the bellies of young Children. S. 12.

We haue here briefly shewed of the Oyle of swete Almonds which is to be tempered with Sugar, and may be giuen boldly to new borne children for the paine of the belly: This is alwaies found to be good. The water of Larks spurres is also good for the same, as well in old folkes as in young children. For a small Clister, take Malloves, Hollihocke rootes, and *Pyrola*, of each halfe a handfull, Bellilot and Rosemary, of each halfe so much: seethe them in a pinte of water, and then take of this decoction little or much, according to the bignesse of the child, Honey of Roses halfe an ounce, Oyle of Cammomill two ounces, Salt halfe a dragne: temper them all together. Item, take vnto small children alwayes a spoonfull of the water of black Cherries in their pap, for it allwageth the paine. Oyle of Putmegs annointed about the pauer, and a warme cloth laid vpon it: and in like manner the Oyle of Scorpius is also very commodious for this infirmitie. Also Chickweede fryed in Oyle, and applyed warme on the belly. Also take Hints, and Malloves fryed in fresh Butter, or Cammomill and Moyme wood, of each a like much: cut them all together meetly small, and put them in a little bag: then make it meetly warme in hote Wine, wring it well out, and so lay it ouer the childs belly. Item, cut an Onion very small, fry it in oyle, and bind the same vpon the pauer of young children and old folkes.

Albeit, that it be not now our intent to write much of Chirurgerie, yet neuerthelesse, we cannot let this escape: &c. if any be wounded in the belly that his bowels issue forth, and then happen to swell that they cannot be put backe into the body, then warme them with warme milk or wine. After that may the Chirurgion well know what he hath to do.



First of all, there is not any thing more certaine, than that in mans body, like as in stinking kennels, in cheese, and in stinking flesh, wormes do grow, and that out of a putrified matter: But in man doe they chiefly procede through vnaccustomed meats that cannot be digested: also of surfeiting and and ouercharging of the stomack. Item, through bathing, and vse of venery with a full stomacke, through eating of fresh Beanes, of salt fish that is without scales, through Swines flesh, and such like things more. Also these wormes do grow by eating much fruit. Therefore haue children most annoy thereby about harvest.

These Wormes doe ingender sometimes in the stomacke, and otherwhiles in the bowels: and some suppose that they onely grow in the blinde gut; but they which haue somewhat more carefully beheld them, do write that the long wormes do ingender in the vppermost bowels, and the small, like vnto Cheese Pagots, onely in the Arsegut, and in the middlemost guttes should round wormes ingender called *Ascarides*. Some do take it otherwise. In fine, we will let them dispute thereof; for they doe accord herein, that there be three sorts of wormes which may grow in mans body, like as is shewed before.

And to the end that somewhat be discoursed of these kinds of Wormes: The long ones bee knowne to be in yong children through their gnawing in the bowels, through a small, dry, and troublesome Cough: Moreover, they doe awake suddenly out of their sleape sometimes with an outcry; afterwards they do quickly hold their peace, and haue an vnequall pulse. Also they haue vncertaine Agues, with coldnesse of the outward members, which accidents doe happen vnto them without any cause three or foure times a day. Such children haue an vnnaturall desire of meate, they let out their tongue, gnash with their teeth, sweate about the eyes: they be gladly quiet: they be also very quickly angry, and snappish or testie on them that do awake them, and as now they be ruddie, and immediatly bleake againe: they talke in their sleape, be frighted in their dreames, and do lye very vnquiet. When they awake, they do then rub their nose, the eyes sinke into their heads, they will be very hard fauoured in their face, they feele great paine in the belly: they haue much some and spittle, their mouthes wil be dry, yet more by day then by night, and their breath stinketh much.

In like manner it happeneth very well, that they auoide the wormes at the nose, at the mouth, and through stoiles: but amongst people in yeares there be besides these signes such an extreme paine of the belly also, that they cast their hands and feete from them as it were a collicke. And as they come into their stomacke, then do they get a great wambling and loathing of all meates. And when one forceth himselfe to eate, yet can he not swallow the meate, but must cast vp againe presently the meate which he hath taken: their ordure is very stinking, their belly swelleth on high, like as if it were full of wind.

These be now the signes of the long Wormes, which signes though they be not allwaies apparant, yet neuerthelesse this disease may be knowne by some of these.

The broad Wormes be as well in them that haue no Ague, as in them which bee troubled with lingring Agues: they doe also bring some of the foresaid signes with them, and especially these will be knowne as well through the great gnawing in the stomacke, as through the vnmensurable desire of meate. And although they haue eaten enough, and do not by and by eate againe, yet then do they feele that gnawing and byting againe as before. They will be also very leane, and dry of body. But this is the very surest signe, that the patient doth auoide through the stoole small things, like to the kernels of Gourds. It is also found, that some not esteeming this gnawing of the Wormes, and taking no aduice for it, that the guts be bitten asunder, and that the Wormes are got into the hollownesse of the belly, whereof doth follow afterwards a great calamitie, as madnesse, the falling sicknesse, dogs hunger, swooning, paine of the belly, obstruction or binding of the body, and lastly, a painefull and bitter death. Therefore is this disease not to be accompted small, but rather men are betimes to vse all requisite remedies for it.

But if the wormes be not in the bowels, but in the stomack, and in the mouth of the stomack, then be they commonly vomited vp, and they that be in the bowels are rid and dispatcht through the stoole.

Of the third kind of Wormes which keepe themselves in the Arsegut, shall immediately hereafter be discoursed. I haue therefore the longer discoursed of this, for that it is a common disease amongst children and common families, wherby common householders might know their right difference, afterwards we will write of the remedies seruing for these common sorts of Wormes: but aboue all, there be prescribed by the learned certaine common rules of them. The first is, that the lower the wormes be in the bowels (whether they be there growen or descended out of the stomacke thither) so much the bitterer and stronger must the medicine bee which is giuen from aboue, because that she may not lose her vertue through so long a passage. Secondly, the wormes *Ascarides* are not so easily killed through Phisicke, as other Wormes, therefore must stronger remedies be vsed for them. Thirdly, to preserve himselfe from wormes, he is to beware of all such meates as doe increase *Phlegma*, and to purge out the same in aged folkes, like as we shall speake more at large thereof. Fourthly, the first intention of the Physitions, is to kill the wormes, afterwards to expell them, lest that through their stench they doe infect the heart, the stomacke, and the whole body. Fifthly, as soone as one perceiueth the wormes, then must he indeuour to expell them, and so to free himselfe from great distresse. Sixthly, all remedies which be hote in the third degree, are very fit for this purpose if there be not a strong Ague or impostume with it. Seuenthly, if one will expell the wormes through any meate or drinke, then is the same to be done with an emptie stomacke, and fasting. Eighthly, the wormes are most fittest to be killed through hote and very bitter things, as (to the contrary) through sweet and fat things they are fed and sustained. Ninthly, all they that haue the wormes, may be fed two dayes with sweet and fat things; but the third day when they be hungry and empty, are bitter things to be giuen. Tenthly, if one take any thing to kill the Wormes, then must the belly, and the stomacke be annointed or plaistered on the outside with astringent and bitter things. Eleuenthly, if so be that the wormes be in the vppermost guts, or in the stomacke, then will they be more easily killed and expelled through that which is taken at the mouth. But if they bee in the nethermost guts, then are they killed with Clusters and Suppositoies. But if in the middlemost guts, are to be vsed both these remedies.

The order how a man may preserve himselfe from the wormes.

ALl those that are to be preserved from wormes are of three sorts, as children which do yet suck, children wayned; & of the age of 14. yeeres. Now for to free the sucking children, the Nurse must eate all light meates, and restraîne from all Fruit, Fish, and Milke, but especially from ouercharging her selfe with any kinde of meates. The children which doe not suck must be kept after the same manner, and be restrained from all that is slimy, and also beware of Fruit, and especially of those which be not ripe, and those that be wormeaten, for they also ingender wormes in the belly. The youths and people in yeeres are to be kept likewise as we haue said. Also twice or thrice a yeere phlegme ought to be prepared in them, with *Oxymel* of Squills, or *Compositum*, or with the sirupe of *Calamintha*, and such like. Afterwards they are to take *Hiera Picra*, with the decoction of *Polipodie* rootes, *Mirabolani*, *Chebuli*, of a little *Coloquint*, for to purge. They are also to vse rather roasted meate then sodden. They must eschne all grosse and fat meates, for thereby do the wormes grow especially. Also he must eate euery day a little mustard seed.

But if so be that the wormes be present, then must one looke to kill and expell them by all meanes, for which purpose these hote things following be fit, viz. Wormewood, Bay leaues, Peach kernels, Rue, white Vints, bitter *Costus*, Centorie, Horehound, Lupins, Annis, Smallage seed, parched *Nardus* seed, Vints, Elecampane rootes, dry Bayberies, Southernwood, Comin, Cresses seed, Caraway, bitter Almonds, *Diptamus*, Pennyroyall, Gals of old beasts, and chiefly Dre gals, or Wolfs gals, the common Wormeseed, Cinnamon, Gentian, the rootes of the femall Fearne, and Agrimonie: of all which foresaid things, one dragme, or a dragme and a halfe is to be taken in winter time with wine, and in Sommer with some cooling waters, and that chiefly with Purflaine and Endiue water.

These things following do not only kill the wormes, but also expell them forcibly, to wit, Aloe, rootes of blew floure deluce, the iuice of wilde Cucumbers, *Agaricus*, Coloquint, wilde Saffron, the fresh iuice of Elecampane rootes, Turbith, and *Rabarbarum*. One may vse some

of these foresaid things if there be no Ague with it.

Cold simples which doe kill the Wormes are these: viz. prepared Coriander, Butchers Broomse seede, *Hipocistis*, sealed earth, Purslaine seede, seedes of Endiue and of Lettice, the iuyce of Plantaine, rinds of Pomegranats, sowze Pomegranates, Oranges and their seed, Citron seede, burnt Harts horne, Asses milke, all that is sowze, bread infused in vineger, Broomes seedes, Colewort seed, dry Plantaine, seeds of Drage, and vncripe Sallad oyle, a good deale of it taken at once. You may boldly take these things, where as heat and the Ague is.

And further to speake of the compounded things, we will first of all take the things in hand which may be v'ed inwardly and in heat. Take the sirupe of vineger one ounce and a halfe, temper it with Endiue water and Purslaine water, and drinke this certaine dayes together allwaies fasting. Item, take the seeds of Butchers Broomse, sealed earth, *Hipocistis*, the iuyce of Sloes, of each one quarter of an ounce: boile them all together in sufficient water euen to the halfe, and drinke thereof certaine dayes together thre or foure ounces at once. Or take Grasse rootes, and Butchers Broomse seed, of each once ounce; seeth them all together in a pot of water euen to the halfe, and drinke thereof euen as before. Another. Take eightene or twenty *Sebestes*, Purslaine seed one dragme, Grasse rootes and Millet, of each one quarter of an ounce, Sugar foure ounces, Meriuiue, and the iuyce of Pomegranates, of each two spoonefulls; let them seeth together, and skumme them well. But if you haue not this iuyce, then take in stead thereof good vineger. Item take prepared Coriander, and the seed of Smalage, of each one dragme & a halfe; calcined bones of a Stags hart thre quarters of an ounce, red Coral one dragme, Cinnamome, halfe a dragme, *Calmus* halfe a scruple, prepared Berles halfe a dragme, *Diptamus*, *Ammoniacum*, filed Iuorie, and burnt Silke, of each two graines, eight or ten Bayberies, Sugar thre quarters of an ounce: make a fine powder of it, and giue one dragme of it more or lesse.

Burnt Harts horne alone two or thre dragmes giuen with Beade, doth maruellously kil the Wormes. Or take burnt Harts horne one dragme, Pyony seed, Smalage seedes, Coriander, Colewort seed, Pardus seed, seedes of Plantaine and of Endiue, of each halfe a dragme, *Diptamus* one scruple, red Saunders, Coral, and Berle, of each sixe graines, Sugar as much as all the rest; make a subtile powder of it.

Another: Take filed Iuorie which is a little parched one quarter of an ounce, prepared Coriander one dragme and a halfe, *Diptamus* one dragme and halfe a scruple, Sealed earth one dragme, temper them all together. Item: Take Rubarbe, Basil seed, Plantaine seed, Pomegranate peeles, Carulway, Butchers broome seeds, *Carduus Benedictus* seed, filed Harts horne, and filed Iuory, of each halfe an ounce, rinds of Mulberrie rootes, Colewort seed, Citron seed, and rinds of Willow trees, of each thre dragmes, Purslaine seed, and *Diptamus*, of each two scruples, redde Coral and Pearles, of each one scruple: make a powder thereof, and then giue one dragme or twaine of it, viz. in winter (when there is no ague) with wine; but in Sommer, and when there is an ague with *Oxyerato*. Item: Take burnt Harts horne one dragme, prepared Coriander, and Aloe, of each halfe a scruple; beate them all together, and giue it him with the sirupe of Vineger, or grasse water. In like manner is also especiall good for this the leaves of Smalage one dragme: or take the seeds of Purslaine one dragme, *Muscus* foure scruples, red Coral, and prepared Coriander, of each one scruple, Drage seeds one dragme; make a powder of all these, and giue thereof with strong wine, or with water wherein grasse roots and Agrimonia haue beene decocted, each time foure graines. Another: Take Drage seeds one dragme, Worme seed (which is *Semen*) one dragme and a halfe, Grasse rootes, flowers of Hyssop, Southernwood, of each halfe a dragme, Licorice foure scruples, Cinnamome, and Will seed, of each halfe a scruple: stampe each apart, and afterwards mire them together, and at the last put halfe a scruple of *Muscus* vnto it: then giue thereof from thre or sixe graines vnto halfe a scruple with warme grasse water.

Item: Take the seeds of Drage, of Purslaine, wilde Thyme, and Marierom, of each halfe a dragme, Worme seed thre dragmes, Licorice, and Lupines, of each one scruple, *Muscus* halfe a dragme, Ambra halfe a dragme: mire them all together and giue one dragme and somewhat more at one time with Grasse water. Another: Take the seeds of Plantaine, and Worme seede, of each one dragme or somewhat lesse, according to the age, and giue thereof as before. Item: Take Plantaine seed, calcined Harts horne, and Worme seed, of each a like quantity, vse it as the other. Or if you will make a confection, then take burnt Harts horne one dragme, prepared Coriander,

Coziander, Pony seed, the seed of Smalage, *Nardus* seed, the seeds of Plantaine, and of Endive, of each halfe a dragme, *Diptamus* halfe a scruple, red Corall, Sanders, and Pearles, of each five graines, Sugar one ounce and a halfe: then make Tabulats thereof with Grasse water. Then take about one quarter of an ounce at once.

You haue before in the second part, the third Chapter, and seauen s. of the hardening of the breast, and in the third part, the second Chapter, and eleuenth s. a preparation of earth. worms into powder against the yellow Jaundise, whereof may a drinke or confection be made. But if the guts be distended, and the heate not ouer great, then lay this plaister following vpon the belly: Take Linsed meale, and beane meale, of each one ounce and a halfe, Wormewood one handfull, Aloe three quarters of an ounce, and make a plaister of it with Beade, or with the oyle of Wormewood.

But if there be a small ague with the worms, then may be giuen to people in yeares (each according to his age) Treacle or Pithridate; for both of them do kill the worms and expell them.

Item: Take the seeds of *Sophia* one dragme, calcined Harts horne, and Pomegranate peeles, of each halfe a dragme, *Diptamus*, Cloues, Rubarbe, of each one dragme, Wormes seed halfe a dragme, Saffron fiftene graines, Sugar nine ounces: Seeth them all together in Wormewood water, or in Grasse water, and then make Tabulats thereof: or take Wormes seed one quarter of an ounce, Knotgrasse, and white *Diptamus*, of each two scruples, burnt Harts horne, Peach leaues, of each one scruple, Rubarb one drag. make them all together into a subtile powder, and giue thereof one dragme or twaine at once. But if you will haue a confection, then take thereto three ounces of Sugar decocted in water of Knotgrasse, and giue thereof from halfe an ounce vnto a whole, according to the age of the patient. Item, other moe which be Laxatiue: Take parched Rubarbe, and Wormes seed, of each one dragme, prepared Pearles one dragme and a halfe, burnt Harts horne one dragme, Sugar five ounces; make a Confection of it as before. Or take Wormes seed halfe a dragme, Comin one scruple, Cinnamon two scruples, burnt Harts horne halfe a dragme, Turbith one quarter of an ounce, Sugar one ounce and a quarter: make loosings thereof, and giue about one quarter of an ounce of it. Item, take Cinnamon, burnt Harts horne, Centozie, and Gentian, of each one dragme, Rubarbe one scruple, Sugar five ounces decocted with grasse water: make also loosings thereof. They be also very good, and they be altogether easie.

The seeds of Rue should also be very good for the Wormes: like as also is the vineger of Rue, and the common good vineger. Take in like maner the flowers of Feuerfew as much as you can gripe betwene two fingers, and vse it fasting. This hereafter ensuing may be vsed for children of three yerres of age: Take white *Diptamus*, Wormes seed, *Carlina*, and Rubarbe, of each a like quantity; poune them to powder, and giue each time one dragme thereof more or lesse with wine, according to the importance of the cause: whereupon you are to vse for children the salve of Drenges, which shall be described hereafter, and after that, this potion ensuing: Take Rubarbe two scruples, *Carlina* one scruple pouned small with Wormewood water. In like sort also be very meete these pills following: Take Gentian, Pirthe, *Diptamus*, Wormewood, Pints, and filed Harts horne, of each one dragme, Turbith halfe a dragme, *Agaricus* one quarter of an ounce, *Sal gemma* one dragme, Ginger and Cinnamon, of each two scruples, Aloe as much as the rest: then make pilles of it with the iuice of Wormewood, and vse often times of it about one dragme at once.

This composition following is most highly commended of the auncient Phisitions: Take Gentian, Centozie, and *Agaricus*, of each one dragme, Cloues, *Nardus* seed, the roots of Costus, Annis, and water of *Scordion*, of each foure scruples, burnt Harts horne, Roses, Sorrell seed, and prepared Perles, of each halfe a dragme: poune each alone, afterwards temper them together, and sprinkle them with the iuice of Limons, with sharp Vineger, and Rose water: of each a like quantity, and let it dry againe; do so five or sixe times: At the last temper with it halfe a dragme of Saffron, one graine of Muske, and make thereof small loosings with the Sirupe of Citrons. One may take thereof from halfe a dragme to a whole, whether it be made in powder or pilles. Conserue of Gilloflowers, and of Peach flowers, be also much commended for this purpose.

There may be also many things dronken; as the iuice of Radish, and giue of it to a strong

person one quarter of an ounce: it is a very strong and a right medicine for a Plowman. This also is very like the same; poune Garlicke, and wring out the iuice, and drinke it as before. Item, take the herbe Basill, seeth it in vineger and drinke of it, the wormes will run quicke out of your body. Another: take Rye, boyle it, and drinke sometimes of the decoction, and also temper your wine with it. Or take Citron peeles one dragme, or one dragme and a half, giue it to children in Milke; it should be speciall good. Take the iuice of Elecampane rootes foure ounces, & drinke it; it is taken to be a speciall remedy. Item, take Wormeseed one ounce, Sene leaues one quarter of an ounce: poune all together to powder, and take one dragme of it or twaine, with wine, Beere, or Heade.

Item, take Pomegranate peeles beaten or sodden in wine, and drinke of it fasting about one quarter of an ounce. One dragme of powned Zeduary drunken once or twice a day, doth also kill the wormes through his heate.

Another take Cammomill two handfuls: twenty or five and twenty Sebestes, seeth them in a pot of water vnto the halfe: then take thre ounces of this decoction, and temper with it thre ounces of Oxycraton, and drinke of it thre or foure mornings one after another.

Clifters be also very good for this if one can get Ases milke for it. If that cannot be gotten, then is there to be taken for it a broth which is decocted with 20. or 25. Sebestes and Rye, and mixe with it Butter and Hony.

Also Cow milke may be taken for it alone, tempered with Hony.

For to vse outwardly, the learned haue ordained diuers remedies; as plaisters, salues, and other meanes moe, as hereafter followeth: Take Aloe, Southernwood, of each a like quantitie, temper them with Hony, or oyle of Wormewood, and annoint therewith the belly.

Item, rub Dre gall vpon the Pauell as much as you can: if it be too thin, then temper amongst it beaten Wormewood, Gentian, or any other bitter thing. Note also, because that all bitter things be enemies to young children, that regard must be had to help them with salues, plaisters, and such like, as hereafter shall follow. For that through these meanes the wormes may be killed in yong children, because children haue tender, subtile, and thin intrailles, so that the plaisters and salues may penetrate, kill the wormes, and expell them, which also thorough the vineger which is mixt amongst it may be the easier effected. This salue following is very approued for it: Take Wormewood, Lupins, Siluermountaine, Comin, Nardus seed, Centorie, *Doronicum*, burnt Harts horne, and Pirthe, of each halfe an ounce, Aloe one ounce and a halfe, *Agaricus* one drag. the iuice of Oranges two ounces, oyle of Wormewood, of bitter Almonds, and oyle of Peaches, of each one ounce, an Dre Gall: let the iuice and gall be sodden together and afterwards mixe all the said things amongst it, and then make a salue of it with Ware: with this salue is the belly, the stomack, and backbone to be annoynted. But if you will make a plaister of it, then will it be good for the stone of the kidneies and bladder. Or take the iuice of Pints two ounces, Centorie, Wormeseed, and Lupins, of each halfe an ounce, Gentian, Wormewood, of each one drag, *Diptamus*, *Semen Zedoaria*, of each thre drag. Dre gall one ounce, Aloe one drag and a halfe, Bastick, of *Spica*, and of Wormewood, of each one ounce, vnripe Salad oyle, and vineger wherein tosted bread hath bin infused and is wrung out againe, of each two ounces, the iuice of Oranges halfe an ounce, white ware vi. ounces: seeth the iuice and the oyle vntill all the moisture be consumed: when the oyle is cold, then temper the rest being beaten small amongst it, and let it seeth a little againe vntill it be thick: lastly, put thre graines of *Muscus* vnto it, and spread this salue on a round cloth & bind it on the Pauell; it killeth all kinds of Wormes, and also expelleth them.

Another. Take the iuice of Fleawort, Wormeseed, Southernwood, Centorie, Swines bread, Peach leaues, Lupins, *Ebulus* rootes, and Pomegranate pils, of each one dragme, the iuice of Garlicke two ounces, the iuice of water Cresses twelue ounces: let all these seeth vnto the halfe: afterwards put as much Ware vnto it as sufficeth for to make a salue. Item, take Centorie, Wormewood, and Lupins, of each halfe a dragme, *Lignum Aloes*, burnt Harts horne, and *Diptamus*, of each one quarter of an ounce, Aloe as much as the rest, oyle of Wormewood foure ounces, Ware as much as will suffice. Or take Wormewood, and Lupins, of each halfe an ounce, Cinnamome, Comin, *Nardus* seed, Centorie, Wormeseed, oyle of Peach kernels, and of bitter Almonds, of each foure ounces, Ware five ounces, make a salue thereof: it hath bene approued oftentimes. But if so be that you will haue it stronger, then take *Agaricus* vnto it

it one dragma, Aloe one ounce and a halfe, Myrthe one dragma and a halfe, the iuyce of Oranges two ounces, Dre gals one ounce, and vse it as the rest. Take Treacle halfe an ounce, *Diptamus*, Gentian, and Wormeseede, of each one scruple, Aloe two scruples, Dre gals one quarter of an ounce: temper them all together, and make with beaten Coziander a salve thereof; then spread it vpon a cloth, and lay it vpon the stomacke. Item, take Zeduary rootes, Gentian, Aloe, and Wormeseede, of each one scruple, Cloues and Masticke, of each halfe a dragma, Treacle one dragma, & one quarter of an ounce. Of the stomachicall salve which is described in the eleuenth Chapter and the 5. S. make a plaister of it, and lay it ouer the stomack; for it expelleth wormes, and doth also strengthen the stomacke. Item, take Aloe, Wormewood, oyle of Peach kernels, of bitter Almonds, of Mastick, and of Spica, of each thre quarters of an ounce, *Hypocistis*, sealed earth, and Lupins, of each one scruple, Aloe, *Spec. Hiera Picra*, of each halfe a dragma, *Nardus* seede, *Gallia Muscata*, Southernwood, Dre gall, *Lignum Aloes*, of each one scruple, burnt Harts horne one quarter of an ounce, Endiue seede one dragma, Ware as much as sufficeth for a Salve.

Another: Take Oyle of Wormewood, and of Hirtles, of each halfe an ounce, beaten Aloe, prepared Coziander, sealed earth, and *Nardus* seede, of each five dragmes, the iuyce of Quinces, and Dre gals, of each halfe an ounce: seethe them with the oyle untill all the moisture be consumed: afterwards temper the other ingredients amongst it.

This Salve following is very good, and common at the Apothecaries: Take the Oyle of Wormewood thre dragmes, oyle of bitter Almonds one ounce, oyle of Masticke one quarter of an ounce, Myrthe, Aloe, and white *Diptamus*, of each one scruple, Ware as much as needeth.

The Salve of Oranges (whereof we haue spoken before) is thus prepared: Take a solwe Orange, cut it vp at the top, and wzing out the iuyce; then annoynt the Temples with it, the heart and the stomacke: the same is especiall good for young children.

Item, take oyle of bitter Almonds, of Wormewood, Dre gals, and white *Diptamus*, of each one dragma, Nithridate, and the iuyce of Oranges, of each one quarter of an ounce: temper them together, and annoynt the Childe therewith vpon the Heart, Stomacke, and Pauell. Put also vnto it one dragma of Aloe: it is a good and safe salve, especially if there be an Ague present with it.

Another: Take Southernwood one ounce, Wormewood, and the rindes of the Bay tree, of each one dragma, Sugar, Colewoort seedes, of each halfe a dragma, Bayberries one quarter of an ounce, Aloe halfe an ounce, burnt Harts horne one dragma, white *Diptamus* two scruples: seethe them all together in Vineger and Oyle: then straine it thow a cloth, and vse it as the other. Or take Linsede oyle one ounce, Rosen more or lesse according to the age: melt it at the fire, and annoynt therewith the temples of the head, the stomacke, and the belly. Some do much commend the same, although it seme slight.

Item, take Aloe halfe an ounce, white *Diptamus* and Saffron, of each one scruple: mingle them with a little sharpe Vineger, afterwards spread it on a Leather, and binde it on the Pauell.

Take fresh beaten Wormewood, wet it with Vineger, and lay it warme vpon the stomacke. Take the Marrow of Stags bones, temper it with a little molten Ware, and annoynt therewith the whole backebone, and then lay it beaten vpon the Pauell. The iuyce of Radish spread vpon the Pauell is also good for wormes. In like manner the oyle of Wormewood rubbed into the Pauell (chiefely of yong children) is also good for Wormes. Item, there is also often to be vled *Petrolinum* for the same.

Here do also follow certaine plaisters which be good: Take Wormewood two ounces, *Euphorbium* one dragma, burnt Harts horne, and the gall of a Hare, of each halfe an ounce, Hony as much as sufficeth for a plaister.

Item, take *Nardus* seed two scruples, Aloe and red Corall, of each one dragma, Wormewood and Mastick, of each one quarter of an ounce, prepared Coziander one ounce: make powder thereof. Item, take Rye meale thre ounces, Lupin meale five dragmes, Saffron one dragma, Vineger, and the iuyce of Rue, of each two ounces, the iuyce of Wormewood foure ounces, then make a plaister thereof.

Another: Take Myrthe, Gentian, Aloe and *Diptamus*, of each two dragmes and a halfe, Wormewood, seeds of Purslaine, and of Orage, Lupins meale, filed Quozie, and burnt Harts

horne, of each one dragme, Saffron one dragme, Barley meale one ounce, the iuyce of Garliche foure ounces: temper them all together, and put two graines of *Muscus* vnto it.

Item, take Mints and Wormewood, of each two ounces, Centorie, *Agaricus*, of each halfe an ounce, Aloe one quarter of an ounce, Rose water one ounce, Lupine meale as much as all the rest: make a plaister of it for to lay vpon the stomacke.

Another: Take Lupine meale, the iuyce of Wormewood, Mints, Peach-leaves, and the iuyce of Quinces, of each two ounces, sealed earth, prepared Coriander, Mastick, Mirtle seede, and Aloe, of each halfe an ounce, Dre Gall one ounce, and red Wine. Item, take *Nardus* one scruple, Aloe one dragme, prepared Coriander two scruples and a halfe, Wormewood, Mastick, of each one quarter of an ounce, red Corall one dragme: make a powder thereof, and temper it with the iuyce of Wormewood, and with Vineger: wet a cloth in it, and lay it vpon the belly.

Another: Take the water of Mints and of Hyssope, of each sixe ounces, the water of Grassie twelue ounces, Palmsey eight ounces, Gentian, Myrthe, and Saffron, of each one drag. *Lignum Aloes*, Wormseed, of each thre quarters of an ounce, *Muscus* five graines, Vineger five spoones full: vse this as is aforesaid.

If it be so that the patient bee very weake, then may this following be vsed: Take Sorrell water, and the water of Buglosse, and of Grassie, of each thre ounces, *Spec. Cordialium temperatum* one dragme, water of Wormewood and of Hyssope, of each two ounces, the water of Worme-floures thre ounces, Gentian, and *Diptamus*, of each halfe a dragme, Saffron halfe a scruple, mingle them together. One may also vse these bags following: Take Mints, Pernitoyall, Wormewood, white Mints, Southernwood, Roses, and Plantaine, of each halfe a handfull: beate them all grosse; afterwards put them into a little bag, and weare it on the stomacke. The patient may also smell oftentimes to blacke *Nardus* seed, and likewise to toasted bread which hath bene steeped in Vineger.

Of the Wormes *Ascarides* which doe keepe in the Arsegut. §. 14.



Whereouer, we will here for a conclusion of this Chapter, discourse of the small wormes *Ascarides* which do keepe themselves in the Arsegut. These wormes may be perceiued by the great itch that they cause there. And for to remedie this, dip a little wool in the oile of Abzicocks, or the iuice of white water Mints. Also you may mire Aloe and Dre gall amongst it, and so thrust it into the Arsegut.

But first, the body must be purged with Kubarbe; afterwards are Suppositoies to be made of fresh Pozke and put vp into the Arsegut, and all the little Wormes will sticke fast vnto it. Some doe take for this powdered Pozke. Also, one may annoint the stalke of Colewoozts with Dre gall, and vse the same as a Suppositorie. But aboue all other things is much to be commended Quicksilver mixed with Barrowes grease, and to dip the finger in it, and so grease or annoint the Arsegut within with it. But for Children may Suppositoies bee prepared with Honey, and Salt peter, putting them vp, and plucking them forth againe immediately. Also, there may a small Clister be ministred of Milke, with *Hiera Picra* and Cassie. Olde folkes are to haue Clisters after this manner following: Take Southernwood, and Wormewood, of each one handfull, the seeds of *Cascuta*, parched Comin, and the seeds of Smalage, of each one ounce, Wormseed one quarter of an ounce, Bran halfe a handfull, oyle of Peach kernels one ounce and a halfe, Salt one ounce, *Hiera Picra* five dragmes, the iuyce of Leekes one ounce. Of this decoction take not aboue eight ounces, and make of it a Clister.

The sixteenth Chapter.

Of the Kidneyes.

In the left side, right vnder the Wilt, in the body of all beastes, is the one Kidney placed, and the other in the right side a little higher, so that otherwhiles it doth touch a great part of the Luer. The Kidney which lyeth in the right side, is also in all beastes somewhat greater and fuller than that which is in the left side, and is not couered with so much fat. For because it is hotter than the left, therefore doth it consume the same fatnes, which groweth through moysture, like as it is there very needful: for there is no part which sooner wareth fat than the Kidneyes. Both of them be made fast very strongly to the back bone. They haue sundry beines from the Luer whereby they draw bloud, with water, and also some part of the gall vnto them, separating the same bloud from the water, and keeping as much of the bloud as sufficeth for their sustenance: collecting also the water together in their concauities (like as in a pot) which the gall dyeth yellow; and then through the Conduits *Vreters* (whereof each Kidney hath one by it selfe) descendeth into the Bladder, and from thence is eicted by the yard. These Conduits or *Vreters* are whitish, hard, somewhat fleshy, and of the nature of the Bladder, whereby they may not suddenly be hurt through the sharpnes of the vyne, or through some other occasions. The substance of the Kidneyes is of a tight well compacted flesh, fashioned partly round, and not vnlike to Dre Kidneyes (the greatnes excepted.) These Kidneyes be also through many causes, and sundry sorts of sore diseases infected, which y Greecians do call *Nephritis*, which is, paine of the Kidneyes. But this paine of the Kidneyes doth come of many causes, as of impostumes, with heate and cold, of the grauell, and the Stone, and further of many diseases, and sharpnes of the vyne, whereof we will hereafter directly write and discourse. But here, before we goe any further, we will make a generall declaration thereof.

First, the learned do deuide all diseases of the Kidneyes into three principall sorts: to wit, if they be subiect to any bad complexion, whether they haue it of themselues, or be compounded with other diseases. Secondly, if they be not as they ought to be by nature. If they from the time of their birth be too great or too small, or fraughted and laden with grosse tough slyme, which do oppilate and stop the conduites that do descend into the Bladder. Thirdly, there may be also impostumes and vlcers. These three things may be very well compounded together, whereby diuers diseases and paines of the Kidneyes may be caused. The causes of these foresaid diseases may be as well outward, as inward: The outward may be blowes, falles, vnaccustomed exercise, hard riding, much going a foote, great heate or cold about the Kidneys, to drinke puddle water, to carrie vnused packs, excessive lecherie, long vse of diureticall meates, and drinks. The inward causes are a bad complexion, as if it be too hote, or too cold, too dry, or too moyst, the putrification of naturall seed or sperme, impostumes, & other paines of the Kidneyes. The signes be apparent of themselues, and to be knowne by the paine of each place, as if the same be small, meane, or great. This doth other whiles appeare through pissing bloud, or the water which is like bloud, euen as there were flesh washed in it. But if these diseases assaile one with heate or cold, therefore we will also (according to our custome) discourse a little of it, and comprehend them in two especiall points.

Of the paines in the Kidneyes through cold and moysture. S. I,

The signes of the cold diseases of the Kidneys, are they which haue neither heate nor thirst, nor great paine, and their water is not high coloured, but is much in quantitie, because the same could not be wasted through vnnaturall heate, which the Ague, winter, and the grauell augmenteth.

For these diseases, must first a good dyet be kept. All grosse, slimy, hard meates, and all cooling things are to be eschued, as Endiue, Lettice, Cicozie, Spinage, and Beetes, &c. vnlesse there be some hote things drest with them, as Barley, Fennell, Comin, and such like. Fish that be scodden are not good for this, neither that which is drest with dough or milke. Chæse is also herein forbidden. Also cold clære water, thicke red wine, and all fruites which make grosse bloud, as Peares, Apples, Quinces, Chestnuts, Dates, and such like. In all other things he may direct himselfe according to his old custome: but he must not swallow downe his meate greedily nor vnchewed, that the stomack be not cloyed.

Great exercise immediatly after meate is hurtfull vnto him. He is to keepe himselfe quiet one howze and a halfe after meate at the least, without slepe. Also all moyst and cold dwellings are to be shunned, like as nere to the earth, or such as be vnder it, or do lye nere vnto the water. But he is to prouide himselfe of good clothes, and of a good dry chamber. He must forbear all sorrow, vexation, anger, lying long vpon the backe, riding, and such like.

Concerning the remedies, he is first to be taken whether the Kidneyes be obstructed: but if so be that this be, and that the patient be yong, full of bloud, and strong, then is the Median veine to be opened on the right foote, and to let out aboue foure ounces of bloud. And afterwards this Clister following is to be set according to his age: Take Beetes and Coleworts, of each one handfull, boyle them as is accustomed: then take thereof about sixtene ounces, and temper in it *Benedicta Laxativa*, and the confectiõ of Bayberries, of each one quarter of an ounce, course Sugar and Cally halfe an ounce, Salt one quarter of an ounce, oyle of *Sesamum* and of Lillies, of each one ounce and a halfe: temper them all together, and then minister this Clister one houre before supper, This foresaid Clister is alwayes to be vsed enery other day, according to the ability of the person.

After letting bloud, or after the second vse of Clisters, then may this purgation following or such like be vsed: Take the confectiõ *De Psillio*, and *Sebeste*, of each two dragmes and a halfe, temper them in thre or foure ounces of the decoction of Parsly rootes, and fast after it at the least fve houres.

Or if you had rather haue pills, then is the patient to take the pills *Fœtida* one scruple, *de Hiera Composita* two scruples: make fve or seuen pills thereof, and take them early in the morning.

Immediatly after purging is the patient to vse this following one whole weeke or twaine alwayes betimes in the morning.

Take *Syrupum Acetosum Compositum* one ounce, *Syrupum de Calamintha* halfe an ounce, Fennell, Annis, and Wormewood wates, of each one ounce, afterwards drinke this warme.

When these kinds of potions haue bene vsed, then is he to purge againe after this manner: Take Aloe halfe an ounce, *Agaricus Coliquinte*, and *Bdellium*, of each one scruple, Ginger halfe a scruple, *Salgemma* fve graines. forme eight or nine pills of one dragme thereof, and take them betimes in the morning.

Or take the confectiõ of Bayberries one dragme, *Electuarium Indum* thre dragmes and a halfe tempered with wine, and vsed as before. This confectiõ following is also good for this: Take the seeds of Endiue, of Smallage, and of Sorrell, of each one dragme, Millet one quarter of an ounce, Cinnamome, Ginger, Cloues and Pace, of each one dragme and a halfe, *Oxymel Compositum* sixe ounces, hony of Roses thre ounces, Sugar two ounces: temper them together, and take a spoonfull enery morning before meate foure howzes, and so continuing it the space of two moneths.

You haue before in the twelfth Chapter and 11. S. a good iuice against the yellow Jaundies, beginning, Take Gentian, &c. which is also very good for this purpose. But if you had rather haue a confectiõ, then take *Spec. de Semibus* one dragme and a halfe, *Millium Solis*, Licorice, Cinnamome, Ginger, Annis, and Fennell, of each halfe a dragme, white Sugar foure ounces, being dissolved with Fennell water, make Tabulats of it: then take thereof thre dragmes alwayes before meate, and that induring the space of a moneth. Hauine drieth and warmeth well, it is good for the kidneyes, but women must not vse it much.

The sirupes which be fit for this are these: to wit, *Oxymel compositum*, *Mina cydoniorum aromatica*, *Oxymel scyllicitum compositum*, & *de Radicibus*: all these sirupes do decoppilate the obstructions of the Kidneyes. The plaister of Bayberries is especially commended for the cold kidneyes.

Item: Take Barley meale, Frankinsence, and Masticke, of each one ounce, Hyttle seed, Roses,

Roses, Cammomill, of each a like much, for to make a plaister withall, lay the same warme vpon the kidneyes. This plaister strengtheneth, dryeth, mollifieth, and suppleth, and doth hinder that the disease cannot corrode any further: and it is very good to incarnate or to ingender new flesh.

For a salve, take oyle of *Nardus* one ounce and a halfe, Saffron and Pepper, of each halfe an ounce, the salve of *Aragon* one ounce, white Ware three dragmes: melt them, and make thereof a salve. With these salves is the patient to be very well annointed morning and evening in the warme Sunne all ouer the backe bone.

Another: Take oyle of Rue and of Saffron, of each two ounces, the salve of *Aragon* three ounces, temper them together, and let the backe bone be annointed with it euery evening and morning: and fume the backe with *Landanum*, and then lay a warme cloth vpon it. Also to let boring cups on the buttocks with picking is much commended for this disease, because that the veines which feede the conduits of the vyne do there end themiuelues in the very buttocks.

And if so be then euery such patient do recover his health through the foresaid remedies; yet is he not withstanding to vse the foresaid salve, and two or three Clusters more. And if so bee that the sicknesse will not auoid with this, then take Spelt, Millet, of each three handfuls, made very warme in a bag, and lay the patient warme vpon his backe thereon, vntill it begin to bee cold, and then annoint him on his kidneyes with this salve following made very warme: Take oyle of sweet Almonds, of *Costus*, and of Lillies, of each one ounce, oyle of *Euphorbium* one ounce and a halfe, Beares grease, and Badgers grease, of each one ounce, Hens grease one ounce and a halfe, *Sagapenum*, *Stechas*, *Costus* rootes, Myrrhe and Saffron, of each one scruple; Ware as much as is needfull to make a plaister withall. If you occupie it, then warme as much as you meane to occupie at one time.

Of the paine of the Kidneyes through winde. S. 2.



His paine doth not appeare in one place only, but spreadeth it selfe abroad, and hath no signes of any impostume, neither of the stone nor ague; for the paine is more after that one hath eaten well, than before, and it is especially augmented through windy things when the meat is halfe digested. Now for to remedy this paine through windy things, then must he beware of all kinds of Pottage, of Pease, of Beanes, &c. Item: from all manner of fruit, from Chestnuts, from Rice, from Rye bread, and from Bere; for all these do ingender wind in the body. Against which are all things to be vsed which be light of digestion and expell wind, as Anis, Fenell, Conium, Caruway, the seeds of white *Sesamum*, *Agnus castus*, and Rue seed; likewise the confection of *Diacyminum*, *Diacalamintum*, is very good for this.

He is also to be outwardly annointed vpon the place of the kidneyes with oyle of Rue, of *Costus*, of Lillies, and with oyle of *Sesamum*, and afterwards to weare this plaister vpon it: Take Parsley, Smallege leaues and roots, white Watermints, Marierom, of each one handfull, Comin, Caruway, and Dill seed, of each one ounce; beate them and trie them in the oyle of Dill and of Rue, then make a plaister thereof and lay it vpon the kidneyes: it is not onely good for all cold paines of the kidneyes with wind, but also for the grauell and for the stone, and against all obstructions of the same which do proceed of cold.

Of the obstructed Kidneyes. S. 3.



All of these forementioned reasons may easily be discerned, that the most causes of the paines of the kidneyes be none other than coldnes and obstructions: for this, cold applications may be vsed, as the conserues of Marierom gentle which doth open all obstructions of the inner parts. In like manner also conserues of Betonie, confected rootes of *Wimpernel*, *Eringus* rootes, and *Calmus*. Of wines be fit for this, Elecampane wine, Hyssop wine, aromaticall wine, and chiefly all spiced wine, as Claret wine, and Hippocras. Item, Betonie wine, *Asarabacca* wine, and wine of Marierom gentle. In like sort also all the distilled wines, or *Aque vna* of these herbes; also Meade, and Honey water. But he is much to be restrained from all puddle wines; for that they

they not onely obstruct the Kidneyes, but also all inward parts; they ingender grauell and the stone. Item: there is also a potion described in the twelfth Chapter, and eleventh §. of certaine rootes decocted, which be also very commodious for this disease.

The great Treacle or *Diatessaron*, if it be knowne how to giue them in good sort, are highly commended for this purpose. This powder following is also very good and meete for to open the obstructions of the kidneyes, and to expell the cold: Take Annis, Fennel, Millet, Smallage seed, of each one quarter of an ounce, *Spica romana* halfe a dragme, Licorice three dragmes, Dragagant, Gum of the Cherry tree, of each one quarter of an ounce: beate them to powder, and take thereof about the second day alwaies one dragme with wine.

This sirupe following hath an especiall propertie in deoppilating of the obstructed Kidneyes: to wit, *Minacitoniorum*, *Aromatica*, and *Oxymel* of squils with other moe described before.

The Simples which do open these obstructions, be Agaricke, Saristrage, *Milium Solis*, Parsly of Macedonia, or stone Parsley, white Mustard seede, Pettie seede, red Pease porrage, Fennell rootes, Parsly rootes, and rootes of Sperage, of Smallage, and of Butchers bzoome, *Spicanardi*, *Spica romana*, water Cresses, garden Cresses, and Pingles; the compounds are *Diacalamunthum*, *Electuarium Ducis*, and *Philantropon*.

Of the paine in the Kidneyes through heate and dryeth. §. 4.

The signes of these hot diseases of the Kidneyes, are such as that they may be perceiued by the heate in feeling, and all cold things are welcome to the patient, and hot things contrary vnto him, vnlesse the fulnesse of the body doth hinder and let them.

The patient hath also great thirst at all times, and a bad stomacke; his vrine is verie little and high coloured; there swimmeth otherwhiles some fat vpon it, and the rather in young, cholericke, and hot men; with the hot paine of the kidneyes is moze danger than with the cold: Therefore must one without all delay procede forward with all necessary remedies; and that much rather, for that through the foresaid heate (which is mired with a tough thicke phlegmaticke matter) the stone of the Kidneyes might easily grow, wherein first the Liuer veine is to bee opened, afterwards the *Saphea*, and such clifters to be ministred as may cleanse the guts, that is, such as be decocted with Quinces and Dates. This following is to be oftentimes vsed: Take Goates milke twelue or sixtene ounces, melt in it Goates suet one ounce, oyle of Roses two ounces, and vse them as the other. For preparatiue potions you are to make this: Take Lettice, Purslaine, Liuerwoort, Shepheards purse, of each one handfull, the seedes of Lettice, of Purslaine, Endiue, Roses, Butchers bzoome seed, Barberries, water Lillies, burnt Iuorie, red and white Saunders, of each one quarter of an ounce, Sugar twelue ounces, then make a sirupe of it. You are afterwards to purge with solwe Dates, with Cassie, with *Manna*, and with *Succo Rosarum*.

Also for this (like as in the paine of the kidneyes through cold) is needfull a good order of diet. Therefore is his dwelling to be high from the ground, and not on the water, but to open towards the East and the North, and not towards the South or against the West. His clothes are to hang loose on his bodie, and not girt tight or hard. Venery is also very hurtfull for this disease. Out of these foresaid reasons may easily be noted, that soze labor is hurtfull; as to ride hard trotting horses, to goe vp hills and staires, and that chiefly after meate. Notwithstanding moderate exercise is moze commendable than to sit still vtterly vncoccupied. Also anger, heaviness of mind, and all other motions of the same are to be eschued. One must not eate too much, for this sicknesse is caused most of all through ouercharging of the stomacke, or gluttony; sleeping or waking must also be moderate: for to vse too much of either of them is hurtfull. But one must chiefly refraine from lying much vpon his backe, for thereby will the humors sincke much towards these partes: therefore is the first sleepe to bee done on the right side, and then finish it on the left side. To his meate and drinke must bee taken some more heed: he must eschue all olde and vneleuened bread, olde flesh, and all hearbes which make grosse humors, as BATES, Colewoorts, &c. All hote and tart meates, as salte flesh, Carlike, Onions, Leekes, and Radishes shall he forsake. In like manner must he not vse the things that doe vehemently force vrine; as Fennell, Parsly, Smallage, and such like. But he may not eate bread which

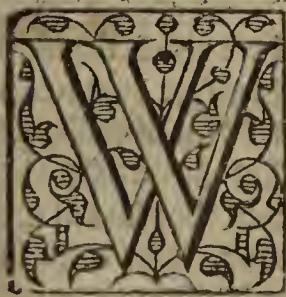
which is light and leavened, and is two or three daies old, Hens, Pullets, wild Ducks, young Pigeons, Fesants, Partridges &c. will be his best meates: but he must forsake all water foules, Young Bucks flesh, Veale, Lambe, young Hutton, Conies, Hares, and wilde Swines flesh may he eate very well, and especially young Hogs flesh is much commended for this disease. The fruits and herbs are Barly pap, wheaten pap, Colewoorts, Spinage, Gourds, Cucumbers, Melons, Abzicocks, greene Fennell, and above all, Sage and Betony. And in fine, all that hath a saltish and opening power, and not hot above the second degree, all sorts of Cherries, and especially the kernels of the same, be good for to cleanse the kidneies, and to breake the Stone. In like manner also Hasell nuts, fresh Almonds, and Figs that be well dyed, and Raisons be altogether much commended. This patient may eate some Apples (but no swete) and also Peaches. He must refraine from Peares (if they be not very swete, and the stones taken out of them,) Pistacies, Pingles, (and sometimes nuts) bee commended: but Chestnuts, Medlars, and Seruices are hurtfull. Of all milke Shæpes milke is the very best for the kidneies, and next to that Goates milke: but above all other, the whey of Milke. But the first milke after caluing or *Colostræ* must be eschewed, except that of Shæpe and Goats. Butter is not much commended, but Sallad oyle is much more requisite. Chæse is utterly to be refrained, for it hath an especiall nature to ingender grauell, vnlesse that it be permitted otherwhiles for custome sake, and that it be Chæse of a yeare old, which is dry, well salted, and not rotten. And alwaies in the end of the mealetide, of confected fruits, Oliues and Kapes of Bzimswicke are most healthfull, and *Sisarum*, Quinces, Ginger, Walnuts, conserues of Pionie, of Burrage, Buglosse, of Roses, water Lillies, and especially of Cicozie, which do open the obstruction and cleanse. Item, Vineger, the iuyce of Citrons, of Limons, halfe sowre, halfe swete, Pomegranates be also very meete for this maladie, but Meriuyce is forbidden.

Of spices and seeds these are good, Cinnamome, Pepper, Ginger, Saffron, Annis, Caruway, Louage seed, *Ameos*, Rue seed: but a little of each for meates.

The drinke for this patient shall be white wine, or light red wine which is not hard nor sowre, but of a good and pleasant taste. The Cherry wine doth not onely coole and moisten alone the kidneies, but also the inward parts of the body, therefore may the same be freely drunken. Preserued Cherries doe also the same.

Thus much haue we meant to speake of the order of dyet for those that be plagued and vexed with the Grauell, which may be augmented or diminished according to the quality of the cause.

How to assuage the paine in the Kidneies. S. 5.



We will speake now first of all of some particular things which haue a secret vertue for to conueigh the medicines into the kidneies and Bladder: viz. Sarsifrage, *Milium Solis*, Parsley of Macedonia, and Stone Parsley, *Cantharides*, the rootes of Fennell, Sperage, and Butchers brome seed, of Melons, Gourds, Cucumbers, and Pomepeons. These following haue power for to coole the kidneies: viz. Lettice seeds, the seeds of Purslaine, Endiue, white Pepper seed, Tassell, iuyce of Quinces, broad Plantaine, and such like.

The compounded things are the sirupes of water Lillies, of Vineger, and all that cooleth the Liuer and the Splene, whereof is written before. Afterwards you haue in the third part in the beginning of the eight Chapter, sundry things which are also good and very meete, therefore are you not to leaue them vnbread. But if you will haue yet more, then loke what is written of *Diabete*.

If any body then doe meete with this disease, or feare to get the same; then must he take the vtmost greene pills of Beanes, and distill water of them, and drinke thereof two ounces tempered with Sugar. Other do temper amongst it as much water of Hounds tongue, and so vse it euery day. Take oyle of Violets, of water Lillies, and such like cooling things, and annoint therewith the kidneies.

You haue also in the beginning of the foresaid eight Chapter, a salue called *Anodyne*, which assuageth all paines. Item: Take the Oyle of Violets two ounces, Oyle of *Sesamum*,
and

and of sweet Almonds of each one ounce and a halfe, Butter one ounce, Saffron one drag. and a halfe, Ware one ounce and a halfe, Dill seed, Cammomill, Ducks grease, of each half an ounce, three yolks of Eggs; temper them together, and make a salve thereof.

Another. Take Elderne oyle one ounce, oyle of Roses and of Violets, of each halfe an ounce, Ceruse one ounce and a quarter, Rose water one ounce, two yolks of Eggs, Ware five ounces: The oyle and Ware must be molten together; and let them seeth a little: when it is almost cold, then mixe the other things amongst it; and at the last the two yolks of eggs, and ten dragmes of fine Bolus, and afterwards stirre it well about. This salve is marvellous good for all our heated Kidneyes, and especially if one after the annoynting do lay water Lilly leaves vpon it.

Likewise doth the Saunders salve expell all hot matter and distemperature of the Kidneyes: like as the same is described in the first Chapter and 1. S.

Item, take the Saunders salve, and of that which is called *Comitisse*, of each halfe an ounce, oyle of Violets one quarter of an ounce; temper them all together and annoint the Kidneys with it twice or thrice a day.

The Rose salve which is described in the first part, the second chapter, and first S. and other moe which be noted in the second part, the fourth chapter, and 3. S. are all together meete for this purpose.

Item, take Roses, Purslaine, of each one handfull, seeth them in Cow milke, and stampe them to growt: adde vnto it red Saunders powdered two dragmes, oyle of Roses as much as you will for to make a salve of it. Item take oyle of Olive and fresh Butter, of each halfe an ounce, the iuice of *Veronica*, of *Milium Solis*, and *Parierom* gentle, of each three dragmes: let them seeth together vntill the iuice be consumed. This salve is much commended. Or take the foresaid hearbs, and seeth them in oyle or grease and wryng them through a cloth.

Take Rose water and oyle of Roses, of each one ounce, Vineger one spoonfull, the white of an egge, and bray them well together, and lay it blood warme ouer the Kidneyes:

If the paine will not thereby be eased, then let him weare a leaden plate, full of holes, vpon the Kidneyes continually: it taketh away the heate and venery. If one perceiue any grauell in the Kidneyes, then cut a Radish in thin slices, and drie it in Gose grease, & lay it on the Kidneys. In fine, for all such inflaming of the Keynes, there is nothing better then to bathe, and chiefly in all such waters as do run ouer iron mines. You are also to looke how to strengthen the stomack in this disease: looke for that in the eleventh Chapter and the 4. S. vnto the end thereof, where is shewed at large what strengtheneth the stomack with heat or with cold. For this, also is conuenient all that hereafter shall be written of the grauell and the stone of the Kidneyes.

Of an hard Impostume in the Kidneys. S. 6.

The Grecians do call this disease *Scleros*. The same may also be caused through two manner of meanes: first, if the matter of the impostume beginne to harden through great heate, and to alter into a stone: Or that at the first it be an impostume of Melancholicke humours, which is especially caused of cold that hardeneth the matter. The signes of the said impostumes are sozenesse, or heauinesse about the place of the Kidneyes with little or no paine at all, whereby the members do grow leane. The vrine is wholly cleare, rawe, and very little: and although it be (as many famous Physicians do as firme) that this disease is not to be holpen, yet are you to vse all things for it which be heretofore described for the hardnesse of the Milt and Lyuer. And first of all, he is to be purged, the *Saphes* or Lyuer veine is to be opened, and afterwards the Kidneyes to be annointed with Hens grease: with the marrow of Peats seete, or with the salve *Althea*. And afterwards this plaister following is to be applied vpon it: Take Linsed, and Fenegræke, of each five dragms, Gallowes, Hollyhocke seed, Dill seed, and Cammomill, of each halfe an ounce, Gum, *Bacellum*, and Turpentine, of each three dragmes. First dissolve the Gum in warme water, afterwards temper the rest amongst it, and so make a plaister of it. If so be then the patient haue any want of Mooles, then is Cassy or *Manna* to be vsed for it. This disease of the Kidneys doth make also oftentimes that one cannot hold his water, yea that otherwise it passeth away from the patient vniawittingly in his sleepe, whereof we will hereafter speake and discourse apart.

Of impostumes and vlcers in the Kidneis. §. 7.

What difference is betwene the impostumes and vlcers of the kidneies, it is sufficiently declared in the eleuenth Chapter, and twenty nine §. because that the kidneies be subiect to both of these maladies. Therefore we will discourse of them severally, and speake first of the impostumes, and therewith also shew all that concerneth both these diseases.

Notwithstanding that both these diseases, of *Hippocrates*, of *Galen*, and of all other learned bee thought to be incurable, or that at the leastwise the same could not without great industry and long time be holpen; for which they alledge many reasons; yet are there neuerthelesse many kind of meanes found, whereby the paine may be allwaged. And if so be that the same maladies thereby could not be thoroughly and perfectly healed, yet may one stay them that they doe not grow and ware worse. Now then concerning the outward remedies of this disease, you haue for it salues, plaisters, and other meanes before for to lay vpon it, wherewith is this remedie also much commended: which is, that one is to lay tow ouer all his priuities, being wetted in the braied yolkes of eggs, and to refresh and renew the same often.

We must also speake here somewhat of the causes of the impostume, and shew first that the kidneies and the bladder in this paine doe depend so much one vpon the other, that they cannot be discerned one from the other: therefore all that we shall write hereafter is fit for both these parts.

These foresaid impostumes may proceede aswell out of cold as hot matter, which cometh to fall vpon the kidneies and the bladder, and there to assemble. But if any outward cause doe happen vnto it, as blowes, falls, ridings, and such like, that must be learned of the sicke person. If the impostume be in the kidneies, then is there great paine in the same place, the patient cannot make his water, and there is a small ague with it. Or if the disease be in the bladder, then doth there arise a very painefull swelling about the priuities, like to womens pangs in childbed, chiefly if it be a hot matter, which causeth also an ague. And if this doe come through cold, then is the paine and the ague more tolerable, but the making of water very grievous, and this disease lengtheneth long. But in case that the impostume be in the right kidney, then doth the paine draw upwards: or if it be in the left kidney, then doth the paine stretch downewards euen to the bladder; the patient hath one while cold hands, another while cold feet: and his legs on the same side will be for the most part aslope. Also the sicke person cannot lie vpon the whole side, but must lie vpon his backe, or his side where the maladie is. Where doth come also oftentimes great binding of the body, with the first headach, watching, rednesse of the eyes and face, heavy breath, and especially if the impostume be in the membranes. And if the patient doe stirre himselfe forcibly, then thinketh he that the impostume hangeth or sacketh.

But before wee come to the remedies, there be certaine rules which are to be obserued in such like impostumes. First, in the beginning he must beware of giuing too strong purgations. Secondly, onely laxative things are to be vsed: as *Violets*, *Cassie*, and such like. Thirdly, if so bee that the patient be plethoricke of body, you must open the Liuer veine or *Saphæa*. Fourthly, there must not be giuen vnto him, so long as the impostume is not ripe, any thing that forceth vrine: so; thereby would the humors be driuen to sinke the more vehemently vpon the kidneies, or into some other part of the body, whereby the disease might be increased. Fifthly, one must endeavour that the humors which doe flow towards the kidneies, may be conueyed into the outermost members. Sixthly, and that by reason that the kidneies should not harden. Seventhly, when the impostume is thorow ripe (which may be perceiued by the vrine) then is there to bee giuen him diureticall and strong things. Eighthly, if the body be bound, then must he not be let blood; likewise also if he haue too many stooles: but all accidents are to be prevented & matched before. Ninthly, because that the kidneies be so farre distant from the necke of the stomacke; therefore are the medicines which are to be taken by the mouth, so to be composed, that their vigour, through so long a distance and passage, be not enfeebled and abated. Tenthly, all they that haue any disease in the kidneies, are to eate and drinke but little, chiefly if there be many humors in the body present. Eleuenthly, if so be that the disease of the kidneies may be holpen with any milde things, then must there be no strong things to knit and draw them togither that they

they cannot come to any corruption. Therefore are temperate things to be vsed into it, and warme and cold things to be mixed together.

Of the impostumation in the Kidneies through
heate. §. 8.

And for to come to the remedies; if so that this impostume be caused through heate, then is it first to be opened with Clusters, as hereafter followeth: Take Mallowes, Violet leaues, and Hollihocke rootes, of each one handfull, Linsæd, Fenegræke seed, of each two ounces; seeth them altogether, and take of this decoction twelue or sixteen ounces, oyle of Violets three ounces, oyle of Roses three ounces, for to strengthen the Kidneies: make a Cluster thereof, and you are to vse the same three or foure times, if it be needfull: Or take Barley water alone, with the foresaid oyle, or Sallad oyle. But if there be any laske or scouring with it, then vse binding Clusters, and such as doe strengthen the intrailles, whereof euery where bee diuers discovered.

Also the lyuer veine is to be opened in these sicke persons on the same side, and that in the arme where the disease is.

Secondly, if the patient may sustaine it, the veine is to be opened in the hamnes or bending of the knee. Or if it be not to be found, then to take or open the *Saphæa*, and that alwaies in the side where the impostume is.

Afterwards cooling salues are to be vsed, or those plaisters to be laid vpon it which wee haue lately described. And if the sicknesse come to diminish therewith, then is it a good signe: but if the paine and the Ague do continue still, and the patient cannot make any water, or that it passe too exceedingly away from him, then is it a signe that there is an assembly of corruption in the Kidneies, against which you haue also a note before, what is to be done in these hot kind of accidents.

For this is this plaister following good: Take Roses one ounce, the seed of Purslaine, and white Poppie seed, of each halfe an ounce, Sallad oyle three ounces, Barley meale as much as will suffice for to make a plaister. Item, take poudred Cammomill, and Linsæd oyle, of each one ounce, oyle of *Sesamum* foure ounces, Bzan as much as will suffice for to make a plaister: these being made, apply them on the Kidneies. Item, take the Rime of Fleawort, and of Quince kernels, of each one quarter of an ounce, oyle of Roses two ounces, Endiue water six ounces, the seed of Purslaine, of white Poppy, and Wineger, of each halfe an ounce, Barly meale as much as is needfull for to make a plaister. Item, take Hollyhock rootes, and Mallow rootes, of each one handfull, fresh Figs one ounce, the marrow of Meale bones, Butter, and Ducks grease, of each halfe an ounce, oyle of swete Almonds, and of Cammomill, of each one ounce and a halfe, Cammomill and Balme flowers, of each halfe an ounce, Barly meale, and wheate meale, as much as sufficeth for to make a plaister. This pap or plaister maturateth all impostumes.

In the beginning of these impostumes giue the sicke persons Barley water or Meade to drinke, the water of Melons and Pompeons, tempered with Barley water the space of one weeke. Other do ordaine this drinke: Take the sirupe of Violets, the muscilage of Fleawort, of Mallowes, of Hollyhock rootes, and the seedes of Cotton, of each halfe an ounce, Reisons (the stones taken out) one ounce, Licorice three dragmes, Sugar eightene ounces: then make a sirupe of it, and temper a little of the iuice of Nightshade with it, and drinke it so with Barly water.

This sirupe cooleth, and therefore it is very good against the ague, which is alwayes present with this hote impostume; it relaxeth, clenseth, and allwageth the paine. Afterwards is the body to be purged with Cassy, sowre Dates, Hanna, and such like.

The Dyet.

All such patients as haue a hote impostume in their Kidneies, must (as it is sayd) keepe themselves very sober in eating and drinking, and must eate none other but Barly paps, Hen brothes made sowre with Aeriuiue, Roused Spinage, Mallowes, Dage, Lettice, Burrage,

Barrage, Almond milke, and yong Bullets decocted with Gourds, &c. And this is to continue so long, untill it be openly saine and knowne that the impostume is ripe. If so be then the patient betwene meales be troubled with any great thirst, then must be giuen vnto him sugred barley water to drinke. But if so be that the Ague be very small, and that the impostume be through cold *Phlegma*, then must he rather drinke Meade. But if there be great heate with it, then must he leaue flesh, and Wine, alwayes at the first.

But if the same be caused through cold, then may wattred wine be allowed, but no flesh at all, chiefly Porke and Beefe; also Cheese, Pease, Beanes, unleaunened bread, and Rice, be forbidden. But all field sowles, cere eggs, riuer fish, dressed with Parsly rootes and salt, are permitted for him.

Of Impostumes in the Kidneyes through cold. §.9.



We haue admonished before that all such impostumes of the Kidneyes may also proceed of cold, and whereby the same may be knowne. For this impostume are Clusters fit to be adhibited, and then to make afterwards this potion following.

Take water Mintes, Hyssope, Wormewood, crumpled Mintes, Reilons, Treos, of each one ounce, Caruway, Fennell, Endiue, small Endiue, of each one quarter of an ounce, Licorice halfe an ounce, Honey nine ounces; prepare it then, and vse it as other potions. And if so be that after eight dayes there be many humors present, then first open his Lyuer veine, afterwards the *Sapha*, and purge the *Phlegma* with *Diaturbith*, and vse Clusters of hearbs which be mentioned in the first potion: but put Malloves vnto it, Hollyhock rootes, and Cammonill; also oyle of Cammonill and of *Nardus*. After the taking of this Cluster, the patient is to lye very high with his tayle, that the Cluster may the better runne towards the Keynes.

Of the Exulceration in the Kidneyes. §.10.

These Exulcerations may as well come in the Kidneyes, as in any ether places of the body. Where they with their matter and corrosion do take away the naturall operation of the Kidneyes. The causes of these vlcers may be blowes, fallies, wounds, and such like: as also bloud, and other humors, which descend thitherwards, and do there exulcerate and open the Kidneyes and the bladder thorough their sharpnes. Item, if that any impostumation of the Kidneyes be not thoroughly healed: Item, through the grauell and the stone that do bruse the Kidneyes within: also of the vse of all hote meates and Spices, and of eating salt, and by doing ouer great labour in the heate of the Sunne. All these former causes may ingender some sharp humors which fall afterwards vpon the Kidneyes, and there do corrode and exulcerate them.

The signes of these vlcers are corruption, and bloud, with tough slime, as if they were small beines peeces, as it were flesh, which do passe away with the vyne. Also be that there be any heate with it, that is knowne by the thirst and by the feeling. The signes of the Stone are to be found in their proper place.

If so be that the disease of the Kidneyes and the bladder, with other mo such like diseases, do agree so neere together that the same may be hardly discerned, yet we will neuertheless discover certaine especiall signes of it.

For the diseases of the Kidneyes there is no grieve in making water, like as there is in the disease of the Bladder, wherein the water is made with paine and longsome. In the vlcers of the Kidneyes are alwayes found in the vyne small peeces of flesh like small red Cozans; where to the contrary, in the vlcers of the Bladder, there auoid great and white peeces.

If so be that any skelines be piss out with bloud, and corruption which stinketh, then doth such come out of the bladder: like as contrariwise, that which cometh from the Kidneyes doth not stinke. In the exulceration of the Bladder is losse of a little bloud; but in the vlcers of the Kidneyes much. If so be then that the Kidneyes haue any disease, then doth the patient feeble paine about the Keynes: and in the disease of the Bladder, there doth the patient feeble paine about

houe the pziuities. The corruption which commeth out of the Kidneyes is mixt together with the vrine, and doth settle in an howres space not to the bottome of the glasse: where contrarily all that which commeth from the bladder doth separate it selfe, forthwith from the vrine, setting to the bottome of the glasse.

We are also to alledge certaine common rules for this: as first, if there be any yong cholerick person which feeleth paine in the water conduits, that the same must be forbidden Wine. Secondly, for as much as these vlcers do chiefly procede through the falling downe of any sharpe humors, then it is needfull that their sharpnes and heate be alayed with swete things. Thirdly, one must restraine from all hote, sharp, salt, bitter, and sowre things; and to vse all that is to the contrary of them. Fourthly, to drinke too much, whether it be Wine or Beere is hurtfull, that one be not thereby constrained to make much water. Fifthly, Menery, great labour, and exercise, be very hurtfull for this disease, for that the parched Kidneyes cannot be thozowly healed without rest and quiet. Sixtly, if so be there be nothing that may hinder the letting of blood, then is the same very profitable, as be also all great purgations. Seuenthly, by reason that vomiting maketh the matter to haue recourse vnto another place, therefore is it not to be taken to be vnprofitable for this disease. Eighthly, if there be great paine with this vlceration, then must diligence be giuen first to assuage the same paine, and afterwards looke well how to cure and cleanse this disease. Ninthly, for to heale this disease, one must first begin with things which prouoke vrine gently, whereby the Kidneyes may be a little cleansed. Tenthly, all medicines which are to be taken for the diseased Kidneyes, whether it be by vomit, or otherwise, must be alwayes done fasting, and he must also fast long after it. Eleuenthly, after the mundification of the vlcers, astringent and healing things are to be taken tempered alwayes with exsiccative medicaments. Thus for to heale these vlcers these are the right meanes: If so be that the patient be hard bounden, then is he to be loosed with gentle Clitters. Accordingly, if he be full of blood, he must first haue his Lyuer veine, and afterwards the *Saphea* to be opened. For his drinke, the patient is to vse Hony water, or to make this drinke following: Take twelue ounces of pceled Barley, Fennell roots, Smalage rootes, and Maydenhaire, of each one handfull: seeth them all together in two pots of water untill that the Barley be well swollen. Afterwards take twelue ounces of Hony, and boyle it all together with the foresaid decoction, but scumme it well, and drinke thereof. If so be that the vlcer be great, and that there be neede of stronger things, then put Treos, Hyssope, and Horehound, of each two ounces, and a good pinte of water more. But if there be but a small vlcer which hath not long continued, thou take Malloes, Hollyhock seeds, the seeds of Melons and of Pompeons, of each a like much. But you must pcele the seeds, and giue thereof three dragmes at one time tempered with Beade. Afterwards shall he vse himselfe to vomit once euery fourth day. Let this much suffice, as briefly spoken of the vlcers of the Kidneyes.

Of the pissing of Bloud. S. II.

AS much as this pissing of blood may be caused as well of the vlcers in the Kidneyes, as in the Lyuer, therefore we will describe it here in this Chapter. The pissing of blood is of two sorts: the one, when one pisseth faire cleane blood: the other, when the same is mixed with matter or corruption. This pissing of blood, commeth of inward and outward causes. The outward may bee caused through falles, blowes, strong riding, insatiable venery, great labour, of certaine meates, drinks, wounds, of a concourse of melancholick humors which are wont to be drinen out through womens Terms, or through the Pyles. Of the inward causes are superfluitie, sharpnesse of humours and of the vrine, winds, tumors, impostumes, debility of the Kidneyes, and of the Bladder: then doth he feele the paine aboue the pziuities, and the blood is congealed, and separated from the vrine. In case that the blood be much, and runneth out swiftly, then doth it signifie a broken veine: but if it come out slow or longsome, then an vlcer: but if the vrine be like water wherein fresh flesh is washed, then it is of a weakened Lyuer: and if so be that it do come of a superfluous blood, then is the same to be seene by the fulnes of the bodie: but if it come through the sharpnes of the humor, then doth the patient feele a continuall burning. But before we do come to the particular remedies, it is needfull that we do make declaration

ration of certaine common rules. First, if so be that the malady be new, then aboue all things is the Liuer veine to be opened, and afterwards (if the cause require, and that the patient be strong inough) the *Saphea* is to be opened, thereby to drue the blood to another place. Secondly, in the beginning are not astringent nor binding things to be vsed, that the blood may not congeale and coole, but he must first beginne with such things as do cleanse the water conduits. Thirdly, if this pissing of blood do come as an expulsion of superfluity, or *Crisis*, then is it not to be stayed, if it be not so that thereby the naturall powers be ouermuch weakened. Fourthly, whensoever the pissing of blood, whether it be caused of the *Lyuer*, *Kidneyes* or *Bladder*, is thoroughly clenſed, then is the same blood to be holpen with cold and astringent things, and to mixe amongst them *Anodynes*. Fifthly, all such patients are to eschue great laboꝝ, venery, hot drinks, all spices, and all hote things. Now for to come to the remedies of the same, then it is to be considered whether this pissing of blood do proceed of outward causes, which may well be perceiued by the sicke person, and is also to be remedied. First of all, whether this pissing of blood haue continued long or not. Of the pissing of blood which hath not long continued, we haue hitherto spoken. But in old pissing of blood, one must begin according to the contents of the other rules, with the clenſing of the veyters, which is to be done thꝛough these meanes: Take *Maidenhair* foure handfuls, *Melon* seed one ounce and a halfe, *Sugar* and *hony*, of each nine ounces: make a clere sirupe of it, and giue it with water wherein *Melon* seede is decocted.

Another which is very good. Take foure handfuls of *Cinqfoile*, *Sugar* 9. ounces; seeth the herbes in sufficient water, then wring it, and with sugar make thereof a sirupe. This sirupe is to be giuen with water wherein *Plantaine* is decocted: this sirupe healeth & cleanseth certainly.

If any one fall or be beaten, whereby a veine is broken in the body; the *Liuer* veine is then to be opened, for that thereby the blood will be drawne backe which doth run out of these places. But if that the blood do auoide in abundance, and that the patient be strong enough, then is the *Saphea* to be opened the second day afterwards: and to the end that the blood which lieth clotted in the water conduits might be caried forth, then giue to the sicke body a potion wherein *Fennell* rootes, the rootes of *Smallage*, *Dragon* rootes, *Ireos*, *Hyssope*, *Maidenhair* and *Ciceres* be sodden; afterwards one dragma, or one dragma and a halfe of *Trociscis de Carabe* may be giuen him with water wherein the seedes of *Butchers* bꝛome and such like is decocted, or the *Trociscis de terra sigillata*.

For this is also meete the confectiō of *Philonium Persicum*, but it is not to be vsed without the aduise of a learned Whisition.

Some do also take thꝛee quarters of an ounce of the conserue of *Roses*, and temper amongst it seuen graines of *Henbane* seed, and two scruples of prepared *Coꝛall*, which may be vsed with stealed water. It is also very fit to vse otherwhiles one ounce or one ounce and a halfe of *Cassy*, and chiefly if there be heate with it. We haue spoken befoꝛe of the letting of blood, and thereupon are to giue to this sicke person a profitable purgation of *Rubarbe* in substance which is beaten, and not wring out, but in powder with *Plantaine* water; afterwards giue him one dragma of beaten *Wormetale*, and one quarter of an ounce of *Plantaine* water, & strein all his meates with the same water.

All his flesh is to be sodden with *Butchers* bꝛome seed and vnripe *Grapes*. He is alwaies to beware of all sharpe, tart and salt things, and lay a plaister on the place of the malady made of *Bolus* and the iuice of *Sloes*, *Aloe*, *Lycium*, *Wineger* and *Rose* water. If you will haue moe remedies, then looke into the foꝛmer S. of the impostumes and vlcers of the *kidneyes*. And although al the same were caused of other meanes, yet shall you find also thꝛee remedies meete for the same. And if so be that this bleeding be caused thꝛough any sharpe meate, or any composed wind, then is the patient to order himselfe, as of the letting of blood, and taking of the foꝛesaid *Trociscis* is befoꝛesaid. But if there be any impostume or vlcer of the *kidneyes* withit, that may be seene by the matter and blood: therefore haue you hereafter all that is requisite for the pissing of matter.

If any man pisse matter. §. 12.

The pissing of matter must proceede out of the bladder, *kidneyes*, or some of the vppermost parts, as from some vlcer of the sides, vlcer of the lights, the liuer, &c. the which may proceede from some outward causes, as of blowes, falles, woundes, strong diureticall medicines, and such like. The inward causes may be vncleane

impostumes, blcers, superfluous, tough and grosse humors, winde or stone, which do settle there and make some excoziation. The signes of these accidents may be perceiued easily by the paine of the same place, and by the declaration of the patient. This infirmity is thus to be holpen: Take peeled Melon seede, Cucumber seede, Gourd seede, and Pompeon seede, of each one ounce and a quarter, fine Bolus, *Gummi Arabicum*, Frankinsence, and Dragon blood, of each five dragmes, *Opium* one dragme and a halfe, the seede of Smalage one dragme: make Trociskes thereof with the muscilage of Quince kernels, and giue the sicke folkes euery day the waight of one quarter of an ounce with the sirupe of Poppy heads. For this is also to be vled consolidating and mundifying things, as hereafter followeth: Take peeled Melon seede, the seed of Hollihockes and Nightshade, of each halfe an ounce, bitter Almonds, Pompeon seede, fresh Maiden haire, Treos, and Licozice, of each halfe a dragme: make a confedion thereof with Sugar, or with cleare hony. For mundification are also fit, Barly meale, meade, the decoction of figs, of Horehound, and Maidenhaire decocted with milke. Now for to heale, you are to take great and small Comfrey, of each one quarter of an ounce, Dragon blood, Frankinsence, Hartsicke, and fine Bolus, of each one dragme, patched Rubarbe, the iuice of Sloes, and Hirtle seede, of each halfe a dragme, Indie *Spica* halfe a scruple, Sugar as much as you please, make a confedion thereof. This sirupe following may also be prepared: Take Licozice one quarter of an ounce, Maidenhaire and Hounds ribbe, of each two handfals, peeled Melon seede, Pompeon seede, Cucumber seede, and Gourd seede, of each one dragme, white Poppy seede, Hollihocke seede, and muscilage of Quince kernels, of each halfe an ounce, Dragagant and Gum of each three dragmes, Rubarbe, Roses, of each one ounce and a halfe, white Sugar nine ounces; make a cleare sirupe of it. The *Trocisci de Alkekengi*, which is of winter Cherries, are surpassing good in this disease; and not onely for this, but also for all other diseases of the kidneyes: giue one dragme thereof, or one dragme and a halfe with Goats milke or Plantaine water. Also for this disease is Hony water to be spouted into the yard: and when the patient hath kept it in a certaine season and piss it out againe, then is this following to be vled: Take Ceruse, *Sarcocolla*, Gum, Frankinsence, *Opium*, Dragon blood: of each halfe a scruple; temper it with foure ounces of womans milke, and spout one ounce thereof at one time thzough the yard. In like manner shall he drinke Radish water, and water of Horse radish, or spout it in. For this must also this order be obserued, to wit, that he now vse consolidating, & then againe mundifying things, and do alter them according as occasion serueth. Item, take oyle of Roses two ounces, oyle of Hyrtle, and the iuice of Plantaine, of each one quarter of an ounce, *Trociscorum de Terra sigillata*, de Carabe, of each one dragme, Vineger one quarter of an ounce, Ware as much as is needfull for to make a salue. This salue for the pissing of blood and water, is to be rubbed on the place of the kidneyes, and also round about the priuities aboue and beneath, being rubbed well in, and then well couered with warme clothes.

Of outward vlcers of the Kidneyes. S. 13.



These vlcers outwardly in the kidneyes, are wont to be caused if one lye vpon his backe, then are the places of the kidneyes red, and do come to exulcerate. Now when this is perceiued, then is there a plaister to be made with the meale of Millet and with Pannick meale, and be laid thereon, and then are you to strewe it with Willow leaues, and to moysten the heated place with cold Rose water, or to lay any cooling things vpon it. These salues following are also meete for this, viz. salue of Ceruse, Poplar salue, Sanders salue, & other cooling salue of *Galen*, vine leaues steeped in Rose water: and thin beaten Lead also which is full of holes, woze vpon the reines. Item, take oyle of Roses tempered with a little vineger and layd often vpon it. If that there do then appeare bladder or blisters which doe breake open, then are they to be cured with cooling salues, and dried vp with the salue of Ceruse or *Album coctum*.

All these foresaid sicknesses and diseases are the true messengers of the most grievous disease of the Stone or grauell of the Bladder and the kidneyes, whereof we will hereafter further discourse and write. But we will first of all prescribe a brieve order of dyet for all them that be infected with these terrible diseases, as the paine of the kidneyes, impostumes, and blcers.

The order of dyet. S. 14.

All meates of milke, of wheate meale, of the crums of bread, barley paps, oaten paps, are very commodious for this disease. In like manner all field Fowles which are to be eaten, as Partridges, Pheasants, Doves, Turtle doves, Kids, and young mutton, if it be utterly without an Ague: but if so be that there be a great heate with it, then is he to vse Melons and Peaches which be very ripe.

Vasell Nuts, Almonds, Pistacies, Pingles, and such like may he also eate. Item, yong hens, reere Egges, hen-broth, wherein Purslaine, Lettice, Melon seed, Pompeons, Gourds, Cucumbers, or any other cooling things haue bene sodden: all Riuer fish that haue scales, frayed, are to be tolerated. Greene herbs, as Dage, Ballowes, Purslaine, and Lettice, are also very meete for him. His best drinke were indeed Barley water; but if he will drinke Wine, and so there be no Ague with it, then may he drinke good thick red Wine tempered with water. Asses milke is marvellous good for him; and if the same cannot be gotten, then may one take Goates milke. It is befoze admonished that euery such patient is to beware of all sharpe, hote, bitter, and swete things, and chiefly of all fruite, whether they be greene or dzyed.

The seuenteenth Chapter.

Of the Grauell, Sand, or Stone of the Kidneyes,
and of the Bladder.

This Stone or grauell hath his principall offsprig in the Kidneyes, in the Bladder, and seldome in the hollownesse of other inward parts, as of the Liuer, &c. The cause of it, is commonly by inheritance, like as the Gout or Podagra, the Leprosie, and other moe. Also these diseases doe come through a weake Stomacke and Liuer, that ingender much tough and grosse slime. In like sort also of a foggy ayre, surfeiting by meat or drinke, the feeding of ouermuch slimy meates, the which do obstruct not only the Kidneyes, but also all other inward parts, as hath bene said, and hinder them that they cannot haue their right operation: the which may evidently bee seene in young children, which are most subiect to this disease, for that they eate much milke, whereby the stone and grauell is most of all ingendzed, of which the grossest sinketh into the bladder with the vrin, where the same lyeth and dzyeth, and is confirmed to the hardnesse of a stone like as we for example cannot otherwise liken this foresaid grosse matter of the stone, then with the matter of a tyle stone, which is first a weake tough slimy earth, afterwards dzyed, and at last burnt and baked in an ouen to a hard stone. The stone of the bladder differeth also much from the stone of the Kidneyes, for it is whiter, harder, and greater then the stone of the kidneyes.

This foresaid stone or grauell is knowne by these signes. Lieth he in the Bladder: then must the patient often rub his priuities with his hand, his member is alwaies erected. Also in young children, they feeble most paine about their priuities: the vrine passeth from him with labour and very great paine, and otherwhiles the Arse gut thereby descendeth. But if it be the stone of the Kidneyes, then doe they feeble great paine in the reines of the backe, as it were the Colicke or paine of the guts, because that the paine draweth downewards. As soone as they stirre themselves, then doth the paine increase: they are much inclined to vomiting and casting, their body is bound, their vrine is raw and waterish, they are alwaies prouoked to pisse, neuerthelesse they cannot berid of it without very great paine: therefore can this growling and confirmation of the stone in these parts of the Kidneyes not be without great paine and grieve. It is also euidentlie and sufficiently well knowne to each mans eyes, where the paine remaineth in one place that the vrine doth auoid with grauell, sand, tough slime, yea sometimes mixt with blood and other things, and the kidneyes be full of heate.

Afterwards this grieve and paine stretcheth euen to the conduits of the vrine, and principally in fat folkes, and befoze euen to the priuities, and then especially when they would make water. But because there be many deceiued in the knowledge of the stone, and adiudge otherwhiles the Colicke for the stone, and so come to vse contrary medicines; therefore it is not without great need that we make a declaration of both their differences.

The first is this, that the paine of the kidneies is not so sharpe as the paine of the Colicke. Secondly, the paine of the Colicke doth appeare beneath in the right side, and stretcheth her from thence vppwards towards the left side. Contrariwise, the paine of the kidneies doth begin from aboue, and so descendeth softly downewards euen vnto the place where it doth settle it selfe, and stretcheth her a little moze towards the backe. Thirdly, the paine of the kidneies is much moze forcible when he is fasting, and the paine of the Colicke is by fasting and emptinesse eased. Fourthly, the Colicke commeth vpon a sudden: and to the contrary, the paine of the kidneies commeth in a longer time. Fifthly, the Colicke will be taken and diuen away, when the winde and the ordure may haue their expulsion or auoidance by Clifters, but the paine of the grauel not. Sixtly, all Saristrages and all other things that bzeake the stone, are good for the kidneies and not for the Colicke. Lastly, there is found in the vrine grauell and sand, and not in the Colike or paine of the guts.

By all these foresaid declarations one may easily adiudge whether this disease be in the kidneies or in the bowels.

For to hinder and restraine the ingendring and growing of the grauell and stone. §. 1.



And that we may orderly procede herein, heere is first of all to be taken how the matter, whence the sand and stone is ingendred, may be taken away, and how that the vnnaturall heate may be tempered, the which is first to be done through those things that doe purge the same matter, as hereafter followeth.

Take *Electuarium Indum* three dragmes, *Agaricus* one scruple, Ginger five graines, temper them with a little white wine, & drinke it vp, and fast thereupon foure houres, then drinke a cruse of sugred Barley water, and eat foure houres after it.

Or take *Electuarium Diaphoeniconis* one quarter of an ounce, Turbith one dragme, Ginger one scruple, salt of Indy three graines, giue it him with water wherein *Milium Solis* is decocted, and then made warme with Sugar.

One moze milder: Take Turbith one dragme and a halfe, *Hermodactili* one dragme, *Diagridi* five graines, salt of Indy two graines, Ginger halfe a scruple, Annis and Basticke of each three graines, Sugar pennets one ounce, white Sugar halfe an ounce, steepe them all together in three ounces of the water of Smalage or the water of Maidenhaire throughout the whole night; after that wring it out well and drinke it; if so bee that there appeare any phlegmaticke matter, then may the patients veine be opened: but if so be that the matter fall into the stomack, then is it aduised that the patient be made to vomit, and how the same is to bee effected, looke for that in the Register: for that through vomiting the matter will be especially drawne away which would runne towards the reines. For this vomiting, be Radishes, Orange seeds, the middlemost peeles of Elder, and *Nux vomica* to be vsed.

Some vse Clifters, but they must be very easie and milde; but Suppositoies are much moze praised for this disease. Item, all things which moue vrine, do also let and hinder the growing of the stone or grauel. But first the mildest are to be begun withall, like as with these following, as Licoice, &c. and whereas is heate, Melon seed, Pompeon seed, Gourde seed, Cucumber seed, Sperage rootes or the water of them, fresh Fennell, Hollihocke rootes and the flowres.

Afterwards are stronger things to be vsed, as Smalage, Maidenhaire, drie Fennell, yellow wilde Rapes, *Milium Solis*, Louage, wilde Smalage, Hares tong, wilde Thyme, Pistacies, Radish seed, Tassels, Thistle seed, and such like, the ashes of Hares heads of Magtailes, prepared Buckes blood, *Lapis Spongia*, and Jewes stone: of all these foresaid things may sirupes, Iuleps, confections, powders, pills, salues, bathes, and such like be prepared: and because the vnnaturall heate is one of the chiefe occasions of the stone or grauel, therefore are the foresaid cooling things to be vsed, and also all such medicines which in this former chapter and 8. §. be described.

To let the growing of the stone. §. 2.

Now for to let that the stone may grow no moze, that consisteth in two kindes of causes, viz. that one preuent the tough phlegme from growing which is the cause of the stone, and that the vnnaturall heat get not the mastery.

But

But in this it chiefly consisteth,, that one keepe a good order of diet, and eschue all that may cause that grosse matter, as milke, and all that is dzest with it, fresh Chase, Cow baele, Swines flesh, Goates flesh, Geese, and all water fowles, all grosse fish, & all other that be without skales, & all that is not well baked, sandy, or is ground with a new sharped stone, Rice, Pease, Beanes, Coleworts, sowze fruites, vnripe apples and pearces, Citrons, &c. and hard sod eggs be also very hartfull, troubled water, red thicke wine, Must and Beere are also to be eschued.

But to the contrary, all light meates are to be vsed, as light and hard baked bread which is a day or two old, wherein Fennell, Annis, Caruwayes, or *Nardus* seedes are baked, Hens, pullets, Partridges, Capons, yong mutton, Goats, Turtle doues, Doues, and al wild fowles, but especially Magtailes are very meete for this sicknesse. He may also eate all riuier fish which haue skales, as they that are prepared with parsley. In like manner also poched egges. For his drinke he shall take faire white wine tempered with a little water, wherein the seed of Smal- lage and Fennell seed is decocted. Heade may also be vsed in stead of his drinke, and for a me- dicine. He may also drinke sometimes pease broth, and the broth of Lentils wherewith parsley is decocted; but he is not to eat the pease at all. The kernels of bitter Almonds, of Peach stones, of Prune stones, Pingles, Pistacies, and Raisins is he to eate: in fine, he must eschue all which causeth the matter of the stone to increase, and vse al that coleteth the vnnaturall heate, and expelleth the matter of the stone, for which these things following are fit, and be very good, as *Agaricus*, *Hermodaetili*, Turbith, wild Saffron seed, rootes of Polipody, and the smell of the wine Helleboze, and also a little roote thereof steeped a day and a night in water, and the same water drunke also otherwhiles.

Amongst the compounded things there is *Benedicta laxatiua* or *Inda*, which cleanse the Kid- neyes, the Bladder and Vreters of all phlegme. The same doth also Callie giuen with diureti- call things, and with beaten Licozice, for the same drieth not onely the grauell, but hindereth & letteth also the growing of the stone, and allayeth the heate: and if so be that one giueth it him with the seede of *Agnus castus* or Licozice, then doth it help the reines maruellously, and stirreth no other humors then those whereof the stone doth grow.

Further, there be other things moe which do cleanse the vreters or conduits of vrine, and open them, as the water of Hyssope, of white water Mints, and of Marierom, of Smal- lage, of Parsley, of Betony, of Pennicriall, of *Milium Solis*, and aboue all other the water of Hellehocks. Of Sirupes which be most vsed, are the sirupes of Hyssope, *de Calamintha*, *Acetosus compositus*, *Oxymel compositum*, and all other Drymels, but especially the *Oxymel* of Squills: and for example: these compounded things ensuing may be made: Take *Oxymel* of Squills one ounce, sirupe of Hyssope halfe an ounce, water of Harts toong, and of wild Cucumbers, of each one ounce, and a halie. This drinke is to be taken certaine dayes together, vntill one may evidently see in the co- lour of the vrine and in other signes, that the disease apparently frameth it self on the better side, by the which the Phisitions haue their especiall markes and signes.

And in case there be such matter present which may cause the stone to grow, then are they prepared thzough the first recited waters, sirupes, and such like for expulsion; and when now the matter is prepared, then is the patient to be purged, which may be done thzough this ensu- ing or such like meanes.

Take the confection *Benedicta* one ounce, or one ounce and a half, or somewhat lesse, according to the importance of the cause, then temper them together with thzee ounces of Parsley water.

Or prepare this following, which cleanseth much the kidneys, and expelleth the matter of the stone maruellously: Take Centozy, pæled wilde Saffron seed, of each one dragme, prepared *Agaricus*, powdered *Hermodaetili*, of each foure scruples, *Diagridion* sixe graines, Annis, Fennell, Li- cozice, the seede of Smal- lage, and Ginger, of each halfe a scruple, Sugar pennets one ounce: Steepe them all together the space of foure and twentie houres in foure ounces of the water of Maidenhaire, afterwards wyng it out and drinke it. Lastly, you are to gouerne your selfe as in all other purgations.

This following is also much commended for to preuent the grauell: Take about Saint Johns tide Millet as it standeth and blometh, then burne it with herbe and roote, and drinke thereof euening and morning two or thzee ounces with wine, and then fast two houres vpon it, and do so fise or sixe dayes together: it is said, and also taken for to be certaine, that doing this one shall be clere and free from the grauell halfe a yeare.



At if in this disease there happen great paine with it, though which the Physicians are much hindered, that they cannot vse due remedies; then do they notwithstanding aduise first of al, that at the first one is to begin with things which allay the paine, or at the least do ease it: for which are clisters to be vsed made of these hearbes following, as Mallowes, Hollihocks, Beetes, Bearefoot, Bellitoy, and such like, with the oyle of Violets, with Cassie, with *Hiera picra*, or the confection *Benedicta* tempered amongst it.

Secondly, when the foresaid paine is a little swaged, then are these things following to be vsed: Take water Cresses, Mallowes, Hollihocks, Mercury, Parow, Cinkfoile, *Peucedanum*, the herbe of Melv, and Rue, of each one handfull, *Calmus*, Barley, of each thre ounces, Bran, Linseed, of each a little: let all these seeth together in sufficient water, and take twelue or sixtene ounces, temper amongst it *Hiera picra*, *Benedicta* and *Lithontribon*, of each halfe an ounce, oyle of Cammomill and of Rue, of each one ounce: this Clister loseth, expelleth wind, and also the paine.

Item, take afterwards of the foresaid hearbes, but somewhat more Watercresses, and a few Marigolds, and make a bath thereof, and set the patient in it euen vp to the hauell: you are also to put some stalkes of Rapes vnto it, then will it be the better.

Thirdly, take Mallowes, Hollihock roots, Watercresses, Cammomill, Maidenhaire, Linseed, and Fenegreke seed, of each two ounces; let them al seeth in sufficient water, wet a woollen clout or sponge therein, and lay it continually warme vpon y place of the paine. The sodden herbs are you to powne small and temper with Cammomill oyle, and so lay them vpon it. The place of the paine is sometimes also to be annointed with these things following: Take the grease of Hens, of Gase, Hogs grease, fresh butter, oyle of *Camelina* and of Violets, of each halfe an ounce, oyle of Cammomils, & Waxe, of each two dragmes, then let them melt together by the fire. But this is not continually to be vsed, so the end that the reines be not therby too much weakened & infebled.

After this annointing are these plaisters following to be layd vpon it, which do allwage the paine, and will open the conduits of vyne: Take thre ounces of Wheaten meale, of Fenegreke meale, of Linseed, beaten Cammomils, of each one dragme and a halfe, Salt one ounce, then make it to a plaister with the oyle of *Camelina*, and with the oyle of Scorpions, and then lay it warme vpon it. You shall find hereafter many things moe which allay the paine also.

Of those things which expell grauell and do breake the stone. §.4.



If there be any feare had of y stone or grauell, or that one perceiue it already, then may these things be vsed for it: Take oyle of Lillies, of Scorpions, and of Carthwozmes, of each a like much, annoint the reines very fat with it by the fire, or by a warme ouen. And if you cannot get this Scorpion oyle, then take onely the other oyles. Item, eate euery morning 6. or 7. bitter Almonds, or Peach kernels, like as is counselled befoze.

There is also much commended the bone of a Hare, which we call the Hares spring, powned, and the same drunken with fresh broth: when as any bodiees reynes begin to grieue him, then is the red oyle of S Johns wort esteemed to be very good for to annoint him therewith.

Item take 18. or 20. Peach kernels, one quarter of an ounce of Raisins; eate them together, and drinke a good draught vpon it, of pease broth sod without salt or suet: for this is also much commended, the Cicers or Spanish pease which haue a speciall vertue against the grauell.

Item, take Hollihocke rootes two pound; the same being made cleane, powne them and seeth them in two or thre quarts of water vntil the halfe, and then straine this broth thzough a cloth, whereof you are euery morning to drinke a good pull. Afterwards vse the foresaid potion of Cicers and Peach kernels; and when you haue a pound of this drinke, then mixt amongst it one dragme of beaten Cineamome, and as much of the Swamis which groweth on the wilde Rose branches. You may also seeth Parsley rootes, Sperage rootes, and Fennell rootes with it, and drinke often of it: this is especially commended for them that would withstand the grauell.

Item, take the rootes of Pimpernell halfe an ounce, *Bistorta*. Tormentill, Polipodie rootes, and Annis, of each one quarter of an ounce, Gentian, Fenegreke, *Oculi cancrorum*, peach kernels
Louage

Louage seed, the seed of Smallage, Pickrels bones, shales of hasell nuts, the seed of Mallowes, and Cammomill, of each one dragma; make a powder thereof; and take thereof the waight of one dragma, or one dragma and a halfe every day.

The auncient Phisitions accustome to make this potion following, the which they do call Williams potion: Take one handfull of Alehose, youg Acorne buds halfe so much, the herbe House-eare a little, water and wine, of each a pint; let them seeth together untill about the halfe be sodden away, then straine it through a cloth, and drinke thereof in the euening and morning, each time about three spoonfulls, and euery foureteene dayes make a fresh.

How to make
Williams po-
iton.

Now the wine of winter Cherries is to be prepared, is amongst others declared in the eight part: it openeth the conduits of vaine maruellously, expelleth the matter whence the stone and grauell doth grow very vehemently, as well out of the kidneies veters, as also of the bladder.

And now further to come to a right proceffe of the Grauell, take at the first five ounces of fresh oyle of swete Almonds, and drinke the same warme. Two howres afterwards take a good draught of this potion following, and afterwards as often as you will: Take Mallowes with the herbe and rootes, and Hollihocke leaues, of each one handfull, Licorice one ounce, fresh Butter and clære Honey, of each two ounces; seeth them together in sufficient water, or in the water of Cresses, and so drinke thereof as is expessed. The next day one is to take this confection following early in the morning: Take fresh Cassie and *Benedicta*, of each halfe an ounce, *Species Indini* one dragma and a halfe; temper them together, and then strew them with Sugar and Licorice. Hauing taken this, then is the party to take thereupon presently a good draught of the water of Cresses: and through this aduice hath many a one bene released of the grauell.

Do take of the confection *Benedicta* five or sixe dragmes, Turpentine washed in water of Mallowes, one quarter of an ounce; temper them all together with three ounces of Agrimony water, and then drinke it as warme as you can: it is marvellous good against the stone.

Necessitie doth otherwhiles require that these confectiōs following are to be giuen to the patient: Take the confection *Benedicta* and washt Turpentine, of each three dragmes and a halfe, Jewes stone which is prepared with water wherein Millet is decocted, one dragma; temper them all together with powdered Licorice, and then giue it him with Cresses water. Men do also take sometimes for it halfe a dragma of prepared blood of a Bucke also, which is not amisse.

Hereafter followeth one other necessary meane or proceffe: and first in case the stone be in the bladder, then are these pills to be prepared which do vehemently breake the stone: Take the frutes of Balsam, Radish seed, and the seed of great Smalladge. Some doe take for this the seed of stone Parsley, *Opopanax*, Capers rootes, bitter Almonds, Sarsifrage, Squinanth, Cipers rootes, *Indy Spica*, Cassy wood, Harts tongue, wilde Rue, Gentian, Hartwort, *Asarabacca*, *Cardamome*, *Ammoniacum*, *Serapinum*, *Bdellum*, long Pepper and Calinus, of each a like much: the Gums are to be molten in sufficient Balsam, temper the rest among them beaten small, and make it into pills: take of them one dragma at once with the foresaid confection of *Benedicta* and of Turpentine, as is before rehearsed: when he is purged, then take Bellitoy of the wall, Mallowes, of each one handfull and a halfe, Linseed, Fenegreke seed, and Hollihocke rootes, of each one handfull, fiftene or sixtene Sebestes, Licorice, powdered Millet, of each halfe an ounce: cut all that is to be cut, and let it boyle in fresh broth. Take twelue or fiftene ounces thereof, and temper amongst it one ounce of *Benedicta*, oyle of bitter Almonds three ounces, slight sugar one ounce and a halfe, Salt one dragma, and one yolke of an egge; then mixe them together, and let this cliffer very warme.

Pills for the
stone.

And if that this purgation (by reason of the vnpleasantnesse of the Turpentine) went against his stomacke, then may he vse one of these ensuing: Take fresh Cassie one ounce and a quarter, oyle of swete Almonds foure ounces, temper them together, and drinke it.

Do take *Electuarium de Sebesten* and Cassie, of each halfe an ounce, *Electuarium Indum* one dragma and a halfe, mixe them all together with Sugar, if you will put therewith one dragma of Jewes stone, and make it to a drinke with Millet water, then doth it expell the better.

After this are you to come to the things which do breake the stone easily, & open the passages of vaine. For to atchieue this, then is the body first of all to be purged, and afterwards are these following and elected remedies to be vsed.

To breake the stone is this following very forcible: Take prepared Buckes blood one dragma and a halfe, ashes of Scorpion one scruple, ten graines of good Treacles, burnt and

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meanes the
stone is to be
pre- broken.

prepared glasse one dragme, then seethe Radishes, Saxifrages, winter Cherries in Water or Wine, and take foure ounces of this broth, or as much Beane water, and make the foresaid a potion, and vse it fasting in the morning. In case that for all this the paine remaineth induring, then take scraped Licorice and Currans, of each one quarter of an ounce, powred Millet, Maidenhaire, of each halfe an ounce, seeth them together in water of Agrimonie, Bellitorie, or Cammomill water: take of this decoction two ounces and a halfe, *Spec. Lithontribon* one quarter of an ounce, *Philonium Romanum* two scruples, good wine two ounces, Sugar one ounce; then temper them all together vnto a potion, and drinke it thre houres before meale. Item, take prepared Buckes blood one dragme and a halfe, *Oxymel* of Squils halfe an ounce, wine wherein Radishes be decocted, foure ounces, then make a potion of it. Further, it is necessarie that the stomacke be strengthened, and the hot matter of the kidneyes expelled, for which is meet also the foresaid Clyster, if there be put vnto it one ounce of Cassimore. Or vse this following: Take twelue ounces of Linsæde oyle, oyle of bitter Almonds sixe ounces, Vennes grease foure ounces, or in stead of that, as much fresh Butter, two yolkes of Egges, then mire them all together, and minister it warme. You may also giue vnto the sicke body oyle of swæte or bitter Almonds, of each thre ounces and a halfe or more to drinke; for it is found, that the same taken by the mouth hath more asswaged the paine, than that which hath bene vsed in the Clysters. It is in like sort found to be very good, that the place be fomented with these things following where the paine is, and after that annointed: Take Cammomill, Maidenhaire, Linsæd, and Hollihocke rootes, of each one handfull, seethe them all together in white Wine and water: then make a sponge wet in it, and lay the same wung out very warme vpon it. For the annointing may many things be vsed, or like as hereafter followeth: Take oyle of Scorpions one ounce, oyle of swæte Almonds and Butter, of each halfe an ounce, muscilage of Linsæde, of Fenegreke, of each sixe dragmes, Saxifrage one dragme, and a little molten Ware, temper them all together. The last and highest meane for the intollerable paine is, that the *Narcotica* be vsed, which be things that take away all sence and feeling, thus: Take the first described decoction, and put therein of the confection of *Lithontribon* two dragmes, *Philonium Romanum* one dragme, oile of swæt Almonds one quarter of an ounce, good white Wine two ounces, mingle them all together, and giue thereof to drinke. Will you then make a Clyster of it: then take of the foresaid decoction about two ounces, oyle of swæte Almonds foure ounces, *Philonium* one dragme, Wine thre ounces, and then minister it like as is accustomed.

These two proceedings in this sicknesse, I thought good to describe thus at length, that euery one might know how to chuse of the medicines following what is most needfull for him.

First, we will describe all such things which are to be eaten, and may be vsed in the body, and first of all beginning with the confections: Take sponge stones, Hollihocke seed, Millet, and Medlar stones, of each halfe an ounce, prepared Buckes blood one dragme, Jewes stones, and Gromel seed, of each one scruple, great and small Endiue seed, and Wykes bones (which be vnsodden) of each halfe a dragme, Sugar as much as of all the rest: but the Sugar decocted with the water of winter Cherries, and then make Tabulates thereof, and take of them euery time halfe an ounce.

Or take Pomate stone, Jewes stone, and burnt glasse, of each one dragme and a halfe, prepared Bucks blood thre dragmes, Gromel seed halfe an ounce, beate them all small together, Sugar as much as all the rest doth weigh, make with the water of winter Cherries, or the water of Mallowes, tabulats of it, and take halfe an ounce at once thereof. Item, take foure ounces of Pistacies, keepe them two daies and two nights in the water of winter Cherries, take off the peeles, and chop them very small, Gromel seeds halfe an ounce, rootes of Cinqfoile, Harts toong, wild Thyme, Rue seed, of each one dragme and a halfe, Sugar sixe ounces; then seethe it with the water of Saxifrage, make Tabulats of it, and vse them as before.

Another. Take prepared Buckes blood one dragme and a halfe, the iawbones of Pickrels two scruples, Jew stones and sponge stones, of each halfe a dragme, Melon seed, Hollihocke seed, Licorice, the seed of Smalage, *Cucubes*, of each one scruple, Sugar two ounces and a halfe, make a confection thereof with the water of Mallowes.

Fennell seed and Commin raw or concocted and eaten, be good for all diseases in the kidneyes of the stone and grauell. The confection of *Iustini* or *Lithontribon*, as they be prepared at al well furnished Apothecaries, are also marvellous good for this vse.

In like manner also bitter Almonds confected and eaten, expell the matter whence the Stone doth grow.

This following is also a very sumptuous Confection: Take burnt glasse, and burnt Grasshoppers, whereof the sexe and wings be cast away, of each three dragmes, the ashes of a burnt Hare, and prepared Buckes blood, of each one ounce, Plantain seed, Starch, the seed of Butchers bzoome, of each two dragmes, and a halfe, *Sirupi Acetosi Compositi* thirty ounces, Sugar pennets 24. ounces, then make an electuary thereof. This foresaid confection doth cleanse all slimy matter and grauell, it breaketh the stone, and openeth all conduits of vrine, if one take euery morning the space of foureteene dayes three dragmes, with the water of Bromell, or Radish water.

The Confection of a calcined Hare is thus to be prepared: Take Iewes stone and Sponge stones of each one dragme, the powder of a burnt Hare one quarter of an ounce, *Spec. Lithontribon* one quarter of an ounce, Sugar foure ounces: make thereof with Sarisrage water tabulats or a Confection. This foresaid Electuarie prouoketh vrine, and clenseth all the vtters of all lime and grauell, and expelleth also all windes: take thereof two or three dragmes with the water of Sperage betimes in the morning, and also befoze both the meale tides.

The electuary of a calcined Hare.

Item, take yelow wild Rape seede, Comin, Balsam wood, Parsley seed, Sweet Costus rootes, Calmus, Annis, *Asarabacca*, Fennel and Cinnamon, of each one dragme, the seed of Panslaine, of Endiue, of small Endiue, of Lettice and *Creta Marina*, of each one dragme, *Lapis Lyncis*, Sponge stones, and burnt Glasse, of each one quarter of an ounce, Sugar as much as is needfull for to make a Confection. One may take a dragme or two thereof with a little water; all according to the importance of the cause.

The Confection of horse Radishes is thus to be prepared: Take well clenled horse Radishes, cut them in round slices, and let them stand a weeke in Vineger untill that they be very soft; then poure strong wine vpon it, and renew the same euery day, and that the space of five or six dayes: at length seeth them away therewith, and rubbe them through a strainer: Afterwards, take thereof one pound, and one pound and a halfe of clarified hony, then let them seeth together by a gentle fire, stirring them alwayes about untill they be decocted, as becometh for a confection. Afterwards let it be somewhat cold, and put the spices vnto it, which hereafter in the eighth part in the first chapter of Calmus are described. Or take in the stead of the same halfe an ounce of Cinnamon, Ginger three quarters of an ounce, Cardamome, Cucubus, Cloues, and Nutmegs, of each one dragme, and a halfe; temper them together: therewithall the fanning of the horse Radishes in the head is abated and taken away. This confection is not onely good for the stone and grauell, but also for the stomacke, it warmeth the inward parts, and delayeth the paine in the belly which proceedeth of cold; it is a right Treacle for the common people, and an especiall medicine for the Scruie.

The confection or electuary of horse Radishes.

There is also another confection prepared for this called *Electuarium de Cineribus*, which is a confection of ashes, as followeth hereafter: Take ashes of burnt Scorpions one quarter of an ounce, *Cantharides* without heads and wings one dragme, prepared Bucks blood one quarter of an ounce, burnt glasse, ashes of vnset Coleworts, Hares ashes, ashes of Wagtayles, and ashes of Goshels whereof Chickens haue bene hatched, of each two dragmes, Jew stones, stones of Ore galls, Pepper, wild yelow Rape seede, Caraway, Hollihocke seede, Gum, Sarisrage and Bromell seedes, *Seseli*, Balsam fruites and the wood, *India Spica*, Maidenhaire, Malloves, Pompeons, Cucumbers, and Gourd seedes, of each one dragme, of Roses, as much as sufficeth for to make a confection of it, take thereof morning and euening the quantity of a hassell nut at once, tempered with the decoction of Cicers.

The confection of ashes.

Item, take Githridate or new Treacle, halfe or a whole dragme, with the decoction of Cicers: they expell and break the grauell and the stone, and also ease the paine, especially if it be vsed after bathing.

Amongst all other confected things, are especiall good for the stone and grauell (chiefly if one want warmth) the preserved Elecampane rootes, Wimpernell rootes, Calmus, yelow Rapes, Parsneps, conserue of Gilloflowers, and of Pionie: the water Cresses eaten for a sallad, expelleth the stone, the grauell and vrine.

There be diuers powders made for this which follow hereafter: Take prepared Buckes blood halfe an ounce, *Lapis Lyncis*, *Lapis cancerorum*, and peach kernels, of each one dragme, the

seed of Parsley and Smalage, of each halfe an ounce, beate them all together, and temper them all together, vse thereof in the morning, at none, and in the euening halfe a dragme, or moze at once with that kind of Beane water which immediatly is described hereunderneath, and that so long, vntill the stone auoid, and that you perceiue no moze grauell.

Item, take Sarisrage, Annis, Pepper, the seede of Smalage, Gromell seed, and Sperage seed, of each a like much, beate them all together very small, and let them passe thzough a searle, then take thereof halfe a dragme or a whole dragme with hony water or with wine.

This following hath oftentimes bene approued: Take parched Peach kernels halfe an ounce, Medlar stones one ounce, powne them very small, and then giue him a dragme thereof with the water of Sarisrage wherein Cinqsoyle hath bene decocted.

There is also one ounce, or one ounce and a halfe of *Oxymel* to be put thereto, and to temper the same with any water; that also expelleth the stone: but one must beware therein for vsing any hote things.

This drinke is also very requisite for this: Take wilde Thistle rootes, which be the rootes of Tassell, and roots of Smalage, of each one handfull, Annis halfe a dragme: seeth them all together in a quart and a halfe of water vnto the halfe.

Item, take Sponge stones, Iewes stones, burnt glasse, prepared Buckes blood and Sugar, of each a like quantity, giue one dragme thereof with *Oxymel* or with the water of Smalage when he hath the paine. Both these foresaid are by reason of the great help and cure that they do, called the hand of God.

Item, take the rootes of Burres one dragme and a halfe, burnt glasse one dragme, rubbe the same with Vineger, with the water of Smalage, or with any other such like distilled waters: this is maruellously praised of all ancient Physicians.

Another. Take Gromell seed one dragme, Licozice one quarter of an ounce, peeled Melon seed halfe an ounce, gum of the Cherrie tree one ounce: powne them all to powder, and giue thereof at each time halfe an ounce with a little distilled water.

Or take Gromell seede, Annis, Fennell, Parsley seedes, and peeled Melon seede, of each one dragme, *Lignum Aloes*, winter Cherries, red Sarisrage, Sponge stones, and Iewes stones, of each one scruple, the seede of Bzome and of Sarisrage, of each halfe a dragme, Cinnamom, prepared Coziander, and red Saunders, of each thze quarters of an ounce, Cloues, Galingal, Ginger, of each thze dragmes, white Sugar two ounces, make a powder of it, and take one dragme at once thereof with Mallowes water and pease bzoth.

Another. Take Gromell seed, and the seed of Sarisrage, of each one dragme, the seeds of Lettice, of Benbane, of Pompeons, of white Poppies, of Melons, of Cucumbers, of Gourds (all together peeled) of each two scruples, powdered Licozice foure scruples, *Trocisci Alkakengi* which is of winter Cherries one dragme and a halfe, the seede of Wimpernell, of Bzome, of each two scruples, Sugar two ounces, make a powder of them.

In like manner, there be good for this disease powdered Medlar stones, and powdered Earthe wormes, of each one dragme and a halfe well weyed, and take Fenelike with Sarisrage water.

Item, seeth a Crabbe like as they be vsed to be sod, and wash the same with Wine, and let it drie, then beate it cleane to powder with his shels, and take one quarter of an ounce thereof with wine.

Or take the powder of Maidenhaire one quarter of an ounce, and drinke it with the water of Strawberries, or the water of Mallowes, or the water of Parsley, it is also especiall good.

Take halfe an ounce of the shales of Wasell nuts beaten small, Sugar also as much, temper them together, and vse thereof euery time a dragme or moze fasting in the morning with the water of Lillies; and women may drinke it with wine or any thing else in stead of Lilly water.

The stone which is cut out of one, beaten small, and halfe a dragme thereof taken euery day with the water of Sarisrage or Radish water, doth also breake the stone of the bladder.

Item, take Licozice one quarter of an ounce, Sponge stone, and Iewes stone, of each tenne graines, Fennell seed, *Ameos*, *Mirra*, *Annis*, the seed of Mallowes, peeled Melon seed, Pompeon seede, chopt small together, of each halfe a dragme, Cinnamome one dragme beaten small together: there is the waight of a dragme thereof to be taken with any of the foresaid waters. There may also be prepared for this these pilles ensuing: Take burnt glasse, ashes of a Hare, Sponge stone, and Iewes stone, of each a like much, make pills thereof with the water of Sarisrage:

frage: also three round slices of Radishes eaten every morning to be very good. In like sort also the small bird the Wagtaile roasted, powdered, or taken as one will, is marvellous good for this, like as here before is specified already.

It is also taken for a certaine experiment if one do accustom to eat Nettles, that thereby he should be freed of the stone and grauell.

Now we will write of certaine potions which be made for the stone and the grauell: Take Turpentine which is washed with Hallowses water, three quarters of an ounce, *Species Iustini* two scruples, *Benedicta Laxativa* halfe a dragma; let the Turpentine and decoction melt, afterwards temper the rest with it, and so drinke it as warme as you can. Potions for the stone.

Another. Take Rubarb one quarter of an ounce, Juniper berries one ounce, the barke of the Cassie three dragmes, Jewes stone halfe an ounce, *Agaricus*, Ginger, Cinnamon, Galin-gall and Masticke, of each one dragma, Nithridate three dragmes, Mace, Cloues, of each halfe a dragma, spirit of Wine one pinte, and Palmesey three pints: set them all together the space of three moneths in the sunne there to distill; and of this distillation giue two ounces early in the morning, or being in the bath, it is a marvellous and approued remedy.

Another. Take Rubarbe, Ginger berries, Cassie wood, and fennell, of each one quarter of an ounce, Annis one dragma, Licorice five dragmes, Jewes stone halfe an ounce, *Agaricus*, Ginger, Cinnamon and Cloues, of each one dragma, Nithridate three dragmes, Mace, and Nutmegs, of each halfe a dragma, Masticke one dragma; put all these together beaten in a glasse, and poure thereon three pounds of the spirit of Wine or *Aqua vite*, then stop it tight, and set it the space of five dayes in the sunne; stirre it all together very well, then poure as much Palmesey vnto it, and let it stand againe eight or fouretee dayes in the sunne, stirring it euery day well about, afterwards straine it and keepe it well; when as the grauell beginneth to prick, then take a spoonfull thereof euery day, and you shall finde amendment out of hand. This same may be distilled like as the former.

Another. Take a pint of *Aqua vite* more or lesse as you will, Palmesey foure ounces, Sugar candy eight ounces, the water of Strawberries foure ounces, Hartley water two ounces; mixe them together, and take a spoonfull thereof, or as much as you please.

It is also here to be marked that you neede not be afraid of *Aqua vite*, burnt Wine, or any other strong wine: for all learned do require to drinke strong wine, as *Vinum punicum*, Palmesey, Muscadell, and such like, against the grauell or the stone, yea when the paine is at the extremest; yet with moderation.

Some that loue distillations do very much commend this potion following against the grauell: Take oyle of Mace and cleare Turpentine, of each ten or twelue drops, Annis water and fennell water, of each one quarter of an ounce, the sirupe of Licorice one ounce, oyle of Vitrioll three or foure drops, then temper them well together, afterwards proue it; and if so be that it be not so solue that it set the teath on edge, then it is metly; and if it be not solue enough, then put two drops of the oyle of Vitrioll more into it. It is somewhat perillous to deale with the oyle of Vitrioll, therefore good heed is to be had and taken, like as is declared in his description. Take Nettle seed two ounces and a halfe, poure wine vpon it, and drinke thereof. This wine is accounted marvellous good for the grauell and for the stone.

Here before is oftentimes admonished of Beane water, which is thus made: when they begin to be ripe, or when they be in their full iuice, then is onely the outtermost greene pods or peeles to be taken where the Beanes do lie, and the leaues, and all their moisture is to be distilled out of them in seething water. This being done, then take one ounce and a halfe thereof, prepared Bucks blood one dragma or foure scruples, and giue the patient thereof in the morning when he riseth, and at night when he goeth to bed. And this is he to obserue and continue so long untill that the stone or grauell be cleane expelled, and no more grauell can be perceived: this is of all auncient and latter Phisitions taken to be a famous and certaine experiment. Item, take womans milke about two ounces, keepe therein cut sprigs of Cipers, and let them stand and keepe the space of three or foure houres in a warme place, and then drinke it. The water of Beanes.

Item, take Knotgrasse halfe an ounce, red Bease, and peeled Melon seede, of each one ounce, let them seeth in twelue ounces of water euen vnto the halfe, and giue thereof one ounce at once tempered with a little Sugar: the meade or hony water is an especiall medicine against the grauell and the stone. In like manner also wine or water wherein Harts tong and Hal-lowses

lowes be decocted, and also of both these distilled waters.

Item, take a good handfull of *Watercresses*, seethe them in a pint of water vnto the halfe, and drinke thereof morning and evening, each time thre or foure ounces, and doe this the space of eight or ten daies together. Some do also much commend *Linons water*.

Take the rootes of *Cheruell* and *Sarifrage*, of each a like quantity: seethe them in wine, and drinke oftentimes thereof, it breaketh the stone, and causeth well to make water. Or take *Maidenhair* one handfull, winter *Cherries* and *Gromell* seede, of each two dragmes, boyle them in a pinte of white wine vntil two thirds remaine, take thre or foure ounces at once, and especially after a bath the water of *Larkes spur*.

Likewise also the water of *Cardus Benedictus*, if one doe drinke thre or foure ounces of it, is very good for the stone. Item, so are all these waters insuing good therfore, viz. the water of *Sarifrage*, of *Bellitorie*, of *Cinqfoyle*, of *Watercresses*, of *Fennell*, of *Radishes*, of *Maidenhair*, of *Strawberries* and of *Cammomill*.

Item, take a fresh *Radish*, cut it to thin round slices, and poure thereon *Vinum punicum*, or any good wine: afterwards drinke thereof sometimes a good draught.

You haue also herebefore in the twelfth chapter and eleventh s. a good drinke against the grauell and the stone, beginning, Take *Gentian*, &c.

Item, take *Maidenhair*, *Sperage*, *Tassell leaues*, water *Pints*, broad *Plantaine*, and red pease, of each a like quantity; seethe them all together in water, then take of this decoction five ounces, and temper therewith two ounces of *Oxymel*; afterwards giue it to the patient. Further, lay him a bed and let him sweat well: this openeth the conduits of vaine, maketh all tough humors thin, and expelleth them which cause the stone and the grauell.

Further, there be diuers wines decocted and also vnfolden, whereof we will discouer some. Of all the most vsed are these following, as the wine of winter *Cherries*, wine of *Elecampane* rootes, wine of *Hyslop*, wine of *Harts tong*, and wine of *Assarabacca*, which is thus to be prepared: Take *Dust*, and to euery quart of *Dust* halfe an ounce of *Assarabacca*, the herbe being taken off when the root hath been a drying the space of two moneths. Of this wine take euery evening and euery morning a good draught: it forceth the vaine and the grauell, it warmeth all inward parts, it expelleth the Ague, it is good for the *Dropsie*, and also for the yellow *Jaundies*.

Vrine of *Assarabacca*.

Another good Wine.

Take *Strawberrie leaues*, *Bellitorie*, *Water cresses*, and *Gourd cresses*, of each a like quantity: seethe them in Wine vntill the third part be consumed, then drinke thereof a mixtly draught when you goe to bed, and in the morning when you rise. This hath bene oftentimes found very good.

All Physicians doe conclude, that all troubled and thicke Wine, much and often drunken, causeth the stone and the grauell speedily to grow. Therefore must one alwaies beware thereof.

The *Cherry wine*, like as it by reason of the temperate nature may be vsed in all sicknesses; so may the same also be occupied for this disease, and especially when the *Cherries* with their kernels be staniped in peeces, whereof it is made, then doth it drine out the grauell the better.

We will here yet describe certaine sirupes which may be vsed with great commodity for the grauell, like as these ensuing: Take the rootes of *Sperage*, of *Ruscus*, and of *grasse*, of each thre ounces, *Harts tong* with rootes, *Creta marina*, *Maidenhair*, water *Pints*, *Sarifrage*, *Pimpernell*, and *Parrow*, of each one handfull, red pease two ounces, Vineger of *Squils* one ounce, white *Sugar* and hony, of each sixe ounces. Lastly, seeth a clere sirupe of this, and vse the same with diureticall waters.

Another.

Take *Fennell rootes*, *Parsly* rootes, the rootes of *Smallage* and of *Sperage*, of each one handfull, the seeds of *Parsley*, of *Fennell*, of *Smallage*, of *Annis*, of *Caraway*, of *Lettice*, of *Purslaine*, of *small Endine*, of *Belons*, of *Pompeons*, of *Gourds*, and of *Cucumbers*, of each one ounce, red and white *Saunders*, *Roses* and *Violets*, of each halfe a dragme, fine and
twentie

twenty or thirty dry prunes, Harts toong, Liverwort, Centory, and Maidenhaire, of each two handfuls. All these foresaid things seeth in sufficient water vnto the halfe, and then wzing them out, vnto this decoction put eightene ounces of Sugar, and let it seeth againe to the sirupe, and then clarifie it with the white of an egge.

What outwardly ought to be vsed.

For the grauell and the stone may diuers things be also outwardly vled, whereof we shall hereafter write and discourse sufficiently, but we will first begin with the salue.

Take the fat of the kidneyes of a Weather, stampe it very small, and temper therewith a cruse full of the iuice of water Cresses, or garden Cresses, and let them seeth together: this being done, then straine it thzough a cloth, and annoint you therewith.

In like maner is also good for all grauel and paine of the reines, for the stone and the conduits of vrine, and for all diseases of the bladder, the precious balme or oyle, which, in the last part of this booke, is the first of all the rest that is described, if one be annointed therewith.

For a plaister is this following to be vled: Take Hollihock rootes with the seed, Linsed, figs, and butter, of each an ounce, oyle of swete Almonds two ounces, Ware as much as is needfull for to make a plaister, and then lay it vpon the kidneies; afterwards you are also to annoint the place of the reines with the oile of Scorpions, and to spout some of that oile therein. Item, take oyle of Scorpions three ounces, burnt sponge stones, and burnt Wagtailes, of each 3. dragmes, Jewes stone one dragme, make a salue or a plaister thereof with ware.

Item, in the former sixteenth chapter and the fift s. is described a plaister of Radishes, which may also be vled for this purpose. For this is also good a pap made of the crums of white bread decocted with wine, and a little Saffron put to it.

Item for to lay vpon it: Take Bellitory, put some Scorpion oile vnto it, oile of Cammomill and some oile of *Camelina*, frie them all together in a pan vntill it be as thick as pap, afterwards put amongst it powdered Saffron, and then lay it vpon the kidneyes.

Item, take Bellitorie, Spikenard, *Spica Romana*, Fennell seed, Parsley seed, wilde yelow Rape seed, and *Assarabacca*, of each one handfull, powne them somewhat together, and put it in a bag, afterwards let it seeth in wine and lay it ouer the reines.

Of bathing and fomenting in the grauell.

All they that can come to the warme sulphure bathes, may franke and freely vse them, for these be very necessary for to breake the stone.

But if so be that one cannot come at them, then let this following be prepared: Take Hollihocke leaues, Fennell, Parsley with the rootes, Bellitory and Linsed, of each one handfull; put them together in a bag and seeth them in a great kettle of water, afterwards let it be mextly cold without putting any other water vnto it: then set the patient in it euen to the nauell, as long as he can abide. This is to be often vled, and so long vntill that the patient do find that the stone weareth away.

Another, take Bellitory, Lauender flowers, Parsley seed, Fennell seed, wilde yelow Rape seed; seeth them all together (as is aforesaid) and bathe therewith. The bag is also to be laid vpon the kidneyes.

Item, take the hearbe Hozetale, Pallowes, wilde Thyme, the stalkes of Rapes, put them all together in a bagge, and seeth them in a great kettle with water; and further, let it be mextly cold of it selfe, and vled as befoze.

When one hath then bathed a certaine space, then are diureticall potions and salues of the reines to be vled, made of such things as are described herebefoze.

These are now the principallest things which of the ancient and latter Phisitions are described against the grauell and the stone of the bladder: also whatsoeuer else is prescribed for the infirmities of the kidneyes, that is for this most mete and conuenient.

There be also moe accidents which are wont next to the grauell and the stone to accompanie it, as *Lithiasis*, *Dysuria*, *Stranguria* and *Ischuria*, and all these bzing also great paine and sometimes swelling, whreby the conduits of the vrine be stopp: but because that these altogether

ther belong but to the bladder and the necke of the same, therefore will we discourse thereof after the description of the Bladder.

But there is yet a heauy disease which proceedeth from the kidneys, the which we are here to describe, and therewith to conclude this Chapter.

When one cannot hold his water. §.5.

This disease the Grecians call *Diabeten*, the Latinists *Vrina profluvium*, which is an unnatural fluxe of the vrine: with the great paine which is with this disease there is an excessive and intollerable thirst, the which when one thinketh to quench with drinking, then doth all that is drunke passe straight away from him, and is without any alteration of the same drinke piss out againe all together, whereby this disease hath his name also *Profluvium*.

Well now, this is a disease of the kidneys, which is wholly to be compared with the disease of the stomack in the fluxe *Lienteria*: in which disease of the stomack or fluxe, there is no satiablenes of meate, because that the meate receiued, sozthwith vndigested and without any alteration passeth out thzough the bolwels.

And albeit (as is sayd) this unnaturall heate of the Reines commeth from the L yuer, the which afterwards doth draw vnto it the moysture which is receiued of the stomacke, then doth this disease neuerthelesse soz all that come from the cold of of the kidneys and of the whole body, like as may be seene in them who get the palsie, & cannot hold their vrine. If it proceed of heate, then it is knowne by the paine and pricking about the kidneys, and by the great thirst. If of cold, that is to be perceiued about the same parts, and in the outward members, soz cold things offend him, and all warme things are acceptable.

By all these formentioned things are yet the tokens that in pissing there is no paine, and that there is stopping of the scale: when this sicknesse growes to be old, whether it be in aged or yong persons, then is it esteemed to be incurable, soz that it consumeth the body from day to day, and that so long, vntill that death follow after it.

The cure of these sicknesses depend on these rules ensuing, whereof the first is, like as this disease is caused most out of heate and drieth of the kidneys, so is the same to be remedied thzough cooling and moist things: secondly, if so be that the retentive force of the kidneys be infabled thzough the superfluous moysture which they do draw vnto them, then are men to strengthen the same (if it be caused thzough heate) with astringent & cooling things, and to alter their nature: thirdly, because that the whole body thzough the attraction and affluence of all waterish moysture, waxeth faint and thirsty; therefore it is good not to permit the sicke person to drinke much, that he fall not vtterly thereby into the consuming ague *Marasmus*: fourthly, if so be that the sicknesse be caused thzough heate, and that the lyuer and the stomacke bee also thereby infected, then is he to eschue all light meates and eggs: fifthly, to the end the moysture may be drawne to another place, then is after much drinking of water payzaking and vomiting to be prouoked: sixthly, all that draweth the moysture outward, as the sweat, is here very profitable: seuenthly, like as the body in this sickness is commonly bound and obstructed, therefore is care to be had to open the same with Clisters.

And like as we haue expressed that this disease *Diabetes* can be caused thzough heate and cold, therefore will we write distinctly and seuerally thereof, and first beginne with the cold *Diabetes*.

Of the effluxion of the vrine through cold. §.6.



Though now it happeneth (like as we haue discoursed here before) that the sicke persons do make water very much, and yet no heate perceiued thereby, or that a nights his vrine vntwitting runne from him, and had also no thirst, and abated not, then are all such medicines to be giuen him which do stay the vrine: soz which these things following shall be very meete: To wit, egges supt early in the morning fasting, steeled milke, or wherein pebble stones be slacked; but especiall is the shepes milke commended soz it.

Some

Some doe aduise that for this disease is euery day to be taken halfe a dragme or a dragme of Nithzidate with a good draught of Wine. These pills following are also highly commended for this disease: Take Beuercod, Myrthe, Hysope, Marierom, Acozue cups, and Pieratrimon, of each a like quantity, make them to powder; then take the sirupe of Mirtles, and forme a masse of pills thereof; afterwards then giue a dragme thereof at once, to wit, when the patient goeth to bed. Use this powder following: Take Acozue cups, powne them to powder, and take thereof one quarter of an ounce at once with red Wine before that you goe to bed. Item, take a burnt Hedge-hog powdered one dragme, or one dragme and a halfe, and giue it him as before; the flesh of an Hedge-hog is maruellous good for this. Item, take Acozues one dragme, Frankinsence three ounces, and sixe dragmes of prepared Coriander, fine Bolus and Gum, of each one ounce and a quarter, then make a powder of it, and take euery morning thereof one ounce and a halfe with red wine. Item, take powdered Agrimony one dragme with red wine when you go to bed.

Outwardly may some of these things following be used: Take oyle of Lillies, or oyle of Costus, annoint the priuities with it and the parts about it: but temper amongst it some fine Bolus, Masticke, Momie, Myrthe, and make a salve of it. Use lay one of these plaisters following upon it: Take Laudanum and Masticke, of each one ounce, Frankinsence, Cipers nuts, of each one dragme, Lignum Aloes, red Styrac, Calmus, Galingall, Cinnamom, of each halfe a dragme. Turpentine one dragme, or as much as is needfull, melt the Laudanum in a warme mortar, then make a plaister thereof, and lay it ouer the priuities; but first shauie off the haire, that the plaister may be taken off without paine. Use make this following: Take Laudanum and Masticke, of each two dragmes, Lignum Aloes, red Styrac, Galingal and Quince kernels, of each one dragme, Turpentine one ounce; powne all that is to be powdered, and adde the Laudanum vnto it as before, spread it on leather and apply it to the priuities.

Another. Take the iuyce of Mints twelue ounces, Frankinsence and Masticke, of each halfe an ounce, Cipers nuts one quarter of an ounce, Galingall, Lignum Aloes, of each one dragme, Cinnamome, or beaten Comin seede as much as is needfull for a plaister, vse it as is before shewed.

It is to be noted that the Comin seede must be parched before. What further is requisite for this purpose, it may be sought for in the third part, the 11. Chapter, and also in the 12. chapter, in the first part, and 13. s.

For the affluxion of vrine through heate. S. 7.



If so be that there be with this vnnaturall affluxion of the vrine an vnnaturall thirst, and the drinke forthwith piss out againe, then are these meanes following to be used: first, in case that the body be bounden, then minister to the patient laxatiue clisters of the common cooling herbes, wherewith *Hiera Picra* or *Benedicta*, with the oyle of Violets be tempered; and immediatly afterwards open the liuer veine, whereby all the ill accidents of the body may be defended and auoyded.

And if it be needfull, purge the patient with yellow Diobalans and with Cassie, which both doe coole. But if you will make it that it be good for the grauell, then mixe things amongst it which expell the grauell: afterwards cause the patient to vomit when he hath drunken much water, like as is taught in the sixt rule.

Otherwise is this ensuing especially commended for this disease *Diabetes*: Take *Acacia* one quarter of an ounce, Rose leaues three dragmes, fine Bolus, Gum, and Dragagant, of each halfe an ounce; powne them all small together, and let it passe through a small sieue: afterwards make it into small Trociscs, with the muscilage of Fleawort, and giue thereof the waight of a dragme with Endiue water, Burrage, and Cicozie water. Item, take fine Bolus and Sealed earth, of each one scruple, the iuyce of Sloes, Pomgranate flowers, Mirtle seede, red Coral, and Roses, of each one dragme; make a fine powder thereof, when he goeth to rest, with thicke red wine: or take the innermost rinds of hens mawes, wash them cleane with wine, and dry them, the powder of a burnt Hares head and Mastick, of each halfe an ounce, Agrimony five dragmes, burnt powder of an Hedge-hog halfe an ounce, temper them all together, and powne them all small

small to powder; afterwards giue thereof one dragme and a halfe with red wine when he goeth to sleepe.

Another. Take Pettleroots one handfull, Veruaine and Caraway, of each one handfull and a halfe, seeth them together in steeld water, and drinke thereof.

Item, take *Sorba* and Peares, stampe them together, distill a water thereof, and drinke often of it, or mingle any other drinke amongst it.

Outwardly may these things following be vsed: stampe cooling hearbes, viz. Lettice, Purslaine, Nightshade, Housleke, Rose leaues, and Willow leaues. Or cut fresh Pompeons or Citrons in broad peeces and lay them thereon: you may also weare a beaten plate of lead vpon the reines. the which may be made oftentimes wet with Vineger.

Also prepare this salve ensuing: Take three ounces of Poplar salve, oyle of Roses, and oile of *Mandragora*, of each halfe an ounce, the muscilage of Fleawort one quarter of an ounce, Vineger one dragme, Ware as much as is needfull for to make therewith a salve. Item, take the iuyce of Lettice, of Purslaine and of Nightshade, of each one dragme and a halfe, Rose water one ounce, Vineger halfe an ounce, white beaten Poppy seede one ounce, Ware as much as sufficeth for a salve, and annoint the reines with it.

After the annointing lay then this plaister following vpon it: Take Barley meale, Vineger, and oyle of Roses, let them seethe together, and lay it thereon. Or take Wine leaues, Willow leaues, Quince leaues, Cassell leaues, and Housleke, of each one handfull, stampe them well together, and put vnto it five ounces of Barley meale, oyle of Roses and Vineger, as much as sufficeth for to make a plaister, then lay it cold vpon it.

The order of Dyet.

All meates that do coole are good for this patient, as Aeriuyce, the iuyce of *Ruscus*, Barly, and all that is drest with Barly, Almond milke, and Rice, all fruits which coole and bind, as Hedlars, *Sorba*, Sloes, Cherries, sometimes also plums, Mulberries, Pomegranates, and Strawberries are also good for him. If there be neither heate nor Ague with it, then may he haue the foresaid things drest, as Barley, Rice, and Almonds with fresh broth. He may also vse otherwhiles Peates feete and Riner fish, but very little salted. Also Ven-broth decocted with cooling seedes is very good for him. His best drinke shall be Barly water, wherein a little Fleawort is decocted. Buttermilke is also good for him. The iuyce of the first mentioned fruits may be mixed with fresh Well water, and so drunke: in like sort also the Rose water of it selfe alone. Thicke red wine is also (as before) to be tempered with fresh well water. For this is also mete the sirupe of Violets, or Julep of Violets, with some cooling waters, or tempered with some well water.

You haue also herebefore in the twelfth chapter and 3. S. other Juleps and Confections moe which be also very fit for this vse, as *Triasantalon* and *Diarrhodon Abbatis*, therefore is he to take now the one and then the other, to the end that nature chance not to abhorre and loath that which is to be taken.

For an intollerable thirst may this following be vsed: Take burnt Anozie ten dragmes, Lettice seed and Purslaine seed, of each fiftene dragmes, Coziander seed, yelloiw Rose seeds, and fine *Bolus*, of each five dragmes, Pomegranate blossomes one quarter of an ounce, Camfer halfe a dragme; then make a powder of it, and vse one dragme thereof, or one dragme and a halfe at once with the iuyce of Pomegranates.

What is further good for the thirst, looke for it in the twelfth Chapter and 10. S. in the third part of this booke.

This patient must restraine and keepe himselfe from all labour, and conuersation or company of women. Also to eschue all sowre things, and to perforce and do in all things like as herebefore in the sixt Chapter and 1. S. is taught of the effluxion of humane seed.

The eighteenth Chapter.

Of the Bladder.



His inward part of the Bladder is common to all humane bodies; it is made of two strong skins or membranes, whereof the innermost skinn is twice as strong as the outmost, and that not in vaine, but to the end it might the better withstand the sharpnesse of the vaine. Both these skins are formed of a slippery white matter: and betwene both the skinnes or membranes there runne many veines, sinewes and arteries euery way, whereby they do draw the moisture of the Arters, which do come from the Reines, and do carry it into the Bladder.

For the foresaid Arters be so small and so narrow, that one cannot in a dead body discern nor finde the same; like as also the bladder of beasts doth manifest the same, which is so tight and so shut vp, that no water nor winde can pierce through.

In men doth this Bladder lye with his necke (which is fleshy) verie hard besides the Arse, gut, crooked, and almost like this letter S, great and long euen to the beginning of the Vard. But in women the necke of the bladder doth lye somewhat higher then the necke of the wombe, it is also shorter and wider, and therefore also they may much easier be holpen of the stone then men. Item, in the foresaid part of the necke of the bladder there is a muskellish flesh, the which holdeth the vaine so long shut vp, untill a body desire to make or let goe his water. Further, mens bladders be also according to the proportion of the body, much bigger than in any beasts: they can also stretch themselves very farre, whereby they in time of neede may retaine and keepe a great quantity of vaine.

Whensoever this Bladder also is pricked in her membrane substance, or a hole made in it, then is it incurable; notwithstanding that Aristotle doth thinke that it hath bene healed, but very seldome: for the necke of the bladder, which we haue said to be fleshy, may be healed without plaister or salve, and onely through the vaine, like as is sufficiently made knowne & shewed by the stone cutters.

Amongst beasts, they onely haue bladders which bring forth a liuing creature into the world, and that haue lights full of blood. But all that do lay eggs, as fowles and wormes, they haue altogether no bladder, the Tortoise onely excepted.

This bladder is by nature ordained for a receiuer of the vaine, and to the body a very needfull member; for if so be that nature must haue expelled all her waterish moisture throughout all the whole body, not hauing any particular vent or passage for it, then of necessitie should a bodie oftentimes either dry away or stie.

To this bladder doe also happen oftentimes many sundry diseases and perillous infections, as the grauell, the stone, painfull making of vaine, retention of the same, the Strangurie, stime, obstruction through blood, the which doth not onely cause heate, swelling vlcers, and deadly impostumes, but also bringeth with it many kinds of other perils: and because that we herebefore haue written at large thereof, therefore will we not here rehearse them againe, but onely speake and discourse of those things that concerne the bladder and the necke of the same.

Of retention of vrine in generall. §. I.



Under the name of the retention of vaine we do comprehend all accidents, whereby the water is retained and kept backe, whereof there be siue kinds disclosed in the seuenteenth Chapter, in the conclusion of the fourth §. and here are to be rehearsed. Amongst all these is the one more violent then the other, and for that cause are to be cured and holpen with diuers and sundry remedies.

First, wee will speake of the disease which the Grecians doe call *Lithiasis*, which is when the stone of the bladder relying on the necke of the same, hindreth the passage of vaine, or causeth such a distention of the yard and foreskin, that this and the stone together doth wholly hinder and keepe backe the vaine, which is not without great paine and trouble to the

patient: but these meanes following are to be vsed in this extremity.

If so be that the stone of the bladder cannot be expelled thzough the former remedies, then put backe the stone and so let out the vaine. First, the patient is to be laid on high with his arse, and spread his legs abroad, and shake and rub the place strongly, that thereby the stone may be remoued from the necke of the bladder, or the same is to be put backe with a siluer instrument, that thereby the vaine might freely passe forth. But great care is to be had whether the passage for the vaine be not shut vp by some swelling, otherwise would the yard within thereby bee vntused, and the greefe made worse then before.

The second manner of the retention of vaine is *Dysuria*, which is when a man doth make water with great grieffe and paine very slowly, the which is commonly perceiued by the pricking paine and great heate in the forepart of the yard.

The third kind of the retention of vaine is called *Stranguria*, which is when one is constrained to make water often, and that with a few drops at once. These two sorts of retention of vaine, are so like one to the other, that few Physicians can seuer them, yet neuerthelesse haue they some differences.

Both these kinds are caused of a sharpnesse of some humour and of the vaine: or thzough the debilitie of the muscles and of the retentive power. For if there come any sharpe or corrodng humour into the Bladder, then will it presently by force expell the same without any intermission.

Or if the retentive vertue of the bladder be weakned, then can it not abide the least distension in the world, but let the vaine continually passe forth as an intollerable burthen.

Ischuria detaineth the vaine altogether, and is caused diuersly, to wit, of heate, of the hardnes of the passage, of the debility of the expulsive and force of the retentive vertue, and of the forementioned disease *Lithiasis*.

Also if there be any grosse and tough slime gathered together in the passage of the vaine, or if there be any clotted blood, thzough blowes or falles settled in the bladder, which there doe hinder the course of the vaine.

In like manner also when the kidneies and the bladder do rankle and impostumate.

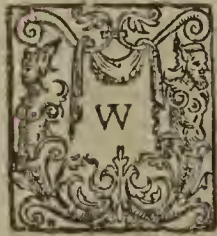
Lastly (as it oftentimes hath bene found) when the water is long held vp.

And albeit there be many sorts of this retention of vaine, which at the last may cause impostumes, vlcers, and much paine: yet is this the totall summe and conclusion, that all of them that detain or hinder the free passage of the vaine, do require but one kind of remedie. Notwithstanding we will in this our discourse following (as much as shall bee possible) shew some differences in them.

Although there haue bene diuers causes shewed before of this disease, yet (to prosecute our accustomed methode) we will recite them once againe: namely, if one haue fallen hard, or haue had a blow or vuse on the bladder. Item the tumors and impostumations which do stop the passage of the vaine. Also when the back or any other part of the body is vused, and the blood falle downe into the bladder, and there lyeth clotted. Likewise thicke tough slime or corruption, or other causes more, &c. whereof partly hath bene spoken of before in the 16. chapter and 7. s. and partly shall be intreated of hereafter more at large.

The signes of this maladie are these: if it procede of any outward cause, that may be inquired of the patient. Or if the same be caused thzough congealed blood, stone, slime or corruption, then may the same matter be perceiued by the vaine, and by the paine of the place infected, whence the matter commeth. Also by the siluer probe, whereby the stone may be felt, or by the blood and slime which remaineth on the instrument being drawne forth.

Of the paine which is caused by the retention of the vrine. §. 2.



We haue amongst other things before made mention of grauell, whereby not onely the patient is grieued with great paine, but also the Physician is hindered from the application of those remedies as may seeme meete for him: wherefore it is specially aduised, first to delay the paine, or at the least to diminish it; for the which these remedies following are especially commended.

All gentle Clifters, easie purgations, and aboue all others, bathes of warme water,

water, wherein Mallowes, Hollihock roots, and Pettlerootes, Bromell seeds, or any such like mollifying things and Sarisrages are decocted, wherein these patients are oftentimes to bathe themselves euen to the nauell.

Item, take Colewort leaues, Southernwood, Rosemary, Pigeon dung, wilde Saffron seeds beaten grossly : seeth them all together in water for a bath. Or take Mallowes, Hollihock leaues, Bellitorie of the wall, Southernwood, *Creta Marina*, Fenegreek seed, Hollihock seede, of each two handfulls ; seeth them all together vnto a bath. Afterwards annoint the kidneies with the oyle of Scorpions, or with any of the foresaid salues.

With this bath may this powder following also be vsed with the decoction of Pepper : Take the seeds of Pursaine and of small Endiue, of each halfe a dragme, Dill seed two scruples, Parietom halfe a scruple ; giue this to the patient when the paine is present.

Note also that these two meates be very good, both for the retention of the vrine, and also for the strangurie. And if so be this be holpen, then will the paine which is in the end of the Vard sone cease.

In the description of the kidneies there may you see many plaisters, salues and oyles, as that of *Anodynum*, and others moe, which are very mete for this purpose.

Of the stopping of the vrine through the debilitie of the vertue expulsive. §. 3.

If any one be hindred in the making of his water, or that the same be altogether stopped without any swelling, vlcere, or paine of the kidneies, it is then to be censured that the same should come through the debility of the vertue expulsive : against the which such things shall be vsed as are diureticall, or that doe prouoke vrine, as these pills following : Take the seeds of Smallage, Saltpeter, Hadder, great Smallage, Juniper berries, *Asarabacca*, *Ameos*, Fennell, *Spica*, and bitter Almonds, of each one ounce and a quarter, Belons five dragmes, *Cantharides* (the heads and wings cut away) halfe a dragme, *Ammoniacum* one dragme and a halfe ; dissolve your gum in wine, and mixe all the rest being beaten small amongst it ; then make pills of them of the bignesse of peason, giue thre of them at one time. These pills haue an especiall efficacy for to dry the body, so that they are accounted very good for the Dropsie.

The *Electuarium Ducis* is also very good for this purpose, if thou giue one quarter of an ounce of it with pease broth or wine, which thou wilt.

There was not long since one cured with this remedy following, who for the space of five daies could neuer make his water : first he tooke this clister : Take Bellitorie of the wall two handfulls, Mallowes and Cammomill, of each one handfull, boyle them together ; then take of this decoction the accustomed quantitie, and temper amongst it one ounce of Cassie, oyle of Cammomill thre ounces, Turpentine one ounce, Licorice one quarter of an ounce, minister it warme.

Secondly, this following was also ordained for him : Take Cassie and Turpentine, of each one quarter of an ounce, *Benedicta Laxatina* two dragmes, prepared Jewes Stones one dragme, make an Electuarie thereof with *Oxymel*. At night he tooke two ounces of *Oxymel* with the water of Maidenhaire, and presently after this he made water.

Item, take foure or five ounces of the iuyce of Bellitorie of the wall, and clarifie it with the white of an egge, then seeth it with sugar to a sirupe, and vse thre ounces thereof euery morning with the water of Mallowes, or with any such like distilled liquors.

This done, giue vnto the patient a purgation of Cassie. Thirdly, take Coziander seeds halfe an ounce, Mallowes one handfull, one head of Garlick, powne them all together, and seeth them with good white wine vntill that one third part be consumed, and giue him thereof thre ounces to drinke.

Peach kernels and the kernels of Cherrie Stones doe also prouoke vrine. Item, preserved Pimpernell rootes, Calmus, and the rootes of *Eringus* are also very good for this purpose, confectioned Louage seede, Annis seeds, Fennell seeds, Caraway seeds, Comin seeds, and Sarisrage seeds, these do expell all vrine, grauell and stone. Treacle and Nithibate doe also cause one to make water. Item, the confection of Cherries with their kernels beaten in peeces, and rubbe it

thzough a strainer is also mæte for this vse: also halfe a dragme of dried Grasshoppers is very fit, and a great secret in this disease. Item, the stone which is cut out of a living body, and vsed as befoze hath bene shewed in the expulsion of grauell, is also very conuenient and commodious for this intent.

Take Tormentill, Pionie, *Bistorta*, Acornes and wild Flax, of each a like much, powne them all together, and take thereof in the evening and morning one dragme with wine. The Spanish flies do expell vaine most violently, but beware of them because they be very sharpe, and exulcerate the veters; but the Grasshoppers are somewhat milder. Item take the rootes of Wimpernel beaten small as much as one can containe betwene his two fingers, and drinke it with Wine. The powdered shels of Hasell nuts doe the like also, and the iawes of Pickerels, if thou take of each of them a like quantitie.

But if the vaine be stopped by reason of the stone in the Bladder, then giue vnto the patient two small drops of the oyle of Sulphur with wine or Agrimony water: or beate a Radish berie small, presse out the iuyce of it, and take halfe an ounce therof with wine; it prouoketh vaine immediately, and breaketh the stone also. Item, drinke in the morning thre or foure ounces of Radish water very warme, and fast two houres after it. In like manner also two in the evening two houres befoze supper, and walke after it.

Another. Take Hallowes and Garlicke, of each a little, seth them in wine vntill the third part be wasted away, drinke thre or foure ounces of this decoction at once. Or take *Balsamina altera* and the lesser burre leaues, boyle them together in wine, and drinke it as befoze. Take a great Onion, cut it small, and Hallowes one handfull, boile them in wine, and drinke oftentimes of the decoction being warmed.

If a childe could not make his water, then take ten or twelue bitter Almonds, and tenne or twelue Peach kernels, and two ounces of Currans, stampe them all together, straine them thzough a cloth with water like to Almond milke, and giue it the childe to drinke like Almond milke.

Amongst the herbed Wines are especially commended for the prouoking of vaine the Wine of Elecampane, of Harts tongue, of swæte Marierome, of Cherries, of *Assarabacca*, and of winter Cherries, which are also mentioned befoze in the Treatise of the grauell. But if any one might not drinke wine at all, or that he had it not, then may he drinke Beade or Hony water, which is also very good. What sirupes and other things might be vsed for the prouoking of vaine, that hath sufficiently bene shewed befoze in the discourse of the grauell. But *Oxymel compositum* and the sirupe of Vineger are for this vse very highly commended. Clifters are of no small force in this disease, but especially when they be made with *Benedicta* and the oyle of Scorpions.

Amongst the outward remedies are the foze mentioned bathings the especiallest and the most highly commended.

Hereafter follo w the descriptions of salues and plaisters. Take a sliced Radish, seth it to pap, and temper amongst it the oyle of bitter Almonds and the oyle of Scorpions with a little ware, then spread this very thicke vpon a cloth, and so lay it vpon the priuities. Item, take Turpentine, oyle of Scorpions and of bitter Almonds, of each a like quantitie, and a little molten ware, then temper them together, and therewith annoint the whole priuities.

Another. Take the oyle of Scorpions, of *Costus*, of Lillies, of Dill and Ducks grease, of each halfe an ounce, Pellitorie of the wall and Saxifrage beaten, of each one dragme, Comin thre dragmes, ware as much as sufficeth for a salue. For this you may also vse the balmes and oyles which are described in the eight part, like as shall be shewed there moze at large.

Here befoze in the affluxion of the humane seede, is also admonished that the nauell is to bee filled with a little old suet, either of an Ore or of a Hart; the which is also an expert remedie for the making of water, but that is oftentimes to be vsed. The oyle of S. Johns wort should also expell vaine if one be annointed with it.

If now there be any body which cannot make water, then cut two great Onions, and put a spoonefull of Caruwaies vnto it, poure then thereon some Gallad Oyle; afterwards fry them all together, and spread it on a cloth two handfuls broad and mætely long, and so lay it as befoze vpon the priuities as warme as can be suffered: doe this sixe or seven times together, it helpeth euidently. Item, take Pellitorie of the wall, fry it in oyle, and so lay it warme on the priuities.

Some

Some doe write that the fat of Conies annointed on the priuities & on the kidnepes, should maruellously expell vaine. Likewise also the oyle of Bayberries, of Cammomill and of Scorpions. The retention of the vaine of what cause soeuer it be caused, this ensuing is good for it: take liue or dead wood lice, lay them ouer the priuities before, and then plucke ouer the foreskinne: these and Cony fat are by some highly commended: also the foreskinne is to be put ouer the annointing with Cony fat.

This ensuing is also highly commended for Women when they cannot make water: Take filed Goates horne and Maidenhaire, of each a like quantity, make them to powder, and strew them on a new hot tile: put this into a close steele and set the woman vpon it, then sprinkle wine on the tile to the end she may receiue the vapoꝛ beneath: this is to be done twice or thrice a day, according as the obstruction of the vaine is great. But if this malady seeme wholly to get the maisterie, then take the water of picked Plantaine, make Almond milke with it, and drinke thereof twice or thrice a day, it is also especiall good. And if so be that the sharpnesse of the vaine had made any excoꝛiation, then annoint the place with the oyle of Egges. And if a woman with child cannot make her water, then is she to take yelloꝛ Rose seeds and seeth them in wine, when the paine is somewhat asswaged, then giue thereof to drinke: afterwards make a little oyle of Lillies warme, and annoint therewith the Reines and ouer all the belly. Item, take Sage and Wormwood, of each one handfull, Rie meale one spoonefull; seeth them all together, and let the woman sitting on a close steele receiue of the vapoꝛ.

You haue also in the first Chapter and 1. s. somewhat else which is also meete for this purpose.

Of the retention of vrine through falles or blowes. S. 4.

If the retention of the vaine come of any outward cause, as of falls or blowes, then must good heed be taken if so be that thereby any coagulated or clotted blood, not onely in the bladder, but also in any of the inward parts, came to putrefie, like as in the stomack, in the breast, and elsewhere, then may great sorrow and trouble proceed of it, yea death it selfe; for that there follow great faintnesse after it, great weaknesse of the whole body, and the pulse will be so small that one can scarce feele it.

And to remedie the same, is the Liuer veine of the sicke person to be opened, and the bruised place irrigated from on high, oftentimes with warme water wherein Cammomill, Melilot, and Roses be decocted. Afterwards is the sicke person to be annointed with this salve ensuing: Take Myrrhe and Masticke, of each one dragma, oyle of Roses one ounce, oyle of Dill halfe an ounce, waxe as much as is needfull.

But if the paine will not abate and cease, and that it appeare that the bruisse will come to an impostume and heate, and an ague sticke vnto it, then open the *Saphea*.

If the patient be bound, then are milder clifters and purgations to be vsed, and the patient is to keepe himselfe as sober in eating and drinking as may be possible the space of two dayes, and afterwards to dyet himselfe like as one that hath an Ague is wont to doe. The place is to be fomented with the foresaid herbes, and thereupon to annoint it with warme oyle of violets, and with oyle of Cammomill. The bladder is softly to be wrung from the top euen to the priuities: also an Dre bladder may be filled with this decoction following, & laid vpon the priuities.

Take Gallowes, Cammomill, Rape leaues, Melilot, Violet leaues and Linseede, seeth them together, and make a felt or sponge wet in it, and lay it warme vpon it. You may also make a bath for the loines thereof, putting thereto some Hollihocke roots, Onions, Garlicke, and Colewort leaues powdered all together; seeth them and wring them out well, then put them in a bag which hath a hole in the middle to put the yarde therein, and that he may lye vpon it. Item, take Wormwood, put it in a bag, seeth it in wine and wring it well out, then lay it vpon the priuities, as is expressed, and admonish the patient that he endeavour himselfe to peepe oftentimes.

This ensuing is not onely good for the clotted blood in the bladder; but also for al other places of the body, be it of whatsoeuer occasion it may be: Take Wormewood, Fennell, Smalage, the seed of the yelloꝛ root, red Storar, peeled Melon seed, and Radish leaues, of each a like quantity, make a powder of them, and giue thereof betweene one and two dragmes with Asses milke, or with water wherein Fennell rootes, and the rootes of Smalage, of Parsley, of Sperage, or of Ruscus be decocted.

Of the retention of vrine through some obstruction of the conduits. §. 5.

If so be that it happen that this retention or painefull making of water do bere or paine a body, and yet neuerthelesse the bladder is full of vrine, and that the patient had pist any blood or matter befoze: then, are those remedies to be giuen him which doe open, and which doe attenuate the clotted blood and corruption in the bladder, and make it fluxible: therefore one must first begin to wring the priuities hard; that thereby the lowermost passages may be opened, and the vrine may runne out. Now if so be that this obstruction doe come of clotted blood, of matter or of slime, then are Sperage water, Sarisfrage water, and Radish water, especially good for it. In like manner is also very good, the broth of red Pease, of Fennell rootes, of Parsley rootes, and of Smalage, of each apart, or boiled together. Also Limon water is very much commended for this vse. Item Treacle, good Pithidate, and most of all that which is declared in the retention of the vrine.

Also Salt water, or this following may be spouted into the bladder, which may draw out the vrine through their sharpenesse: take burnt ashes of Ferne, Vine ashes and lime, of each a like quantitie, poure as much water vpon it vntill it be couered, let it stand so the space of three daies; afterwards poure it through a tight cloth, and spout a little thereof into the bladder. This can also be done with the oyle of Scorpions.

Item, take the seedes of Carrots, the seed of Stone Parsley, and of Parsley, of each one quarter of an ounce, *Hermodyli* three dragmes, make a powder thereof, and giue one dragme thereof at each time. Or take the seed of Smalage, of Parsley, or Piony, of Wormes, and of Sarisfrage, of each one quarter of an ounce, Fennell seed, Caraway and Annis seeds, of each halfe a dragme, Gromell seedes, *Spica*, Cinnamome, peeled Melon seeds, Pompeon seedes, Gourd seedes, and peeled Cucumber seed, of each one dragme, Licorice three dragmes, Sugar one ounce and a halfe, make a powder thereof, and giue of it euery day one dragme, with some diureticall decoction. If so be that the sicke person haue no stools, then is the matter first to be prepared with *Oxymella diuretica*, or with *Oxymel* of Squills, and afterwards to purge with *Medicamine Turbith*, and with *Agarico*, or with *Benedicta Laxatina*, wherunto are added *Hermodyli*: also these ensuing clisters may be vsed.

Take Bellitorie of the wall, water Cresses, Sarisfrage and Cammomill, of each one handfull, seeth them all together in water, and take twelue or fiftene ounces of this decoction, *Benedicta Laxatina* one ounce, Cassie and *Hierapicra*, of each one quarter of an ounce, oile of Rue three ounces, make a clister thereof.

For an outward application, take two handfulls of Rue leaues, powne them a little, and fry them with butter, or with oile of sweet Almonds, or oile of Scorpions, and lay it on the priuities.

Another. Take Dock roots as many as you please, seeth them in wine, fry them, and vse them as befoze. Or take wheaten bran, let it seeth to pap with oyle of Puts, and vse it warme. Item, take Bellitorie of the wal, water Cresses, Sarisfrage and *Diptamus*, of each one handfull, Fennell and Annis seeds, of each halfe an ounce; seeth them together in white wine, & wring it out hard, put it betweene two clothes and lay it on the priuities. You may also put the same decoction into the bladder, and so apply it warme vnto it.

Of the first mentioned may also a bath be made, whereunto diureticall medicines shall bee added, as Cammomill, *Stechas*, Parierom, Pints, the buds of Colewort stalkes, Pigeon dung, and let the sicke person bathe therein as long as he can suffer it.

Another. Take Colewort leaues, Hollibock leaues, water Cresses and garden Cresses, Bellitorie of the wall, *Clanicularis*, Cammomill, Smalage and Parsley rootes, of each three handfulls; seeth them altogether vnto a bath, and then lay the decocted herbes vpon the priuities.

For a salve you are to vse Dogs grease and wilde Cats grease, of each one ounce, *Ammoniacum* halfe an ounce, oyle of Lillies two ounces, oile of Scorpions one ounce, make a salve of it with Ware, and vse it like as the other salues. Or take the salve which is described in the 3. s. beginning thus, Take oyle of Scorpions, &c. Item, temper Balme and oyle of Roses, of each a like much with Ware. Further, of all these oyles following may also salues be prepared, as of the oyle of Scorpions, of bitter Almonds, of Lillies, of the kernels of Cherries, and of Pepper; or one may also vse them as they be. For this disease are all things meete that be ordained for the Stone of the bladder and of the Kidneyes.

Of the hote and scalding vrine. §. 6.

There happeneth also otherwhiles such a burning with the vrine, that the patient thinketh none other than that fire passeth through his yard. The cause of this is, that there be mixt with the vrine some hote cholerick or salt humors, which make this scalding in the passage.

This cometh commonly of great labour, of much and long walking or travelling through heate of the Sunne, through much venery, through long vse of many hot meates, or so that the conduits of the yard haue such exulceration within.

This infirmity is indeed not to be regarded slightly, for if it continue long, then doth it excoriate the yard within. The signes thereof be sundry, to wit, when the patient auoideth in his water sometimes matter, small skales like bran, and otherwhiles also blood.

These kinds of sicke persons are to beware of all sharpe, salt, solwe, and such like meates, because that thereby the paine will be augmented. But he shall contrariwise vse all cooling and moistening things, as well boyled Barley, Spinage, Lettice, Purslaine, Mallowes, Apples, Melons, Pompeons, Gourds, Pines, Peaches, and Cherries, &c. Item, Lambe, Hens and Partridges dressed with the foresaid herbes are the best meate for him. Buttermilke, and that sodden, is also very good for him.

He is to take for his drinke Barly water, Buttermilke, watered wine, and fresh water, tempered with sirupe of Violets or sirupe of Roses, Almond milke or Sheepes milke (which is most meete for him) if there be one dragme or two of fine *Bolus* tempered amongst it. Item, giue him sirupe of Violets with water of Melons, or if you haue it not, then beate the seedes, and make thereof a decoction: afterwards drinke it with the other meates. In the morning and euening vse this powder following: Take peeled Melon seedes five dragmes, peeled Cucumber seedes, Citron seedes and peeled Pompeon seedes, of each one drag. and a halfe, Henbane seed one dragme, Sugar the waight of all the rest, then temper them all together; take thereof euery morning and euening the waight of three dragmes with Iulep of Roses.

Another. Take peeled Melon seedes, seedes of Pompeons, of Gourds and of Cucumbers chopt smal, of each one ounce, the seedes of Purslaine, of Henbane, and white Poppy seedes, Licorice and Currans, of each one dragme, sugar three ounces, temper them together. Item, take Lettice seedes and the seedes of Purslaine, of each halfe an ounce, powdered Sugar two ounces, make a powder thereof, and vse it in all meates and drinkes, it is marvellous good, yea for all old folkes also.

These Trociskes following do coole and cleanse the kidneies and the bladder of all such matter which doth inflame or ouerheate the conduits of vrine.

Take peeled Melon seedes, Pompeon seedes, Gourd seedes and peeled Cucumber seedes, of each halfe an ounce, *Dragagant*, red Saunders, of each one dragme and a halfe, Purslaine seedes, white Poppy seedes, of each three drag. white Henbane seedes one dragme, make Trociskes thereof with the muscilage of Fleawort, afterwards take one dragme of them and breake it in Barly water, & giue it early in the morning and at night going to bed. You may also make an electuary of it. Cassie taken with Turpentine is also especially good for this purpose. The oyle of Sweet Almonds asswageth and cooleth also the heate of the conduits of vrine.

If in case then the patient (because of the sharpnesse of the matter) ought to be purged more, then is the same to be done with solwe Dates, *Manna*, and Rubarb steeped in Endiue water, or with the decoction of Violets: if there be salt phlegme with it, then giue him Cassie tempered with the whay of Goates milke, wherein Polipody roots, Annis, Violets and Burrage flowers haue bene decocted. When he hath thus bene purged, then is the Liuer veine to be opened, and the foresaid powder to be diligently vsed.

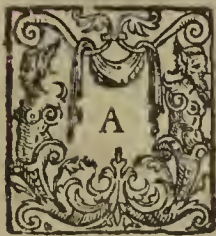
If so be that a child hath this disease, then take Mallow seedes, *Dragagant* & Licorice, of each a like quantity, seeth them in water according to the importance of the cause, and let him drinke none other drinke. If his vrine be very sharpe and hot, then take so much the more of the seedes. And in case that a child through the sharpnes of the vrine had gotten some exulceration, then vse this salve ensuing: Take Hyz the halfe an ℥, Barly meale or Beane meale, one ℥, temper it to a soft vnguent with the oyle of Roses, spread it on a cloth, and then lay it where it is needfull.

The brayed white of an egge may also be spouted into the priuities, or take the muscilage of Fleawort and of Quince kernels, of each one dragme, temper them with womans milke.

Take the seed of Fleawort three quarters of an ounce, the seed of Quinces five dragmes, peeled Melon seeds, Pompeon seeds, Gourd seeds, and peeled Cucumber seeds, of each one quarter of an ounce, white Poppy seeds one dragme and a halfe; seeth them all together in a pint of water untill the third part be wasted, then straine it through a cloth that it may be like a muscilage, and spout thereof into the yard, it coleteth and allwageth the paine.

You shall vse outwardly red and white Saunders, the seeds of *Ruscus*, burnt Iuoy, and Myrtle seeds, of each one quarter of an ounce, the iuice of Plantaine and Rose water, of each one ounce, Barley meale as much as sufficeth, then powne them all together, and make a soft pap of it: you may also put vnto it two whites of egges. But if one desire to haue it stronger, then is the iuice of Sloes and *Hypocistis*, of each one dragme to be tempered amongst it, and so to be layd vpon it. If so be that the yard haue an exulceration within, then is a cloth to bee made wet in Rose water and layed vpon the yard.

If any one be forced against his will to make his water. S. 7.



Although this disease which the learned do call *Diamnem*, be somewhat like vnto *Diabetes*, and especially in this, that in both sorts of these diseases the vrine passeth away against ones will and pleasure, yet is there neuerthelesse a great difference betwene them; for that with the disease *Diabetes* is a great heate of the kidneyes, her attractiue vertue is against nature, whence followeth a great thirst, and great quantitie of vrine, all which is not with the disease *Diamnes*.

For *Diamnes* is none other but a continuall fluxe of the vrine against a bodie's will without any paine or heate, and also without any feeling of it. The occasions of this malady may be when the muscles of the necke of the bladder be perished, like as otherwhiles hapneth in cutting of the stone. This can also chaunce through falles, through blowes, or through great cold, as to sit vpon a cold stone, through cold sicknesses, as the Palsie or Litharge: item, through immoderate and excessive drinking, and through great binding in the bodie. They may likewise happen vnto women with child, when the child oppresseth the bladder too hard. Lastly also through some impostumes about those parts. The signes of this disease are apparant, to wit, that all warme things are acceptable to the patient, and cold things contrary are hurtfull. When these diseases (as often befalleth) are caused through cold, then is this electuary very good, which hath efficacie for to stay this fluxe of vrine.

Take Cyper's nuts, the rinds of Cyper's, Frankinsence and the rinds of the same, Myrtle seed, Comin, Myrobalans both fried, and dye pigeon dung, of each three dragmes, Amber, red Corall, and Roses, of each one quarter of an ounce, sirupe of Quinces as much as is needfull for to make an electuary therewith, whereof is to be taken euery morning, none and euening, the bignesse of a Chestnut, with a decoction of Cyper's nuts, Sage, Myrtle seed, and such like. This electuary is also good for the lares called *Diarrhea* and *Lienteria*.

Another. Take *Myrobalani Chebuli*, *Emblici* and *Bellirici*, of each three dragmes, Acornes three dragmes and a halfe, which haue layne foure and twenty houres steeped in vineger, Cyper's rootes, Myrtle seeds, Frankinsence, dried Elecampane rootes, red Stozar, red Corall, and yellow seeds of Roses, of each two dragmes and a halfe, Myrhe one dragme and a halfe, stampe them small, and make an electuary thereof with clarified hony.

For this is also good Treacle, Nithzidate, and burnt Dre bladders, each taken alone with wine. Item, take the dried kidneyes of a Hare, stampe them to powder, and Dill seed, of each halfe an ounce, the seed of Smalage one quarter of an ounce, make a powder thereof, and giue it betwene two and three dragmes at once with a little cold water: boyled Hedgehogs flesh is also very commodious for this purpose.

If so be that the patient haue any need of stooles, then is this clister following very commodious for it, for when he keepeth it very long, then doth it strengthen the necke of the bladder, and draweth it together, that it doth afterwards keepe the vrine the better: Take Sage, Rue, *Clauicularis*, field Cyper's, Cammomill, *Stechas*, Put's flowers and rinds of Cyper's, of each halfe a lb. then let them seeth together, and vse this Clister like as is accustomed, but mixe the oyle of Beuerced and of Behen, of each two ounces amongst it, powder of roasted *Chebuli*, Myrtle seeds and Cyper's rootes, of each one dragme and a halfe; lastly temper all together.

Outwardly

Outwardly may hee vse the Minerall and Sulphurish baths, but if one cannot get them, then make a dry sweating bath with the foresaid herbes, which are named in the description of the clisters, which also one may vse for a bath for the Reines, if the same be sodden in Wine or lye, and put Salt or Allume vnto it. The priuities and bladder are also to be annointed with these oyles following, whether they be tempered together or each apart, viz. with oyle of Beuer, cod, of Behen and Elderne, amongst which there may be a little *Piretrum*, pepper, and the rinds of the Cyperus tree mixed.

His order of dyet consisteth principally in this, to wit, that he do not overcharge himselfe neither with eating or drinking, and vse nothing which forceth vrine, as Radishes, Cucumbers, Melons, Parsly, fruite, and such like. He is also to refraine from all cleare, white, delicate Wine, and from Syder, but is rather to drinke a red, thicke, hard, and vnwatered wine.

He must strew his meate with powdered Comin which is somewhat parched: also with a little Mustard seede, Pepper, Caruway, or which he please; and he must specially beware of all that ingendzeth much moisture in the bodie. Roasted Chestnuts and Hasell nuts be very good for him.

Of the excoriation of the Bladder, and of the necke of the same. §. 8.

The causes of this disease may be a precedent impostume, or some sharpe humoz of the bodie, the vse of some hote meates and drinkes which are salted too much, or some thing elie which doth exacuate the vrine, as is before discovered.

The signes of it are detention of the vrine, and although the same haue some small passage, yet happeneth it with anguish and great paine of the priuities, and of other parts adiacent. In the vrine are small scales to be seene, and otherwhiles blood and corruption, the which doth stinke. And now for to remedy this, then looke what hath bene prescribed against the grauell, stone, and such like; for all that is also meete for this purpose, and therefore not needfull to be rehearsed at this present.

But here is especially needfull a good order of diet, as hereafter followeth: all salt, solwe, sharp and sweete meates, also all great exercise must he refraine: yet all milde meates, and speciallie Sheepes milke is he to vse.

He is to vse for Phisick such things which do mundifie and cleanse the vlcers of their corruption, viz. *Trociscos Alkekengi* three dragmes with sirupe or Aulep of Violets. He is also oftentimes to drinke meade, *Sief album Rafis* one dragme or two tempered with milke is oftentimes to be inieced into the bath, or Honywater wherein figs be decocted.

Of the impostume of the Bladder, or of the necke of the same. §. 9.

There doe come very seldome impostumations in the Bladder, or in the necke of the same; yet when they come there, then commonly bee they caused through bruises, blowes and falles vpon the same place, or such like. Item, through a sweatie and bloodie body, which is mixed with *Cholera*, repletion of the Matrix and of the Kidneyes, whence the matter falleth in to the Bladder, and there impostumateth: the stone in the Bladder may also cause the same.

The signes of these impostumes are Agues which be caused of paine, also biting and pricking paine about the priuities, swelling of the same place with heate, which is also to be perceiued by feeling detention of the vrine, the which the patient cannot otherwise auoid but standing onely.

Herewith cometh also oppilation of the body, parbaking of *Cholera*, heavy breath, cold of the outward parts, swelling of the tounge, distemperance of the braines: they be also distempered through hot and diureticall things: age, hot weather, and a licentious life do trouble and harue these patients greatly.

In these impostumes be certaine common rules prescribed. First, if so be that this impostume be in the bladder, in the necke of the Bladder, or in the Vard, then is no diureticall medicine to be giuen him. Secondly, the matter which causeth these impostumes, is to be deriued to another place, except it were in the plague, for then ought first a veine to be opened. Thirdly, when it is knowne which humoz is most peccant, then must one looke to purge the same with

appropriated medicines: fourthly, there be not any attractive clifters (neither in the beginning nor augmenting of the impostume) to be vsed, to the end that by the affluence of the humors the impostume be not augmented; but one is to vse onely mild things, so that through the great binding in the body there ensue no hurt: fifthly, repelling medicines are not to be too long vsed, that the matter be not made too grosse, and those parts which be cold by nature be more refrigerated and cooled: sixthly, whensoever through cooling things the outward accidents be somewhat ceased, then are such things to be vsed as may assuage the pain: seventhly, if there be but a litle moisture in the patients body, then are besides the expulsive medicaments, also bathing and rubbing to be vsed: eighthly, if there be any impostumes in the necke of the bladder, then must one beware to vse any instrument about or in it, for that in doing so you might hinder the matter greatly: ninthly, when the detained urine, neither of it selfe, nor of any instrument may be letten out, then are other meanes to be vsed, whereof we haue written somewhat before.

Thus for to helpe this disease, is in the beginning the *Basilica* to be opened, according to the prescription of the second rule, and let out as much blood as shall seeme meete. But if the patient finde himselfe metly strong, and if so be that the matter be much, then is the *Saphea* to be opened the next day after. If the impostume be through heate, as of cold or *Cholera*, then take oyle of *Roses* and vntripe *Sallad* oyle, of each one ounce, *Vineger* halfe an ounce, temper them all together, afterwards annoint it vpon the place of the paine, and then strew vpon it this powder following: Take *Myrtle* seed, *Roses*, *Dragon* blood, and white *Saunders*, of each a like quantity, poune them all together to powder, and lay a cloth vpon it dipped in the foresaid oyle of *Myrtles*.

The patient is also to be purged with lenitiue medicines and gentle clifters, thereby to mollifie the hardnesse of the impostume and to assuage the paine, and so to open the conduits of urine.

Of all which you haue had good direction before. Besides these is this fomentation following very meet: Take *Cammomill*, *Belilot*, of each three ounces, *Hollihocke* roots, *Fenegræke*, *Linseed*, of each one ounce and a halfe; let them all sethe well together in water, and then bathe the place affected therewith the space of an houre: afterwards fill a bladder with this decoction about halfe full, and lay it warme vpon the priuities, then annoint the priuities with oyle of *Cammomill*, with oyle of *Lillies*, and such like, euen as in the impostume of the kidneyes hath bene declared more at large.

For this is also very meete water baths, wherein *Pallowes*, *Hollihock* roots, *Cammomil*, *Linseed*, *Belilot*, *Parierom*, *Cipers* roots, *Rape* leaues, *Colewort*, *Fenegræke*, and such like be decocted. If it be needfull to vse warming oyles, then take oyle of *Lillies*, of *S. Johns wort*, of *Rue*, of sweet and bitter *Almonds*, of wall flowers: all these oyles do allay the paine, as also doth the oyle of *tyles*, and the plaister of *Barberries*, which consume all cold humors.

When as this impostume is broken, then follow the same course as hath bene taught in the impostumes of the kidneyes.

To conclude, these things following are much commended to be eaten for all diseases of the bladder, viz. preserved *Clecampane* rootes and *Pimpernell* roots, which expell all uncleannesse from the stomacke: likewise also preserved *Calmus*, *Treacle*, *Nithzidate*, conserue of *Betonie*, *Heade* and *Hony* water. Item, the iuyce of *Lemons* which is especiall good for all busings of the bladder that were caused of the stone.

The nineteenth Chapter.

Of the Matrix or Wombe.



From the beginning of this booke of *Physicke* hitherto we haue written and discoursed of all the principall inward parts of our body, concerning as well men as women; but concerning the *Matrix*, which is onely proper to the female kind, haue we deferred vntill this present, and now we will intreat somewhat thereof.

This *Matrix* or *Wombe* is the chiefest part whereby the generation of mankinde is maintained, and ordained of God Almightye (Creator of nature it selfe) as for a vessell, receiner and preservative place of humane seede, which is therein formed vnto a liuing creature, increased, defended, nourished, and sustained vntill the opportune time of birth.

The Grecians doe call this Matrice or Wombe *Metra* and *Hystera*, the Latinists *Matrix*, *Vulua*, *Vterus*, and we by reason of her vertue, for that it incloseth the conceived child, the Mother or Wombe. This hath her place in the neathermost part of the Belly, right vnder the Pauell. It reacheth backwards to the Arsegut, and forward to the Bladder. It is deuided into two parts, whereof the first part is her whole body, wherein (as is sayd) humane seede is receiued, and the fruit preserved, The second part is the necke of the Matrice or Wombe, which reacheth out of the foremost part of the priuities, so that it is assimilated vnto the Bladder with her neck, the ligaments wherewith she is bound to the hips, onely excepted. When this Matrice or womb with all that belongeth thereto is rightly beholden, then is it onely shapen like to a mans member, only that the humane member dependeth outwardly, and that the womanhood lieth hidden within, whereof before in the beginning of the first Chapter, and afterwards hath bene spoken at length.

Her substance is inwardly fleshy and rough, especially in the bottome strewed all ouer with small knops or bunches, which be full of small veines, that come and haue their accourse from all parts of the body vnto the wombe, and in carnall vse do draw and keepe with them the humane seede, which also yeld forth the flowers or termes, nourish the conceived fruite, and maintaine the secondine. Also this Matrice hath two concauities, and it is supposed that in the concauity on the right side Sons be conceived, and in that on the left side the Daughters, whereof we shall speake hereafter more at large.

Outwardly she is full of sinewes and hard, because that she openeth and shutteth to againe in the bearing of children, all which must be atchieued and brought to passe through the sinewes: the same hardnes doth also defend her from many kinds of bzuising.

The foresayd sinewes be also causes of her motion, and ascending and descending in the body, for that because these sinewes are very sensible and easily harmed, therefore they do shrink in and draw the mother vpwards with great painfulnesse, as hereafter shall be shewed more at large.

The neck of the wombe which is with some women long, and with some short, whereof the right measure is the breadth of eleuen fingers, is shapen of a hard muskelly and sinewy flesh, which so hardeneth from day to day (especially in lecherous women or common harlots, and old women) that it is at the last altered into a kind of Cartilage.

This necke of the Matrice hath also where the mother beginneth, an entrance which is neuer more opened but in the venerious act, in time of the termes, and in the birth, otherwise doth it remaine alwayes most tightly shut, and especially after the receit of the humane seed, so that nothing may go in or out. In yong maidens or girles it is very thinne, but in growing it wareth thicker and bigger, viz. when the termes be at hand, and lesseneth when they be past: the thicknesse also increaseth with the being with child; and how many times more that she beareth child so much the thicker doth it grow. In like sort also will it be harder and thicker in time of the first conception, but in the growing and increase of the child is it dilated, to the end the fruite might haue roome and scope: but in women that neuer conceived, or haue not borne any children at all, it continueth in one bignesse, and is much lesse than in fruitfull women. In like manner it is also in children much smaller than the bladder, but with growing vp it dayly wareth greater, yea that it is at last in greatnesse farre exceeding the bladder.

These kinds and such like sundry motions, like as they haue delight in odoriferous things, and a loathing of stinking things, for which it flieth, and for which it ascendeth, caused the wise Philosopher *Plato* to write as hereafter followeth: This part in women, which many do call *Metram* and *Hysteram*, is a liuing creature, very greedy of conception, therefore if it be drawne vpwards vntimely, and if it remaine a long space vnfruitfull, then doth it become vnwilling, it creepeth through the whole body, whereby the parts of respiration are so obstructed and stoppt, that the woman can get no breath, yea it bringeth with it at the last great danger and perill, and causeth many kinds of sicknesses. These be the words of *Plato*, but this opinion is withstood by *Galen*.

This noble part in women is subiect to many kinds of diseases and sicknesses, which if they do get the vpper hand, do hinder the conception and the fruitfulness of women; which vnfruitfulness is especially caused when she hath too many of her termes, or too few, or when the same is wholly detained, whence it followeth a spoile of the naturall seed, the whites, the suffocation of
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the mother, which otherwhiles killeth women, the precipitation and falling out of the same, great paine, blcers, impostumes, hardnings, Canker, the vnnaturall disease *Mola*, barrennesse, and if the peradventure chance to conceiue an vntimely birth, whereof hereafter shall be writ- ten, yet first we will begin of womens termes and flowers.

Of the Termes or Flowers of women in generall. §. I.



That these Termes of women be called the Flowers, is for this cause, viz. when it is seene that a tree bloweth, then is it esteemed meete and conuenient to beare fruite, and contrariwise the tree vnfruitfull which bloweth not, except the Fig- tree. So is it likewise with women, that all they that haue their Termes are fitte and commodious to conceiue and beare children, the which they that haue not their flowers or termes, can neuer more accomplish. Secondly, the Latinists do cal these flowers *Menstrua*, of the moneth, and thus, for they euery moneth or thirty dayes returne and come againe; or for that they according to the course of the Moone, that is, because they appeare the first quarter of the Moone in young girles, the second quarter in them that be somewhat bigger, the third quarter in the middle sort, the last quarter in aged Women. Whereby all expert Physitions do obserue in each time that each age is to haue them, to wit, the yong people in the new and increasing Moone, the old folkes in the decrease of the Moone: in fine, the health of all women dependeth especially on this necessary menstruall fluxe, yea all her chastity, fruitfulness and welfare.

To the contrary, if they do not at all auoid, do flow too much, vnderly, or be lothsome of colour, then do they cause all miseries, inclination to venery, and many kind of sicknesses, like as hereafter shall be taught.

Wherewith it is to be esteemed for no small work of wonder, that amongst al creatures that do liue and are of the female kind (except certaine Apes) only women are subiect vnto this fluxe, and therefore haue the Philosophers many kinds of disputations, which be here too long and needlesse to be rehearsed. But of the fountaine and matter of this blood, it is with one consent concluded, that it is a cold, vndigested and grosse matter, and the blood of the whole body, the which through the foresaid veines is gathered together in y womb, and is afterwards expelled in due time as a matter hurtfull and of no vse. That this matter is also cold, is by this percei- ued, that when it passeth away, the woman feeleth a great cold ouer the whole body, this hap- peneth after many fashions. Of the Termes that be auoided ouer and aboue their naturall cus- tome, shall be hereafter spoken of with all their appertenances. The women whose Termes auoide in two or thre dayes, are ridde of them with small trouble, but if they endure long, then will they be thereby very feeble.

The first auoydance of their Termes is commonly about the foureteenth yere, the which signifieth that then their naturall seede beginneth to ripen, that the haire and breasts beginneth to grow, and they that be hote of nature do then get desire of the man, for that the womans Termes be none other but a naturall seede which is not yet thoroughly ripe, and that through his superfluity of nature desireth to be expelled. This course of the Termes or Flowers abas- teth about the age of forty or two and forty yeares, or endureth sometimes vntill the fiftith yere, but very seldome vntill the sixtith yere, in which time women be still meete and fit for ge- neration; yet do these Flowers or Termes of women come sometimes sooner and sometimes la- ter, according to that the nature and complexion of the body is full of blood, strong, suffereth much labour, is quiet and feeble. It is also a comon rule with all them that haue expericnce in naturall things, that a woman which getteth not her flowers, like as some which be hot and dry by nature, is barren and vnfruitfull, and that for those causes that are discovered in the senenth Chapter of the barrennesse of men and women, although that it chanceth neuerthelesse (but ve- ry seldome) that such women do conceiue and beare.

This is also the naturall custome, that when a woman hath conceiued, that then her termes do tary away, for this blood is prepared for a sustenance vnto the child in the mothers womb, like as also after childbirth y same to that end is turned into milke, notwithstanding that it oftentimes happeneth that women with child auoide their Flowers or Termes after the old custome vntill the very day of birth, as we shall hereafter somewhat intreate thereof: but these women do bring

bying small, spare, weake and not liuing chldzen into the world, because they haue bene depri-
ued of the most part of their nourishment. It is also contrary to the opinion of many women;
that she shall open a veine when she is halfe gone with child, in case if she be not full of blood, and
the veines not great, therefore is not the same very vnadvisedly to be done. Item, in this flow-
ing or course of womens termes, there is another wonderfull nature and propertie, to wit,
that so harmefull and venimous a matter in mans bodie, without any hinderance, yea for a
great preferment of health, may be retained and expelled. The common experience bringeth
with it, and all learned do testifie the same, that these womens termes do bying innumerable
sickneses with them, and haue many infectious properties: namely, where the same happeneth
to fall, there groweth no fruite, spoileth the vines, the Must will be vineger, the hearbes wither,
the trees dry away, iron rusteth, and all mettals do darken and waxe dim: the same being taken
make a man madde, and chiefly the dogges: the Bees leaue their hives if they be annoynted
therewith: women when they haue the same, then doe they darken thzough their breath all
bright looking glasses, the aire will be poisoned with them, and chldzen (as it is said) bewitched.
Now doest thou see thou stout high minded man, what a precious matter it is that thou hast in
the beginning of thy birth, and what the matter is that hath thee nourished? This hath cau-
sed the ancient Poets to assimilate this flure vnto the warres, saying, that *Mars* is no sonne
of the god *Iupiter*, but of *Iuno* onely, meaning by *Iuno* this menstruall flure. And truly if this
hurtfull propertie be likened to the warres, then is it an expert and true similitude: for what
doth moze spoyle fruites, vineyards, Must, hearbes and trees, than the warres? what is there
which taketh away and wasteth moze iron? how many bright harnesses be thereby darkened?
where beareth madnes moze mastery? where are men moze like to mad dogs than in the wars?
how can the ayre be moze venimed than thzough the stinking dead bodies? Here is now suffici-
ently spoken of this matter, now we will procede with our medicines.

How to preferre and moue the Termes or Flowers
in women. §.2.

For the first, we will speake of the causes whereby the termes be detained, the which be out-
ward and inward. The outward causes be soze labour, hunger, care, great fatnesse, agues,
dzoptions, consumptions, and some disease of the wombe. The inward causes be a bad com-
plexion, of heate, cold, dryth, or of moysture, whereby the vertue expulsive is weakened, so
that it is not strong enough for to vnburthen her selfe of the superfluities. Or that there be any
malady in the Matre or mother, to wit, if the necke of the wombe be stoppt and obstructed, and is
swolne to, like as it may easily happen in the mother or in the veines of the same.

Now for to haue some certaine or infallible knowledge of these things, there may outward
causes be easily perceiued by the declaration of the patient her selfe. If it come thzough weake-
nesse of the expulsive power, then is it perceiued by the heate, by the thirst, by the swift and
strong pulse, and other signes of heate. But if such be caused thzough cold, then is the woman
bleake, sleepe, without any thirst, the arteries of the pulse beate slowly, and the vrine is of loth-
some colour. If the disease be of any inward part, then doth the whole body declare the same
thzough the great fatnesse or leanness. If such be caused thzough any of the foure humors, that
doth the blood sufficiently shew, which therein beareth sway. This obstruction doth bying to
women no small sickness, besides that (as it is sayd) they be barren, for that they fall thereby
otherwhiles into *Maniam*, (which is madnes) into the falling sicknesse, suffocation, swellings,
and impostumes of the wombe, and of the other parts adiacent vnto it, slothfulnesse and heau-
nesse of the whole body, great vnlustinesse, wambling and parbaking, coughing, and a heauy
breathing, the dzoption and detention of the vrine, and of going to the stoole: heauines of the mind,
great paine of the head, and at last into the gout.

And to remedy all these diseases, therefore will we first of all prescribe certaine common
rules, whereof the first is, in case that the Termes be obstructed in a dry body, then must one
beware of all those things that might cause either heate or dryth, to the end the disease be not
increased thereby. The second is, if in the stay or detention of womens flowers the blood had
course towards any other part of the body, then is it aduised that the same blood be drawne out,
which

which otherwise might be spoiled. Thirdly, to preferre these flowres, it is then needfull that the veines be opened vnder the Matrix, that the blood may be drawne downewards. Fourthly, there is meete for this the strong binding of the thighes, and to hold the same a certaine time bounden. Fifthly, if the disease come for that the veines be stoppt in the Matrix, (be it of what soeuer occasion that it will) then is the blood to be diminished by opening of a veine, and to be diminished through laxative medicines, through abstinence, through exercise, and such like meanes. Sixthly, all strong things, as Helleboze, *Euphorbium*, and *Nardus* seed (which is wont sometimes to be adhibited from below) must be but a very little, and not to be holden long therein, to the end that thereby the Ague nor any other anguish be caused. Seventhly, all that moueth the vyne doth also moue the Termes. Eighthly, where there is obserued no good order of dyet in eating or drinkeing, there can also no good aduice nor remedie doe any good at all. Ninthly, for to preferre the Termes, is first of all the same to be approued through gentle remedies, and at the last through stronger meanes. Tenthly, all warme and well sauoring things are very meete for this if they be layed vpon the nauell, vpon the priuities, and vpon the parts about it. Eleuenthy, if this disease be caused through any vicer, impostume, Ague, or any other cause, it is first to be practised how to remedy, and afterwards to moue the flowres. Twelfthly, in case it be perceiued that this detention of the flowres or termes doth cause any other sickness, or increaseth it, then is all diligence to be had to prouoke the Termes: and if so be that the same cannot be effected, then may the veine be opened in the foote, and boring cuppes be adhibited. Thirteenthly, because there is a great space from the stomacke and the liuer vnto the Matrix, then is the Whiske so to be tempered, that the same in so great a distance be not infabled. Fourteenthly, all that is to be put into the wombe is to be tyed to a strong thred, that one when he list may draw it out, and to the end also that through the long continuance there, it bryse not the necke of the mother, or cause not an Ague.

And to the end that we may come to the remedies for to open this obstruction, therefore first of all be the causes of these obstructions to be thought vpon, in case that the same be caused of some outward accident, like as of too great labour, great heate, of too much fasting, and such like, then is the same presently to be preuented. In hote causes are cooling things to be vied: in cold warming things, which do open the obstructions. In a body that is full of blood are the veines vnder the knees to be opened, which be most necessary to people that haue not the termes: and if so be that hereby, and other moe lettings of blood is nothing profited, then is one to come to the inward and outward remedies, wherein be thre manner of wayes to be followed, which shall be described, of which each one may chuse what seemeth to be the best and fittest for it.

And because that it is not bad counsell to rehearse and shew the simples which may stirre vp the termes, therefore we wil here discover a good part of them, and first all that be warme by nature, and are weakest, are these, the rootes of Smallage, of Fennell, of Butchers brome, of Sperage, of Parsley, of Gasse, ofadder, Calmus, *Asarabacca*, Ireos, *Galerian*, white *Diptamus*, and *Clecampane* rootes. Item, the seeds of *Ruscus*, *Lupins*, seeds of both kinds of Parsley, of Silver mountaine, of Sperage, of Smallage, of Annis, of Fennell, of Comin, whether it be raw or confected: the herbes are these, Cinqfoile, Bugwort, wild Mints, Marierom, Feuerfew, Harts toong, Spikenard, Wormewood, white water Mints, Juniper, wild Thyme, Louage, *Cuscuta*, Maidenhaire, Southernwood, and walsh Turpentine.

These ensuing be much stronger, as Hemlocke, Rue, Centorie, *Laureola*, Sauin, *Euphorbium*, *Ammoniacum*, *Sagapenum*, *Mirra*, *Opopanacum*, and *Assa fetida*, the seeds of *Nardus*, Mustard seed, Pepper, Beuercod, Coloquint, blacke Helleboze, *Pieretrum*, *Calmus*, rootes of Celandine, the iuice of wild Cucumbers, Licebane seeds, Bozas, the galles of steres, of hens, and of all other beasts.

The odoriferous things which preferre womens termes, be these, *Indie Spica*, Cinnamom, Cassie wood, *Costus* roots, *Ameos*, *Muscus*, *Spica Romana*, Squinant, *Gallia Muscata*, & such like. They that may be burnt to receiue the vapor thereof be these, viz. *Opopanacum*, *Saponaria*, Frankinsence, *Blatta Byzantia*, *Lignum Aloes*, and red Stozar.

These be now the cooling things which preferre the termes, to wit, the seeds of small Endiue, the seeds of Melons, of Gourds, of Pompeons, of Cucumbers, of Endiue, of Lettice, &c. and other moe which shall be discovered hereafter; of all which pessaries may be made to vse in the wombe; also plaisters, salues, powders, oiles, potions and baths, all as the cause requireth, and that

that necessitie compelleth, like as there be many sundry described hereafter, and now we will procede.

The first meanes for to prouoke the Termes, is to be described somewhat at length, wherein there be many sundry medicines of diuers and sundry Phisitions ordained and added together, out of which each may choose what is meete for him; but in the other twaine we will be somewhat briefer, therefore one may take out of them all that might be wanting in this, and so first begin with those things which be meete for this to bring the bodie vnto health, and to shew therewithall how such obstructions and hinderances of the termes may be taken away, for which this sirupe following is to be prepared: Take Gather two ounces, Louage rootes, the rootes of Sperage, Cypers rootes and Grasse rootes, of each one ounce and a halfe, Silver mountaine two ounces, Baulme two ounces, Balsam wood and the fruites of the same, of each one ounce, Spica of Indy halfe a dragma, Licorice, Currans, Rosemary flowers, and Stechados, of each one ounce, Honey six ounces, white Sugar nine ounces, boyle a sirupe of it, clarifie it, and giue thereof two ounces tempered with the decoction of Ceres.

Another. Take Gather two ounces, Sperage rootes, the rootes of Butchers brome, and Cypers rootes, of each one ounce, Cozne mints, Valerian, Hauine, white Water mints, and Benniroyall, of each one handfull, Baulme two handfulls, Silver mountaine two ounces, Balsam wood and the fruites of the same, peeled Melon seede, of each one ounce, Spikenard halfe an ounce, Licorice, Currans, of each halfe an ounce, Honey and Sugar, of each six ounces, make a sirupe of it, and giue thereof at each time one ounce and a halfe, or two ounces, with the broth of Ceres.

Another. Take the water of Smallage, water of Lupins, of Sperage, and of Fennell, of each six ounces, Indy Spica one quarter of an ounce, Cinnamome one dragma, *Ammoniacum*, and *Opopanacum*, of each one dragma and a halfe, Parsley seed, Fennell seeds, *Ameos*, wild yelloiw Rape seede and Carnway, of each one quarter of an ounce, Gromell seed, Stone Parsley seed and Agrimony, of each one handfull, Galingale, Cinamome and Saffron, of each halfe a dragma, sirupe of Violets two ounces, Quince kernels, Hallowes seede, of each halfe an ounce: seeth them all together in two quarts of Gourds water vntill the third part be wasted, straine it thorough, and then temper it with a little of the foresaid water and the sirupe of Violets amongst it, and boyle it with so much honey as you please. Last of all strew some Cinnamome in it, and as much vineger of Squils, vntill it be somewhat sowrish, then vse it as the former: this forceth very vehemently the Termes.

For this is also very good the common sirupes which be alwayes prepared at all substantiall Apothecaries, as the sirupe of Bugwort, of Maidenhaire, of Cicoz, with Rubarbe, and the sirupe of five rootes.

When as now this sirupe hath bene vsed like as behooueth, then must be proceeded: and for to proceed orderly, it is very needfull that women be purged of all superfluous humours, which may be done very commodiously with the confection *Benedicta* or *Hiera picra*, tempered with the decoction of Madder: and of the foresaid confections you may vse three quarters of an ounce, or an ounce, each a part or together. Afterwards are these laxative things to be vsed: Take Sene leaues, Benniroyall and Madder, of each a like quantity; seeth them in small white wine, and giue thereof about three ounces at once.

Or take Benniroyall, Pep, Southernwood, Rue, Centozie and Hyssop, of each one handfull, Hauin, Feuersew, of each one handfull and a halfe, *Opopanacum*, *Ammoniacum*, Galingale, of each one dragma, Cinnamome, Madder, of each one handfull, Myrre one quarter of an ounce; seeth them all together with a quart of water vntill the third part be wasted, then take thereof two or three ounces fasting at one time,

Item, take the rootes of Smallage, of Sperage, of Fennell, of Parsley, of *Carduus Benedictus*, and of Butchers brome, of each one ounce and a halfe, Annis, Fennell, Caruway and *Ameos*, of each one dragma and a halfe, Bugwort, Benniroyall, mints, Horehound, Feuersew, and *Asarabacca*, of each halfe a handfull; seeth them all together in two quarts of water vnto the halfe, wring it together through a cloth, and mire therewith the sirupe of the five rootes, *de Calamintha*, *de Artemisia*, of each a like quantity, drinke thereof in the morning and at afternoone.

Another. Take Mints, Balme, Benniroyall, Marierom, and Southernwood, of each one handfull, Annis, Fennell, Caruway, of each one ounce, the rootes of Polipody one ounce and a halfe,

halfe, Cicozie rootes one ounce; cut the rootes of the herbes very small, and seeth them in a quart of water vntill the third part be consumed, afterwards straine it thzough, and make it as swete as you please.

Another potion with Wine: Take Sauiue and Hugiwort, of each one handfull, put two quarts of wine vnto it, and let them seeth together vntill the third part be wasted: take thereof in the euening and mozning at each time two spoonfulls. Do you now desire to make a common potion: then take Wormewood and Rue, of each one handfull, fise or fire pepper coznes, seeth them all together in a quart of Wine, straine it then thzough, and dzinke thereof. In like manner may you seeth Malloves in wine and dzinke thereof, it is also very good.

This potion following is very good and pleasant: Take a pint of good Wine, Sage halfe a handfull, Cloues, Saffron and Pace, of each halfe a scruple, stamp them all together, and bind it in a fine cloth, and hang it a night and a day in wine, wzing it out oftentimes, deuide it into thze parts, and take one draught of it fise houres befoze meate, the other draught after none, and the last after supper. But this is to be done in the wane of the Mone, and eate very little.

Item, take Hartwort and Pepper, of each one dragme, poure a pint of wine vpon it, and dzinke thereof in the euening and mozning, it moueth much, and clenseth the wombe or Matric from all bad humors.

Dz take the herbe Caruway one handfull, Hugiwort one handfull and a halfe, Arsmart one handfull, Asarabacca one dragme; seeth them together in two quarts of water vntill about the halfe, and dzinke thereof in the mozning fasting a good draught.

Another. Take Benniroyall one handfull, Marierom gentle as much also, Pace one dragme, and one quarter of an ounce of Bayberries beaten grossely: binde them all together in a cloth, and poure thereon twelue ounces of wine; but let them seeth together in a Can in hote water the space of an houre, afterwards wzing out the cloth, and dzinke the halfe of this Wine in the mozning, and the other halfe in the euening after the meale tide.

Item, take Hugiwort, Feuerfelw, Benniroyall, Baulme and Malloves, of each one handfull, seeth them together in a pint and a halfe of wine, and vse them as befoze.

Take the rootes of Cicozie foure handfulls, take out the wooddy hart, and cut them small, then poure two quarts of wine vpon it, and let it seeth so long vntill the soze be gone out of it, afterwards wzing it out, and then seeth it vnto a thin sirupe, and so take euery mozning a spoonfull or twaine of it.

This following doth open much all obstructions, and forceth the Termes: Take of the confection *Triphera* without *Opium*, Mather and Siluer mountaine, of each halfe an ounce, Fene-greeke, Turkish beanes and Ceeres, of each one quarter of an ounce, seeth them all together in eight ounces of water euen to the halfe; then straine it thzough, and temper in thzee ounces of this decoction the *Triphera* aforesaid. The Whistions therfore do occupie this *Triphera* without *Opium*, because it is forcible and strong. Also they temper therewith otherwhiles one drag. of the iuice of Sauiue, sometimes also *Mirrha*, red *Stozar*, *Bdellium*, *Euphorbium* or *Opopanax*, all according to the importance of the cause. Item, take Cassie wood thze dragmes beaten very small, and giue it with wine.

One that is moze feeble: Take Myrthe, Beuercod and red *Stozar*, of each thze dragmes, Sauiue, fine and course Cinnamon, of each one dragme and a halfe, make an electuary thereof with Hony, then take one quarter of an ounce thereof, and temper it in Wine for a potion. Item, take Saffron one dragme or moze, and dzinke it with Wine or with Malloves water. Saffron onely preferreth the floures; the same doth also one dragme of powdered Cardamome.

Here now do follow certaine powders which are to be taken in the potions, and amongst all things is nothing moze to be commended then the *Trociskes de Mirrha*, which are thus prepared.

Take Myrthe one dragme and a halfe, Lupins two dragmes and a halfe, Rue, white water Mints, Candy *Diptamus*, Comin, Madder, Elecampane rootes, *Sagapenum*, *Opopanax*, of each one dragme, then make *Trociskes* thereof with the iuice of Hugiwort, and giue halfe an ounce thereof with water wherein Juniper berries be decocted. Take Beuercod one dragme, powder of Mints halfe a scruple, dzinke it with wine, it is also very good for this vse. Item, half a scruple of the blossomes of the Nut tree taken with wine doth the same. S. Johns wort doth also moue much the termes.

Also

Also these wines ensuing are very good for it, viz. wine of Elecampane rootes, of Marierom gentle, of the herbe Bennet, of Betony, of Gilloflowres, and of Rosemary. Item, take one handfull of Juniper berries, Hadder, Cinnamon and Myrthe, of each halfe an ounce; seeth them all together in Bugwort water untill the third part be evaporated, straine it, and put one dragma of Bozeas vnto it, giue thereof a good warme draught twice or thrice a day.

The same doth also the *Trocisci Gallie Muscatae Rasis*, foure scruples taken with warme white wine, it helpeth immediatly.

It is here also to be noted, if so be that the patient might drinke no wine, then take the leaues of blew Flowerdeluce, stampe them and seeth them in capon broth, and let her drinke it: this is also found many times good, and it expelleth also dead children.

Item, take the scull of a Capon before he is boyled or roasted, stampe it, and drinke it with Bennitroyall water: this may suffice for the potions.

Take Bennitroyall, Italian Comin, Mints, Ireos, Hartwort, Mather and Myrthe, of each one quarter of an ounce, make an electuary thereof with clarified Hony, take two dragmes of it, and drinke a draught of Beere or Wine after it, wherein Hauine, Bennitroyall, Bugwort, Fennell, rootes of Sperage, of Smallage and of Parsley haue bene decocted.

Item, take of the electuary *Antidotum Hemagogum* halfe an ounce, and giue it fasting. If you had rather drinke it, then temper foure ounces of Bugwort water amongst it, and vse it against the time that the Flowers doe come. Treacle, and Pithridate do also force the Flowers very gently.

Amongst the confections there be good for this the confectioned Elecampane rootes, the confectioned *Eryngii*, conserues of Piony, and Myrthe roasted in an apple. The Italian women do highly commend the electuary *Diacyminum*, if one do take euery morning one quarter of an ounce of it, then will the termes come within the space of a moneth as they affirme: it doth make fruitfull, and strengtheneth the stomacke. The confectioned *Calmus* is especial good, if the obstruction do come through cold. Fennell seed confectioned forceth also the flowers: likewise also Comin and Caraway: Cinnamon and Saffron are also to be vsed in all things.

These pilles ensuing are also to be prepared: Take the pills *Alephangine* halfe a dragma, *Aloe* two scruples, beaten Hauin one scruple, make fourteene pills of it with the water of Bugwort, and take the one halfe thereof at once: they do moue the termes and the stoules, and are also very safe.

Others. Take *Muscus* and Myrthe, of each foure scruples, Stechas, Mather, Bennitroyall, Citron pills, long pepper, Cassie wood, Cassie pills, Piony seeds and *Calmus*, of each thre quarters of an ounce, Indy Spica halfe a dragma: make pills thereof with the iuice of Bugwort, whereof take 1. 3. at once. The ancient Physicians do command pessaries to be vsed, as *Euphorbium* wrapt in wooll. Item, take Helleboze and the iuice of Wormewood, of each one quarter of an ounce, *Ammoniacum* one dragma, temper it with Dre Gall. But here ensue sundrie which are safer: Take Beuercod and Myrthe, of each a like quantity, *Muscus* a little, then forme it with the oile of Behen as an Acone, and tye it to a thred, and put it into the Matrix before.

Or take fresh Rue, Wormewood and Coloquint, of each a like quantity, forme a pessarie thereof of Dre gall. Item, take white Watermints, Swines bread, *Agnus Castus*, Rue, Hauine, Bugwort, Bennitroyall, Marierom, Radishes, Southernewood, Pettie seede, Juniper leaues, Mather, white Helleboze, Centoey, Myrthe, Beuercod, Elecampane rootes, *Sagapenum*, *Opopanacum*, of each one dragma, *Gallia Muscata*, one scruple, stampe all that is to be stamped, and then make a pessary of it with the iuice of wilde Cucumbers and Dre gall, and vse them as before.

Another. Take Gentian and Bennitroyall, of each one quarter of an ounce, *Nigella* seeds one dragma, temper them together with powdered figges, and with a little of the iuice of Mercury: these do make no heate like as the other.

Item, take Gentian two scruples, Coloquint and *Nigella* seede, of each one dragma, temper them together with the iuice of wilde Cucumbers. Or if you will haue it stronger, then put some white Helleboze vnto it: there be also sundry other made which be stronger and milder, according to the importance of the cause of the foresaid cold and warme things, each according to his good pleasure and content. Amongst all these things, and all that may be injected into the body and necke of the matrix or wombe, this general rule is to be obserued, that the same may be vsed as well before as after bathing.

Outwardly may one bathe and foment with all that which here ensueth: Take *Asarabacca* halfe a handfull, *Ebulus* leaues one handfull and a halfe, *Feuerfew*, *Mints*, *Hugwort*, *Agrimony*, *Marierom* and *Betonie*, of each one handfull, *Cammomill*, *Helilot* and *Roses*, of each half a handfull; cut all the herbes and seeth them, like as hath bene taught oftentimes. It is also very commodious and good to sit in warme water wherein *Hallowes* haue bene decocted. Take *Hugwort* and *Sauine*, of each thre handfulls, *Hallowes*, *Hollihocke* rootes and *Bearefoote*, of each one handfull, *Fennell* seeds, *Parley* seeds, *Annis*, *Dill* seeds, *Drage* seeds, wild yellow *Rape* seeds, and *Asarabacca*, of each halfe a dragme, *Cammomill*, *Elderne* flowers, *Rosemary*, and *Stechas*, of each one dragme: make a little bag thereof, and seeth it in water, and then sit vpon it.

Another. Take *Hugwort*, *Sauine* tree, of each thre handfulls, sweet *Costus* roots, *Hallowes*, *Hollihocke* rootes and *Bearefoote*, of each two handfulls, the seed of *Hallowes*, of *Hollihockes*, of *Southernwood*, of *Linseed*, of *Fenegreeke*, of *Cuscuta*, mustard seede, of *Lauender* and of *Siluermountaine*, of each one ounce and a halfe, *Parley* seed, *Fennell*, *Dill* seed, wild yellow *Rape* seede, and *Asarabacca*, of each halfe an ounce, *Cammomill*, *Elderne* flowers, *Stechas*, *Rosemary* flowers, of each one ounce; seeth them as befoze, and then sit vpon the bag. For fomentation, you are to vse that which followeth hereafter: Take *Cammomil*, *Hugwort*, *Sauine* and *Pettie* roots, of each one handfull, seeth them together in water, and receiue the vapoꝝ from beneath. Item, take *Rue*, *Sage*, *Southernwood* & *Sauine*, of each one handfull, put them together into a new pot, and close it tight, but leaue a hole open aboue on the couer, wherein a tap may be put whilest it boyleth; afterwards draw out the tap, and receiue the warme vapoꝝ from beneath, as is sayd befoze. Take *Myrhe* as much as you will, temper it with the iuice of *Hugwort*, and let it drie; afterward put filed *Harts* horne vnto it, to wit, the thirde part as much as there is *Myrhe*, then strew this pouder vpon a hote tile, and receiue the smoke beneath, but round about couer you close. You may also take for it *Penniroyal*, *Rue*, *Sauine* leaues, and vse them alone. Item, take *Violet* leaues two handfulls, *Myrhe* halfe an ounce, let them seeth together in raine water, and foment therewith as warme as you can abide it. Take *Penniroyal*, *Pep*, *Southernwood*, *Rue*, *Centoꝝ* and *Hyslope*, of each one handfull, *Sauine*, *Feuerfew*, of each one handfull and a halfe, *Cinnamom*, *Galingale*, of each one dragme, *Siluermountaine* and *Mather*, of each halfe a handfull, *Myrhe* one quarter of an ounce, beate them all grosse together, and seeth the same in a quart of water euen to the halfe, and then vse it as befoze: this also prouoketh vrine. Take *Penniroyal*, *Marierom*, *Sage* and *Hugwort*, of each one handfull, seeth them all together for a fomentation: for to fume, you are to take a little *Coloquint*, cast it vpon a hote stone, and receiue the fume from beneath; it greatly prouoketh womens termes: but note, that *Coloquint* is very sharpe, and that the sayd well sauouring spices and other things be much safer for to fumigate withall. Take *Dill*, *Cammomill*, *Helilot*, *Squinant*, *Cassie* wood, *Costus* rootes, *Sulphur*, *Rue*, *Marierom*, *Stechas*, *Southernwood*, any of all these, or part of the same. To set boring cups vpon the thighes is also very behouefull and available.

Plaisters and Vnguent.

Take the muscilage of *Fleawort* and of *Linseed*, of each one ounce, vn salted butter two ounces, *Hens* grease, *Duckes* grease, *Goose* grease, and the marrow of *Calues* bones, of each halfe an ounce, *Ammoniacum* one quarter of an ounce, oyle of *Sesamum* and oyle of sweete *Almonds*, of each fve dragmes, Ware as much as is needfull for a salve; then annoint you therewith behind and befoze, from the nauell downewards, but not befoze that you haue vsed all other meanes of bathing, letting of blood, potions, &c. Item, take of the confection *Benedicta* halfe an ounce, *Torbith* one quarter of an ounce, *Nigella* seed thre dragmes, decocted *Hony* as much as sufficeth for to make a plaister. This is to be layed ouer the priuities as befoze.

If so be that one perceiueth the termes after the vse of this foresaid meanes, some do aduise, and that very well, that this potion ensuing is to be made: Take *Hugwort*, *Sene* leaues, and *Penniroyal*, of each halfe a handfull, *Cinnamom* halfe an ounce, *Mace* thre dragmes; seeth it all together in three pints of good wine vntill about the fourth part be wasted, and this in a Canne stoppt tight in seething water: this expelleth the termes vnto her due time.

The other orderly meane for to preferre the termes, is, that first of all the *Saphea* or *Media* shall

shall be opened, and that afterwards a long bag is to be made, and to be filled with any of the foresaid herbes, which you like best, and then put vnto it one quarter of an ounce of *Gallia Muscata*, and weare it so vpon the priuities. Afterwards make of one quarter of an ounce of the foresaid *Gallia* with the water of Mugwort nine pils, and take thre thereof at once in the morning early, then make a pessary of the length of a finger and fill the same with poudred Mercury, and put it into the place. Set boring cups also vpon the thighes, and in the hamis, and then rub the legs downewards with warme clothes.

Squinant and Badder decocted also in the water of Maidenhaire and drunken, are also highly commended.

Item, take the pipes of Cassie when the Cassie is taken out, and let them be well scraped on the outside, as many as you will, Cinnamom, Pace, Saffron, *Diptamus* and Baulme, of the one as much as of the other; make a powder thereof, and take a dragme thereof euery morning with water of Pints: the same moueth them very gently.

But as much as concerneth letting of blood (whereof mention is made befoze) some doe aduise, and not without reason, if in case that a woman hath not had her Termes a long time, that her veine is to be opened besides her little toe, and the next day afterwards on the other foote.

The words of *Hippocrates* and of his expounder *Galen* be true, that the letting of blood and hunger doe cause women with child to miscary, for that thereby (they say) will the nourishment of the child be withdrawne.

Therefore good heede is to be taken in these things, for that many women haue this for a custome, whether they be fat, grosse, strong, or leane, that they alwayes open a veine at the halfe of their going with child, like as we also haue befoze admonished in the first 5.

But if one will needs be let blood, then must after the same (or else without letting of blood) bathings be oftentimes vled, for which is *Pennirovall* to be taken, field mints, Southernwood, Centorie and Hyssope, of each one handfull, Sauiue and Feuerfew, of each one dragme, Silvermountaine, Badder, of each one handfull, Myrthe one quarter of an ounce; Stamp and choppe them all small, and let them seeth in sufficient water: then make thereof a bath for the reines of the backe, or a fomenting for the bottome of the belly. The boring cups, whereof we haue also spoken befoze, draw the blood downewards: Like as doth also the strong binding of the legges.

The third meane is as hereafter followeth: thre houres after the rising of the Sunne shal the *Sapha* of them be opened on the right foote which haue not the flowers, and about five ounces of blood drawne. The next day after is this purgation following to be given: Take *Agaricus*, Turbith and Kubarbe, of each one dragme, *Indy Spica*, Ginger and Pace, of each sixe graines; *Salgemme* one graine, Agrimony, Mugwort, of each one ounce and a halfe; let them be steeped foure houres: afterwards wzing it through a cloth, and temper amongst it thre dragmes of *Benedicta Laxatiua*, and then drinke it betimes in the morning. The third day afterwards you are to begin to vse this potion: Take Fennell rootes, Parsley rootes, Sperage rootes, the rootes of Butchers brome, and of Smallage, of each halfe an ounce: these being all cut smal together, then seeth them in a quart of well water vnto the halfe, afterwards sweeten the decodion with Sugar, and then drinke thereof five ounces, and so continue this the space of eight or ten dayes. In the meane time is the body to be kept open with gentle clisters or else they are euery euening after supper to swallow a pill of *Alephangina* or of *Aloes*. Afterwards it is very good, that thre times in foure and twenty howres all the backe bone be annointed with this salve ensuing: Take the oile of wallflowers two ounces, oile of Saffron one ounce, the grease of Badgers and of Hens, of each halfe an ounce, Saffron, *Indy Spica*, *Lignum Aloes*, and Mugwort, of each halfe a scruple, Ware as much as is needfull for a salve. After the foresaid potions are these pils following to be vled: Take *Pillula fetida* two scruples, *de Hiera composita* one scruple, make seven pils of it with the confection *Benedicta*.

And if so be that through all this aduice the termes do not appeare, then are the tops of the thighes, hard by the priuities, to be bounden hard: but if that will not helpe, set immediatly hot cups behind on the calues of the legs, setting them vp and off. Lastly, then make this bath following. Take *Pennirovall*, white water mints, Parietom and Smallage, of each thre handfulls, Sauiue sixe handfulls, *Oponacum*, Myrthe, of each half an ounce, Hartwort, Rue, of each

thre handfuls; seeth them all together in sufficient water untill about the halfe, but leaue the hearbes in it, and then make a bath of it for the reynes euen to the nauell, and sit therein the space of halfe an houre, or as long as you can. When you haue rested somewhat, then put some cotton (being dipped in the iuice of Mercury) vp into the place, and without doubt it will proue the termes. Euery such woman is also to beware of all slimie meates, which is from all hard meate, like as all that is made of Dough, of Pease, of Beanes, of Cheese, of Milke, and all that is drest with them, from all salt, cold and binding things, and from thicke raw red Wine: but Cinnamon, Saffron, Ginger, and Smalage seedes and rootes, Annis, Fennell, Parsley seed, or any of all these is she to vse alwayes with her meate.

But if so be that this retention of the termes be caused thereof, so that a woman had but little blood, did great labour, were weake, leane, not long recovered from a long lingring sicknesse, or had liued a long time in hatred, malice, great sorow, and such like; then is such to haue those meates which nourish much, and she shall omit all hatred, sorow, and such like. She is to bathe oftentimes in water, to sleepe much, to take rest, and to be merrie. She must also refrain from letting of blood, except it be a very little. But she is to vse Pistacies, Pingles, Almonds, and other nutritiue things as is before said. And although it appeared that her termes must be alwayes quickened through Phisicke, yet it must be begun with the mildest meanes, like as hath bene counselled before.

How that excessive course of the Flowres
is to be stopt. §.3.



When this course of womens termes getteth the mastery, then be there very heauie sicknesses to be feared, to wit, the dropsie, the consumption, *Hæmorrhica*, the paine of the backe, the paine of the stomacke, feblenesse of naturall digestion, lacke of appetite, and such like diseases moe. This issue is commonly caused of outward or inward occasions: the outward may be falls, blowes, thrusts, great running, leaping, dauncing, walking in great heate, and such like, all which maketh the blood subtile and fluxible. Item, if there breake a veine open in the matrix or wombe, through vnnaturall and vntimely birth, through any vlcers, or through any other bzuising in the neck of the wombe, through long vse of many hot spices, or of any subtile meate and drinke.

The inward causes may be the strength of the expulsive, or the debility of the retentive vertue.

This may also be caused of some disease of the Matrix, and through the moisture of the same. But concerning the part it selfe, the same may be too feeble, too slippery, too wide, and too much open: yet in case the moisture of this part be caused of it, then is the fluxe of blood so great, that the Matrix and the parts adiacent cannot containe the humors or these humors be so sharpe, so subtile, so hote, so venemous, so salt, so biting, so cold, or so waterish, that the same cannot be retained. The outward causes may be enquired of the patient her selfe.

But if this disease be caused of the debility of the retentive vertue, then is the woman bleake or pale of colour, and weake. The signes of the same part be when as it waxeth leane, and consumeth: each humor may be adiudged out of the propertie of the body, like as we haue taught the same else where, as heate, of the fulnesse of the veines, thirst, itch, ill-sauoured or lothsome colour of the face and of the whole body.

If then such procéde out of blood, then doth the colour of her termes alter, and will be whitish; or if the same procéde of *Cholera*, then are the flowers somewhat yellowish, and if of *Melancholia*, then darkish, blew or black. By the foresayd colours one may easily come vnto the full knowledge what humors might be the only cause of this excessive moisture, whereby may be knowne how to choose of these remedies following, wherewith the excessive course of the termes may be stayed.

But first of all there be for this purpose certaine rules to be noted. First, you must neuer bathe for this excessive course of the termes, neither yet vse any kind of things which bringeth heate with it. Secondly, when this kind of issue cometh by reason of the fulnesse of the body, as it were an vnburthening and cleansing of the same, then is it by no meanes to be stayed, if thereby be not feared a great debility. Thirdly, if so be that women be full of blood, and this fluxe

flure come too abundantly, then is the *Basilica* veine to be opened, therby to withdraue the blood. Fourthly, in case that it be perceiued that red *Cholera*, or any other mixed moisture were cause of this flure, then is the same moisture or humors to be purged with appropriate medicines, yet mingling alwayes amongst it some binding and comforting things. Fifthly iniection is also very needfull for this disease, or some such like instruments to be vsed, whereby the medicine might be brought into the womb. Sixthly, if any astringent things may be brought into it through any instruments, then may they help much better and a great deale sooner than those things that be giuen by the mouth. Seuenthly, because that with this menstruall flure, not onely the vertue digestive, but also the whole body is weakened, therfore are they to be sustained with light meate, as with yolkes of egges, with yong flesh, and both of the same, and such like. Sometimes also with water wherein the seed of Butchers brome is decocted or tempered with water of *Sorrell*. Eighthly, it is also good to set great boring cups vnder the breasts vnpickt. Ninthly, this flure of the termes is not to be stoppt so long as one seeth that the woman hath her liuely colour, and doth remaine strong and healthy: but as soone as one perceiueth that her strength faadeth away, then be all meanes to be sought for to stop it. Tenthly, if one desire to purge any of the foure humors, and to separate it from the cleane blood, then may that best be effected by vomits, for that thereby the matter is deuied to another place, and stay their course that they fall not downewards. Eleuenthly, these women are to abstaine from all heauy labour, and from all that maketh the blood fluxible and thinne.

By all these foregoing mentioned propositions may be clearly seene and marked, that if any desire to cure or remedy this disease, that these women must leade an easie life, and keepe themselves quiet. They must also liue in such a place where it is not too hote nor too cold. They must also eschue all thinne and waterish meates, viz. from fruite, except all that which bindeth: in like manner also from all meate which cause any kind of heate. But all kinds of roasted fowles, and all that maketh grosse blood, as *Rice*, *Wheate* and *Lentils* be good for them. They must also beware of ouercharging them with meate or drinke, whereof the causes be declared in the seuenth rule, and afterward to put in practise these remedies following, according to the importance of the cause.

Thus for to speake first of the things which inwardly are to be vsed, hath bene spoken of before, and also what order of diet, or gouernment of life is to be obserued. But in case that any do desire any ampler declaration of it, then let him looke the seuenteenth Chapter and 17. s. where is spoken of the red or bloudy flure, which also is most meete for this vse. But for this menstruall flure, may this Confection following be vsed: Take the *Species Triasantal* and *Diarrhodon Abbat* of each one dragme, prepared fine *Bolus* two scruples, *Bloodstone* washed in *Plantaine* water, and make tabulats thereof. Or vse this powder following: Take *Species Triasantal* one dragme and a halfe, *Diarrhodon Abbat* one dragme, *de Gemmis Frigidis* one dragme and a halfe, prepared *Coziander* two scruples and a halfe, washed *Bloodstone* one dragme, prepared *Bolus* halfe a dragme, *Shepheards purse* two scruples, *Roses*, *Corall*, of each halfe a dragme, *Cinnamome* one quarter of an ounce, *Sugar* as much as you please, then make a powder of it.

Item, take prepared *Bolus* one dragme, sealed earth two scruples, *Tormentil* halfe a dragme, *Bursa Pastoris* one scruple, *Species de gemmis frigidis* one dragme and a halfe, prepared *Pearles* one dragme, *Rubins* *Pomegranates*, *Smaragdes*, *Iacints*, *Saphirs*, of each halfe a scruple, *Roses*, red *Corall*, *Saunders*, of each one scruple, *Sugar* three ounces; make a powder thereof, and vse it in both, or strewed in meate. The confection of the refuse of iron is also very profitable to be vsed for this disease, especially if so be that the lesser remedies will not helpe.

Another. Take conserue of *Roses* two ounces, *Bloodstone*, *Trociscos de Carabe*, *de terra sigillata*, and *de Spodio*, of each one dragme, make a powder thereof, and temper them well together; afterwards take euery time thereof about one dragme. Take conserue of *Roses* six ounces, conserue of *Burrage*, of *Buglosse* and of *Baulme*, of each one ounce, prepared *Bolus* one dragme, prepared *Pearles* one quarter of an ounce, of the fine pretious stones aboue mentioned, of each one scruple, *Cinnamome* one dragme, make an electuary thereof.

Another. Take of the driest conserue of *Roses* three ounces, *Marialade* two ounces and a halfe, red *Corall* one dragme, *Bistorta*, *Trociscos de Carabe* and prepared *Bolus*, of each half a dragme, prepared *Bloodstone* two dragmes, make an Electuarie thereof with the sirupes of *Mirtles*.

Item, take conserve of Roses three ounces, Marmalade two ounces and a halfe, conserves of Burrage and of Buglosse, of each one ounce, prepared *Bolus* one dragma and a halfe, prepared Pearles two dragmes and a half, *Bistorta* one dragma, Tormentill two scruples, red Saunders one dragma, then temper them all together with the sirupe of Mirtles vnto a confection. The blacke confectioned Cherries are very good for this vse: in like manner also the preserved Barberries.

Item, hold a roote of Galingall long in your mouth, and chew the same small. It is also a common aduice which is not to be despised, that toasted bread should be steeped with red Wine, and powdered Putmegs strewed vpon it and so eaten. Item, take fine *Bolus* which is well washed, Masticke, yellow Amber, prepared Coriander, and Dates, of each a like quantity, then take therof at each time halfe a dragma with a reere egge. This powder ensuing is also maruelous good: Take prepared Bloodstone three dragmes, red Corall one dragma and a halfe, Tormentill and *Trociscos de Spodio*, of each one dragma, shauen Auozie, burnt Harts horne, of each two scruples, prepared Pearles one quarter of an ounce, fine *Bolus* halfe a dragma, stampe all that may be stamped very small, and strew your meate therewith. Item, take powdered Hozstaile leaues one dragma, and bestrew your meate with it. You may also drinke of this powder following one dragma, lesse or moze with the water of Plantain: Take of the first budded Harts horne, burne them in a potbakers ouen thzoughly to white chalke, or giue thereof one dragma or one dragma and a halfe with red wine or Plantaine water. You shall also find hereafter many sundry powders and waters to drinke described: Take egghels whence yong chickens haue bene hatched, and Putmegs, of each a like quantity, temper them together, and drinke therof the waight of a dragma with Vineger or Wine. The part within the Walnut taken a dragma thereof doth bind much.

Another. Take Tormentill and Putmegs, of each a like quantity, Plantaine seeds halfe as much, powne them to powder, and giue it in the morning and euening with old Beere. Item, take *Trociscos de Carabe* one dragma, beate them to powder, and make a potion thereof with Plantaine water; this may be vled the space of a whole weeke together, for that they do calme and stay the fluxe: the like doth also red Corall one dragma with Plantaine water taken euery day allwayes befoze meales.

Item, take burnt Harts horne and powdered Pettie seede, of each a like quantity, and take thereof the waight of one dragma with the water of Plantaine. The iuice of Parrow doth bind also in this disease, if one take a spoonefull or twaine thereof. These iuices ensuing may be decocted vnto the forme of a sirupe, for to be vled in winter time: like as the iuice of broade Plantaine, the iuice of Shepheards purse, of Parrow, &c. For this is also good the water of Elderne drunken, and Galingale chewed.

Item, if a woman do flower too much, whether it be in childbirth or otherwise, and that it be feared that she might bleede to death, then take one dragma of red Pettie seede powdered, and let her drinke it with Plantaine water.

Some do giue chopt and boyled Poppy heads to drinke, but it is not allwayes conuenient: there be much safer things, viz. these ensuing.

Take fine *Bolus* one quarter of an ounce, binde it in a cloth, hang it in a pot of wine, and then drinke therof. Seeth Pinpernell in pease broth, and drinke also thereof.

Or take dried Goates dung, stamp it to powder, and drinke thereof; it doth not only stay the menstruall fluxes in women, but also all kind of bleeding, for this also is very meete red Rose water drunken.

Amongst clifters is this following very highly commended. Take Swines bred, Feuerfew, Walme, Rue, Scabious, Rosemary flowers, Southernwood, Comin, Siluermountaine, *Ameos*, *Amomum*, Balsam fruite, Cucubes, Bayberries, *Calmus*, Cassie wood, *Cassia Fistula* and pipes, of each one dragma and a halfe, Dill seed, Annis seedes, of each one handfull and a halfe, shauen Auozie two handfuls: seeth them altogither by a mild fire in two quarts of water vnto the half, and presse it out, take twelue ounces of this decoction, oile of *Sesamum*, of Rue, and of pepper, of each half an ounce, Indie salt one dragma, *Diacastoreen*, confection of Bayberries and *Benedicta*, of each three dragmes, temper them well together, and minister it very warme. With this following a woman is to be fumed from beneath: Take *Alipta Muscata*, *Species Nera*, of each one dragma, *Gallie Muscata*, and red Stozar, of each three dragmes, Allume one dragma and a halfe.

Of this powder is a dragme to be vled at once. This temperature is not easily to be made, because of the manifold simples which do come therein, and it is not only good for to stay the vntimely naturall fluxe of flowres, but it is also good for the suffocation of the Matrice, for that it dryeth, and it is good for a barren wombe, and especially if the maladie procede of cold. Pessarics and such like: Stamp dried Asse dung, and foine Pessarics thereof with the iuice of Plantaine, and put it into the places.

Another. Take iuice of knotgrasse and washed Sheepes wooll, dip it therein, and lay it on the places.

Item, take Frankinsence, Pomegranate blossoms, Gals, Antimony, and the iuice of Sloes, of each a like quantity, bestrew the wooll with it, and vse it as before.

For this is good also halfe a handfull of pouned Plantaine, and vse it as before: or make a small pessarie of the iuice of Sloes, and the iuice of Pimpernell with Cotton.

Outwardly is this plaister ensuing to be vled: Take the iuice of Plantaine 11. ounces, Rose water thre ounces, Vineger halfe an ounce, red Cozall, Amber, Bloodstone, fine Bolus, Mirtle seed, Akoynes cups, and Frankinsence, of each one quarter of an ounce, sealed earth as much as is needfull for to make it thick inough: this being all beaten small and tempered together, then make two plaisters of it, and lay the one before, and the other behinde.

The plaister *ex Galbano* may also be vled, whereof here do follow two sorts. Take *Galbanum* thre ounces, *Bdellium* thre quarters of an ounce, stamped Feuersew halfe an ounce, and halfe a drag. Mirrhe halfe a dragme: melt the Gums in Vineger. But if they be not cleane, then wryng them thorough a cloth, and let the Vineger seeth away, then make a plaister thereof with Turpentine.

Plaister of
Galbanum.

The other: Take *Galbanum* as much as you will, melt it by the fire in red wine, temper fine Bolus amongst it, and Dragon blood, of each halfe as much as the waight of the *Galbanum*, then make a plaister with sufficient Ware and Turpentine.

Item, take pouned Lentils twelue ounces, Shepherds purse, and Plantaine, of each thre handfulls, dried Asse dung, and Goats dung, of each one ounce and a halfe, Frankinsence halfe an ounce, Dragon blood, Mints, of each one ounce and a halfe, the iuice of Sloes, *Hypocistis*, *Licium* of each one ounce, fine whites of eggs, Beane meale thre ounces, Gyps soure ounces, but steepe the Gyps the space of a day in Vineger, and then make a plaister thereof with the iuice of Plantaine, so that it may be sodden with the meale, vntill it be very thick. Lastly, mire the rest amongst it, and when it hath stood a good while, and is well tempered together, then take it from the fire, and stirre it continually about vntill it be thowow cold. This plaister is to be laid ouer all the priuities, and all the parts about it. The same plaister doth maruellously stop the blond of the Piles, and all moisture of the Matrice of salt and tough humors, for that it is oftentimes approued.

Item, take the iuice of Plantaine as much as you will, temper therein *Trociscos de Carabe*, and then apply them as all the rest.

Or take Wormewood, Nightshade, and Knotgrasse, of each a like much, stamp and wryng the iuice out of it, then temper as much Rye meale amongst it, vntill it be as thick as pap, afterwards lay it ouer the nauell, and ouer the priuities. Another: take Vineger dregs, make it hot, and wet a blew cloth in it, and lay it thrice double ouer the priuities.

Before in the third part the tenth Chapter and 5. s. ye haue a pretious Salve, beginning, Take Comin, &c. which is also mete for this vse.

There is also a Salve called *De Gallia*, which is thus to be prepared: Take Comin, Dill seed, Caraway, Rue seed, *Ameos*, *Gallia Muscata*, of each one drag. and a halfe, *Epithymus* one quarter of an ounce, Andysalt two scrup. white Rosin one ounce and a halfe, oyle of Dill two ounces, oyle of Roses one ounce, *Aloe Cloues* of each two scrup. molté ware as much as is needfull for to make a plaister of it, then lay it ouer the Kidneyes, and ouer the priuities: this Salve doth not only stay the fluxe in women, but also expelleth the wind of the stomack, and hindereth parbraking. Or take *Sandaraca* one ounce and a halfe, pouned Cypers nuts one ounce, fine Bolus soure ounces, Plantaine seed, and Pimpernell rootes, of each two ounces and a halfe, Starch thre ounces, then make it with water wherein Akoynes were decocted, vnto a plaister or salve, and vse it as is said. There may also be made a bathe, as here followeth: Seeth the rootes of *Carchina* in sufficient water, and make thereof a bath for the reynes.

It is also good to make a bath wherein Allume is decocted, or any of these things following, which one will, as Mirtle seed, the rinds and rootes of the Elme tree, the rinds of the Dake tree, Pomegranat blossomes and the peeles, Akoznes, Medlars, Lentils and such like.

Item, it is sayd that if one do burne *Ranam Arboream* to ashes, and the ashes woꝛne on the neck, that womens termes will be stopt thereby, but it is to be proued.

In like manner doe some aduise, that the mosse of the blacke or Slo-thorne woꝛne in ones shoes, should also stop the same.

Item, take Shepherds purse, and binde it on the soales of a womans fete. Others aduise also that boring cups should be set vnder her bzeast unpickt, for that they draw the blood vpwards, and it is also a very good remedy for to stop therewith the flowing of the termes. Likewise it helpeth also exceedingly to binde the armes hard, to the end that thereby the blood might be drawne vpwards.

Further, this setting of cups, binding, and all these things that are to be put into the places admonished before, be especially to be vsed, if it be perceiued that through such superfluous courses women be impotent, and were afraid of present falling into a swoone. In like manner also it is very requisite that the smell oftentimes to cold things, and vse other moe binding things which be described in the first part, the eight Chapter, and the 7.5.

For a conclusion it is to be noted, whether there be heate or cold in this woman, that the medicine may be ordained accordingly. These be all warming things, and they also which stop blood, which doe here follow, viz. Frankinsence, Mastick, Cyppers nuts, Sandaraca, Laudanum, Mirrha, Storax, Annis, and such like.

Cold stopping things be these, as Camfer, the iuice of Sloes, burnt Iuozie, Coziander Dragon blood: Saunders, blood stone, *Hypocistis*, fine Bolus, *Ruscus* seed, Mirtle seed, Bals, Pomegranat blossoms, the seed of Plantaine, the seed of Melon, of Cucumbers, of Gourds, of Pomepeons, and Pimpernell rootes, &c. whereby all tempered medicines may be adiudged.

Of the whites, or white fluxe in women. S. 4.

The disease which women doe call the whites, and the Phisitions *Menstrua alba*, hath a great acquaintance or fellowship with the auoidance of humane seed, or the running of the reynes, whereof we haue witten at large before in the first Chapter: and it is also very evidently declared, that such kind of fluxes be caused through cold causes, which is here also to be noted.

But aboue all that which is there discovered doe all famous Phisitions commend, that if it proceed of heate, women be first of all to be purged: for which, Cassie is passing good: afterwards giue her euery other day one drag. of *Trociscos de Carabe* tempered in Plantaine water, or a quarter of an ounce of *Triphera ex parte Phenonis* tempered with a little fine Bolus. The reynes are to be annointed with the salue of Roses, and with other things moe which be prescribed in the spermaticall fluxe. There is also to be giuen her euery second or third day one dragme of the siliing of Iuozie to drinke with Plantaine water: and the cold loosings of *Diamargariton* is she also to vse oftentimes.

Item: Take *Camphora* ten graines, bzuise it small, beaten Amber one scruple: drinke them together with Plantaine water, it is a very good medicine.

For this is also esteemed to be a sure remedy, the first buds of the Blackberrie bush, and the berries thereof dried, pouned, and drunken euery day one dragme with red wine, or twice a day. There may also be made a confection of the sayd berries when they be ripe, sathing the same with hony or Sugar, and to vse thereof daily.

But in case that this disease proceede of cold, whereto some doe make fire kindes of bathes which are to be vsed one vpon the other, which me thinketh to be much too strong, for that they take Sulphure, Allum, stealed water and strong Menageges, as Feuersew, Mugwoort, and baiberries: afterwards againe all things which be contrary, as Oken buds, Knotgrasse, Squinant, &c. Wherefoze will we leave the same vnmentioned: but for this must be taken the flowers of dead Petfles poudered the waight of a dragme with wine. Confected Annis seed is also very commodious for this. But in case that the issue be very sharpe, then beate whites of eggs with Rose water, and make clothes wet in it, and put it vp into womens secrets.

Of the suffocation or ascension of the Matrix. §. 5.

This terrible sicknesse is in many things most like to the falling euill *Epilepsie*, and the great swooning *Syncopi*, because the *Matrix* hath great simparchie with the heart, the arteries, braines, and with the two membranes which do couer the braines. This malady commeth to women through diuers causes, and especially when there is retention of their termes or flowers, yea also through the retention of their naturall seed, especially to them that be accustomed to haue the company of a man, and must then forbear it, as widowes, and aged maidens: for that in case the foresaid seed be retained, then causeth it many kinds of winds in the *Matrix* which do compell it so to ascend, that otherwhiles it oppresseth euen the *Diaphragma*. This is then the opinion of diuers learned men in this case: but *Galen* doth dispute against it with strong reasons, that the foresaid naturall seed doth much rather cause this sicknes, then the retention of the termes; chiefly in women which also are burthened with many bad humours, be full of blood, and brought vp in idlenesse, haue accustomed to accompany with a man (like as is expressed) and now suddenly are constrained to want it. Therefore is commonly seene, saith he, that this suffocation for the most part troubleth widowes. He maintaineth also and that by good reason, that the mother doth ascend euen to the *Diaphragma* (which is the midriff) and there doth abide the breath.

Thus may be caused through the retention and putrifaction of the seed, all manner of troublesome accidents, as giddines and paines of the head, madnes, short breath, and panting of the hart, their natural colour doth alter into a yellow pale, yea sometimes into rednes of the face & of the eyes, they gnash with their teeth, draw their hands & feet awry, they do also seel that there ascendeth somewhat upwards out of the belly; and commonly then do they presse downe their belly with their hands; they also do sit commonly with bent knees on the ground; they lose their speach: and neuertheless when one calleth them by their names, then do they heare it, but they cannot answer, and do lie oftentimes, that neither breath nor pulse, nor any life can be perceiued in them, yea are taken to be dead: and also sometimes they are so taken or assailed with these kinds of maladies that they depart out of this world: neuertheless they alwaies retain their memorie and knowledge; and when they come againe to themselves, then doe they rehearse all that is spoken and done. So that this disease (like as is rehearsed) is in many things to be compared with the falling sicknesse, onely that they do not come. In like maner it is not vnlike the *Palsey*, but onely that there is no long breath with it, and very like the sleeping sicknesse *Letargo*, but that there is no ague with it. Amongst all the foresaid signes is there no woorse than the retention of the breath, for that the same cannot bee long holden vp without death follow after it; for that a body cannot liue without breath.

This grieuous accident may also bee caused through a strong cold, which doth so sore assaile a body, that thereby all his breath and pulse will be so drawne inward that by the feeling it can be at no hand perceiued, as we haue also admonished here and there in the first part amongst the diseases of the braines. In fine, the meane to remedy this terrible disease consisteth in three seuerall things.

The first what is to be done in the hazzie accident for to hinder the stifling.

The second (if so be that this disease be caused through retention of the seed) what is to be done for it.

The third, in case that this be caused through retention of the termes, or through any other bad humours, how one is to behaue her selfe therein. When as this disease commeth with hinderance of the breath, then is speedie help needfull: therefore is cold well water, or Rose water to be cast by and by into her face, and to hold the mouth and nose to the end it may compell the breath backward, and breake out with force: also the hands, feet, buttocks, and thighes, are to be rubbed hard with Vineger and salt, and afterwards to be bounden very hard. Another woman must make her finger fat with odoriferous oyle (as oile of Lillies, or any other) and therewith annoint the necke of the wombe or *Matrix*, and rubbe the same softly, to the end that the *Matrix* be thereby drawne downewards. Further, there is a little nesting powder to be blowen into the nose, to the end that through the strong motion of nesting the mother may be drawne downeward. They are also to be called hard and lowly by their names, and to

keepe away all pleasant saouours from their nose : but the places are to be fomented, annointed, or fumed with all odoriferous things. Also a great boring cup is to be set vpon the same place vnpickt. You are also to hold all filthy loathsome saouours before the nose, as *Assafoetida*, *Galbanum*, or *Beuercod*: also the smell of old clouts, of shooes burnt, of haire, of feathers, and such like that may be gotten speedily, are you to let her smell vnto. For that (like as we in the beginning of the description of the *Matrix* or mother haue admonished) the mother doth flie and auoyd by nature all stinking things, and to the contrary loueth all odoriferous fumes and saouours: yet are these stinking things not to be vsed but in extreme need: for that all that stinketh very loathsomely, doth also weaken and infæble nature. Amongst these foresaid things is Hares haire also very requisite. The chiefest odoriferous things which are to be vsed beneath is *Muscus* and *Ambra* mæte. And if one can get it suddenly this powder following is to be taken.

Take red Storax, *Lignum Aloes*, and cloues, of each one dragme, Muske, Amber, of each halfe a dragme; make all to powder, then binde it in a cloth and put it vpon their places.

Item: Take one ounce of the oyle of Lillies, *Muscus*, and Saffron, of each thre graines: bruse them well together and dip a taint in it, and put it into the place, or fill a small bag with salt, and vse it as before.

You are also to make a fume with these things following, and to receiue the same through an Ammell: Take Cassie wood, Cinnamon, Thyme, *Gallia Muscata*, and such like. But if these will not helpe, then vse one of the strong pessaries and others which be described before in this chapter and the 2. s.

Verum (saluo pudore) presentissimum Remedium est. si maritus ungat penem cum Oleo Caryophyllorum, admixto parum Olei amygdalarum dulcium, ad caliditatem prioris temperandum, & cum uxore coeat: Matrix enim subito descendit.

When as now this patient beginneth to reconer againe (being a Maiden) and enclined to this grieuous sicknes, then is there no better remedy, than that she induce her selfe into the state of matrimony: if not, then is she to refraine from all these things, which do increase naturall seed; as flesh, wine, and other, like as before is described in the first Chapter, and the 4. s. and the seventh Chapter and the 8. s. For this is also the letting of blood very mæte, the vse of all cooling meates, and the absence of men. All minerall bathes which do dry, be also very fit for this vse, & she may also vse therewith these confections following.

Take fresh rootes of Polypody sixe ounces, Sene leaues, Violets, Pzunes, Sebestes, solwe Dates, and Currans, of each one ounce and a halfe; seeth them in two quarts of water vnto the halfe, afterwards wring it out: and whilst that the decoction is yet warme, steape therein sixe ounces of the seeds of Fleawoort, so long that the muscilage may be drawen out of them, then put 24. ounces of white Sugar vnto it. Likewise also the pith of solwe Dates and Cassie which are prepared with the foresaid decoction, of each thre ounces: then seeth them againe together by a milde fier vntill that it be thick, and temper it with these things following beaten very small, burnt Juooy, Rubarbe, red and white Saunders, Roses, Violets, white Poppy seed, Purslain seed, Endiue seed, Lettice seed, small Endiue seed, of Fennell, Dragagant, Starch, scraped Juooy, Gum, Hollihockes, Fumitory, Licorice, and Annis seeds, of each a dragme and a halfe, *Diagridion* two dragmes and a halfe, *Mirebalani Indi*, *Emblici*, of each thre dragmes: temper them all together in a mortar, and giue from halfe an ounce vnto seven drag. This foresaid electuary is so highly commended, that it is called the gift of God. These are also not every day, but only once or twice to be vsed, with a decoction of Bugwoort and Sugar, and then to fast sixe howres vpon it.

This being done, there shall a round plaister be layd vpon the nauell *De Galbano*, and not to take it off, before it fall away of it selfe, whereof there be two diuers sorts discovered before in the 3. s. Lastly, these pills ensuing are to be vsed: Take Siluermountaine, Padder, Penniroyal, the innermost rindes of Cassie pipes, Pomegranate kernels, Piony rootes, and Calmus, of each thre dragmes, *Muscus*, and *Spica* of Indie, of each halfe a dragme: then make pills thereof with the iuice of Bugwoort, of them is she to take euery day, or at leastwise about the other day, if she do not vse the Confection, and that before supper. But the same is not to be giuen if the termes be present, but when they be past, if you will haue them milder, then put one drag. and a halfe of Aloes vnto them.

But in case that this ascension of the Mother be caused through the obstruction of the termes, and

and that a woman be come to her selfe againe, and that it is feared that it will retorne againe, by reason that the cause is not yet taken away, & that it be certaine that this disease were caused through the retention of the termes, or of the naturall seed; then must diligence be vsed that the termes be preferred and moued, whereof we haue before giuen a full instruction.

Item, if this suffocation of the Matrix proceed through obstruction or hinderance of the termes, then giue her one quarter of an ounce of powdered *Agaricus* with Wine or with Hony water, for it is a sure meane for it. It is also very good for the same, that there be taken one dragme of the powdered *Agnus Castus* with one ounce of the Hony of Roses, especially if the disease do come through the detention of the seed: the *Trociscide Myrrha* do also moue much.

Secondly, the *Saphea* is also to be opened in the foote, and afterwards one dragme of powdered *Betonie* with the water of *Feruerfew*. In like manner also boring cups are to be set vpon the thighes picked or vnpicked. Cut a peece of bread round like to a Dolloz, and set three *Ware* candles in it of the length of a finger, set them so burning vpon the nauell, and then whelme ouer it a glasse of a quarterne long, then doe the candles goe out, and the glasse doth draw the Mother or Matrix perforce into her due and wonted place: and this hath bene oftentimes approved.

Item, annoint all the belly with oyle of *Pasticke*, and make a pot lid warme, winde it about with clothes, and hold it warme to the belly.

Item, take *Beuercod* and *Assa foetida*, of each one quarter of an ounce, *Philonium Romanum* one dragme; temper them together, and giue it fasting, and drinke vpon it a good draught of *Muscadell* or *Palmsey*, it helpeth maruellous well.

The same vertue hath *Triphera magna*, the waight of a dragme and a halfe drunken with wine in the morning early. Likewise is also good for this one dragme of powdered *Bionie* seedes drunken with Hony water.

If the Matrix or Mother begin to ascend, then is to be taken one quarter of an ounce of yellow *Rape* seed with the water of *Mugwort*.

For a plaister, you are to take *Galbanum* one dragme and a halfe, *Bdellium* one dragme, *Mugwort*, *Feuerfew*, of each halfe an ounce, oyle of *Lillies* one ounce; dissolue the gummes in the oyle, and when they begin to be cold, then temper the powder amongst it: with this salve they are to annoint them beneath and aboue the nauell, and then to lay a plaister of *Galbanum* vpon it.

Item, take *Assa foetida* one ounce, *Galbanum* two ounces, melt them in vinegar, and spread them warme vpon a leather of a quarter long, then lay them ouer the nauell: the *Galbanum* is also good vsed alone. Whensoever you will lay any thing vpon the place of the paine, then take the rootes of *Louage*, cut them very small and put them in a bag. Cometh the paine of the Mother through cold: then seeth it in wine; but if it be through heate, then seeth them in water, and lay it on the place of the paine. Could you not get these rootes: then take *Acozne* buds, it is also good.

Peering and parbaking is much aduised for this, but especially heede must be taken to the strength of the patient.

And in case that the same Woman must liue without a man, then is she so much the oftener to vse annointing with the odoriferous salues with the fingers beneath, and vse therewith all things which doe diminish naturall seede, as Rue, *Agnus Castus*, and such like, as elsewhere hath bene shewed. Besides all these, you may looke all that hath bene said before in the second §. of the termes in women.

Of the descention and falling downe of the Mother
or Wombe. §. 6.

Like as the Wombe or Mother in women ascendeth, so doth it also descend, so that it cometh so low, that she being turned about, it dependeth, and with a long end hangeth out of the body, like as is wont to happen with the *Arsegut*, whereof we haue written in the tenth Chapter and the second §.

The causes of this disease may bee outward and inward: the outward may come of falles, heavy birth, long sitting vpon a cold stone, or in the water, through hard going to stoe, through

through strong nésting, through running, leaping, through vse of much cold salue, and such like. The inward be when the body is pestered and full of humors, which afterwards doe fall euen to the wombe, which do so vnknit and dissolue the bands and stayes of the same, that they cannot hold the mother any longer, like as oftentimes befalleth in the palsie and falling sicknesse, also in vlcers and impostumes of the wombe. The signes of this disease be manifest, if the same be caused through any outward causes, the same may be inquired of the patient her selfe. Otherwise it is to be considered whether the woman be fat, moyst, lye in quiet, is wont to eate much fruit, or much fish, &c. They haue also oftentimes paine about the priuie members, and in the neather part of the backebone. There commeth also sometimes an Ague with it, retention of the vyne, and hardning of the stole. Some get also much trembling, the crampe, and great feare, without any manifest causes, with many moe grieuous accidents. Now in case that the descension of the Mother do yet remaine somewhat inwardly, then must a Midwife behold and search her: to wit, then she must put one finger into the necke of the wombe or Matrix: if the passage be smooth and open, then is the Mother not falne downe; but if she find therein any stop or let, then it is a sure signe that it is descended: and if so be that the Matrix or Mother continue long out of her naturall place, then is it vnpossible that she should be reduced againe into her due and naturall place, and more vnpossible if the same depend out of the body.

Thus for to remedie this disease, then may one chuse out of these things following those which are thought to be best and most meet, according to the quality of the disease. First of all take three boring cups, and set the one vpon the nauell or vnder the breastes, and the other two about the priuities vnpickt: these may draw the Matrix againe into her accustomed place. The Midwife may also annoint the body within with oyle of Masticke, and doe whatsoeuer is possible by manuell operation to set the same againe into her naturall place.

Secondly, take a glowing brick, and strew thereon this powder following: Take Tormentil, the iuice of Sloes, and *Bistorta*, of each three dragmes: the peeles and blossoms of Pomegranats, of each one quarter of an ounce, *Assa foetida* one ounce Mastick, Frankinsense, *Galbanum*, of each two dragmes and a halfe, Cipers nuts, Gals, Mirtle seede, of each five dragmes; stampe them together, and mire them well together: this fume is she to receiue from beneath, but had must bee had that it come not into the nose: for to hold to her nose, serue none other but well sauouring and sweet smelling things, *Ambra*, *Muscus*, and Violets, and all saouours which are most acceptable vnto her. These bad saouours (as is said befoze) cause the Mother to ascend againe. This same is also vled whylest that the boring cups are fastened.

Item, take a stinking egge from a brood hen, and dip cotton in it, and then lay it vpon the pendant necke of the Matrix, then will it forthwith be drawne vp againe.

Or take Cammomil, Parierom, and Caruway, of each one handfull, Linsced one handfull and a halfe; seeth it in water, and receiue the vapour thereof.

If so be that there be heat with it, then are you to vse this vapoꝝ following: Take houseleke as much as you please, beat it grosse, and afterwards lay it vpon a hote stone, and let the woman receiue the vapoꝝ thereof.

Thirdly, then is this fomentation to be made: Take three ounces of Roses, Mirtle seede, Violet leaues, Parigolds and Feuerfew, of one handfull, *Assa foetida* five dragmes; breake them all together, then put them in a bag and seeth them in red wine, and lay it after the vapoꝝ receiued vpon the foresaid place.

Or take the blossoms and pils of Pomegranates, Cipers nuts, the rinds of Medlars and of the Seruice tree, of each one ounce, Allume one ounce and a halfe, seeth them all together in red wine, and foment therewith the places and the parts adiacent of the Matrix. Some doe also aduise to take Dre tung tempered with red wine, and to receiue the vapoꝝ of it from beneath.

Fourthly, let euery day the neck of the Mother and all parts about the Mother be annointed with the salue *Altheo*, but temper amongst it some marrow of any beastes, the fat of fowles, and oyle as much as you please: doe this in the euening when she goeth to bed. You may also of such like things make a plaister, and apply it all the whole night as befoze.

Or take the of Mirtles, of Lillies, and of Masticke, of each two ounces and a halfe, *Assa foetida*, *Bistorta*, and Tormentil, of each three dragmes: the gum is to be molten, then pawne all that is to be powdered, and make a salue thereof, annoint therewith the body outwardly, and also the kidnepes.

Lesser. Take the yolkes of two well bzayed egges, put vnto them one ounce and a halfe of the oyle of Roses, fresh butter halfe an ounce, make a salve thereof, and vse it as befoze.

The dependant Matrix is to be washed often with wine which is stealed.

Also the oyle of sweete Almonds may be vled for this purpose.

Fiftly: Take *Assa fetida* one ounce, Masticke, Frankinsence, Mirtle seede, Galingall, and Cyper nuts, of each one dragma, stamped together very small, mire it with the oyle of Mirtles, and annoint therewith a pessarie, afterwards put it into the places.

Sixtly: Take Rosin two ounces, Frankinsence, Masticke, and Cyper gum, of each halfe an ounce, temper it together, and let it melt; make it then with the oyle of Masticke to a plaister, and weare it vpon the priuities: it will stay and let that the Mother or Matrix cannot fall any further out of the body. Also take Masticke one ounce, Frankinsence halfe a dragma, Cipers nuts, Galles and Mirtle seede, of each one dragma, pilles and blossomes of Pomegranates, and Turpentine, of each one quarter of an ounce; powne all that is to be powned, and temper it all together with Turpentine and oyle of Masticke, as much as will suffice for to make a milde plaister, spread it on a cloth of a quarter long, and halfe a quarter broad, weare this plaister continually betwene the nauell and the priuities.

The common people do much commend to sit vpon Daken bozds, and to receiue the fume of dyed Caruway from beneath: cakes baked with the dyed seeds of *Verbascum*, and to eate them: to eate Annis seedes: to annoint the dependant Matrix oftentimes with the iuyce of Scloes; and aboue all, homiting and parbzaking, thereby to draw the Matrix vpwads, are very good.

Aboue all these which be befoze discovered against the descension of the Matrix, are these things ensuing also very good: Take burnt Date stones beaten small, and strew of this powder vpon the dependant member.

A stronger. Take *Mumia*, *Licium*, *Hypocistis*, pownded Gals, of each two scruples, burnt and small beaten Dycker shels two dragmes and a halfe, then make a powder thereof, and vse it as is befoze said. Item, take a war candle of the length of five fingers breadth, and one finger thick, annoint it with oyle of Lillies, and put it vp into the place.

Item, take Cyper nuts, vnwozmeaten Dken leaues, Squinant and Caminomill, of each halfe an ounce, Roses one quarter of an ounce, Hares haire cut small, halfe a dragma: stampe all to powder, and put it in a bag of the length and breadth of a finger, then steape it in warme wine wherein Caminomill hath bene decocted, and so put it vp into the body.

This woman is also to sit vp to the nauell in a bath, wherein Allume and other astringent things haue bene decocted, and let her sit therein about an houre.

Other do counsel to vse this bag following: Take Dken buds, Medlar leaues, Seruice leaues, the vppermost sprigs of Ladies thistles, Cipers leaues, of each one handfull, the sprigs of Mirtles, Valerian, wilde Mints, of each two handfulls, chop them all small, afterwards put them into a bag, let it seeth well, and sit thereon when you are in the bath.

For a conclusion, there serueth for this intent all that is prescribed befoze in the tenth chapter and second s. of the falling out of the Arsgut, for that both these diseases haue one kind of cause. Likewise also there are many things specified in the third part, the third chapter, & second s. of the tumorous breasts, which are moete for this purpose, like as also hereafter of women in childbed shall be said.

So much be then spoken of this suffocation and descension of the mother: now we will proceede to other accidents which also concerne the Matrix or mother.

Of the paine in the Mother or Matrix through wind. §. 7.

First of all each one may be well assured which hath any vnderstanding, that euery vnnaturall accident which this part in women, to wit, the Matrix (whether it be of outward or inward causes) is subiect to, cannot be without paine, which the Grecians doe call *Hysteralgia*. Amongst these, the causes be most windes, which cause no lesse paine in that place then they do in the guts, whereof we will at this present write and discourse.

The causes of this may be blowes, thrusts and falles. Item outward cold, which causeth an obstruction in the necke of the mother, whereby the winds be detained. These winds be also caused

caused sometimes through hard and painefull bearings, or through the long vse of windie meates, as Kapes, Chestnuts, Rye bread, and such like. The signes of these winds be paine in the matrix, and other parts adiacent, swelling vp of the belly, and that the paine is now heere now there.

To remedy this disease, some famous Physicians doe aduise that the body is first to be purged through some common clisters, through Cassie, or through the powder of *Hiera Picra*, and that afterwards one quarter of an ounce of *Triphera magna* shall be taken in the morning with good wine, for the same is esteemed especiall good.

These winds be also caused oftentimes through vomiting and parbaking.

Secondly, take for it two ounces and a half of *Oxymel*, and three ounces of the water of Cammomill, afterwards set a common clister.

Thirdly, foment the bellie with wine wherein Cammomill is decocted. Lastly may *Triphera* or *Philonium* be vied.

This foresaid *Philonium* is very good, but (as is oftentimes admonished) men must deale prouidently in it, for the *Triphera* is much safer.

Afterwards doe the famous Physicians commaund to proceede with these things which doe follow.

Take Turbith one dragme or foure scruples, according as the woman is strong, Ginger one scruple, giue it her with water of Bugwort, or with common well water, wherein Bugwort is decocted: this is a very excellent medicine for to alluage all paines of the Matrix.

It so be that one peradventure feare any mischance, because the windes of the Matrix doe oftentimes cause it, then take Caruway seede which is steeped in Vineger, and dried againe and powdered; one dragme, *Ameos*, Ginger, Beuercod, of each one scruple, temper them together, and giue one dragme thereof with Wine certaine dayes together. Or take Gentian the waight of one dragme with wine, which easeth them maruellous much, for that it expelleth not onely the paine, but also preuenteth that there returne no paine vnto it.

In the twelfth chapter and 11. s. you haue a potion with Gentian and others, which may also be vied for this with great aduancement.

Amongst the remedies which may be outwardly vied, first is bathing good, whereto this following is to be prepared: Take Marierom, field mints, Southernwood, Fennell, and such like things which expell winde, seeth these in water for a bath.

Or if so be that bathing is not meete, then vse fomenting of warme wine, wherein Cammomill is decocted, and afterwards annoint the belly with the oyle of Elderne. Item, take oyle of Masticke one ounce, melt therein one quarter of an ounce of *Laudanum*, and annoint you therewith, yet the oyle of Lillies and of Wallflowers passeth all.

Item, reere sodden egges brayed well with swete milke, and some Saffron tempered amongst it, and then laid vpon it, are highly commended for this vse. It is also said, that if blacke Helleboze be laid beneath before the Matrix, then doth it draw all moisture vnto it. But the Physicians doe seeth Helleboze, and make a cloth wet in the same decoction; this cleanseth the Matrix from all wind, without any molestation. This plaister following is especially commended for all winds and swellings of the Matrix: Take *Bdellium* and *Ammoniacum*, of each two ounces, *Agnus Castus*, Centorie, Southernwood, Marierom, field Mints, *Ameos*, and Cassie wood, of each one dragme and a halfe, Turpentine as much as is needfull for to make thereof two plaisters, then lay one before and the other behind.

Of the paine in the Mother through cold. §. 8.



Take *Doronicum*, Zeduary rootes, the seedes of Smallage and Cinnamome, of each one quarter of an ounce, Frankinsence halfe a dragme, Beuercod one dragme, white Sugar one ounce, temper them and stampe them all together, and giue thereof a spoonfull with wine. In the first part and the twelfth chapter there is a remedy for the memorie, to wit, of a grosser powder, which is also marvellous good to warme and strengthen the cold Matrix. Item, take one dragme of Treacle, Saffron foure graines, temper them in two ounces of Bugwort water, and then drinke it fasting, and fast three houres vpon it. Nithzidate is also very good for all diseases

diseases of the Matric, and chiefly for them that proceed of cold. There is more good for this, Beuercod about the waight of a dragme tempered with oyle of Cammomill, and the belly annointed with it. Ripe Juniper berries eaten be also very good for this disease. The first Balsam (which is described in the eight part) is also especially good for the same, all plaisters, oiles, salues and fomentations, which be described in moe other places, may be also used for this.

The simple things which be meet for a cold Matric, be these, to wit, Mugwort, Rue, Sage, Sauine tree, *Assa fœtida*, Hadder, Juniper, Pennirovall, field mints, white water mints, Calamus, *Serapinum*, and all that warmeth the kidneyes.

Of the paine in the Mother through heate. §. 9

There cometh also otherwhiles a great paine in the Matric through heat, so that there must oftentimes things be used which take away and dead the senses, like as the iniection of Venbane seed, or Poppie seed, but it must be prouidently taken in hand, and not to use the same but in great heate. But if you will any thing that is more weaker, then seeth the Poppie heads in water, and iniection the decoction thereof, and foment it therewith on the outside. Warne sweet milke iniection also is good for this purpose.

Of the contraction of the Mother, or the necke of the same. §. 10.

Ichaunceth also sometimes that the neck of the Mother is closed cleane vp, waxeth narrow, and shrinketh vp. And for to mollifie or soften the same, take Hollihocke rootes as many as you please, seeth them in Swines grease, or in Turpentine, to the end it be a soft plaister; then dip a clout in it, and put it vp into the necke of the Matric. The same doth also the water wherein Hollihocke rootes be decocted. In like sort also the oyle of white *Narcissus*.

Of the *Schirrus*, or hardnesse of the Mother. §. 11.

At of these foze mentioned accidents of the Matric, whether it be through heate or cold, cannot these parts be hardened any way, but as the Splæne is hardened: for which these meanes ensuing bee very good: Take Aloe one ounce, Masticke one quarter of an ounce, *Galbanum* dissolued in Vineger one ounce; and being strained, temper the rest amongst it, and then make it with oyle of Cammomill and Ware into a meetly hard plaister. The plaister of Melilot is also good for this use.

Item, seeth Figges and Fenegræke as much as you please in Barley water, and make thereof a Semicupe. This foresaid bath is good both for the paine and the heate also. There may also be used all that is before admonished in the sixteenth Chapter and first §. These herbes following doe carry all other medicines towards the Matric; as Pennirovall, Rosemary, Sauine tree, Juniper, Rue, Beuercod, Parrow, Cinquesoyle, *Myrrha*, Sage, Hadder and Lupins. But because that all these foresaid things do also leade all things towards the Bladder and the kidneyes, so doe they the same also to the Matric.

Of the impostume in the Mother, or in the necke of the same. §. 12.

If so be that these foresaid diseases, as the retention of the termes of naturall seed, or any other sharpe humour, whether it be blood, *Cholera*, *Phlegma*, or *Melancholia*, winds, or any other cold moisture, the which falleth downe to the Matric, then may they soone cause an impostume: notwithstanding the same can proceed well of any outward causes, as of blowes, falles, leachery, through a mischance, through the ignorant dealing of the Midwife, and such like things moe, the which doe bring with them either heat or cold. The signes of a hote impostume, be Ague, great

great paine betwæne the nauell and the pziuities, and round about the reines, much watching, vnquietnesse, and paine in making water and going to stoule, swift pulse, paine of the head and of the eyes, heauy bzeath, paine of the stomacke with much parbraking.

These impostumes will be very hardly cured, and the harder if they are situated deepe in the Matrix: but generally they are to be cured, like as the impostumes and blcers of the reines are taught to be healed, viz. as in the sixetænth chapter and 6.7.8.9. hath beene shewed.

But here be first certaine rules to be noted, whereof the first is, that one must endeuour to cary alway the matter from thence which descendeth thitherwards. Secondly, the Liuer veine is to be opened, and afterwards the veine in bending the knee, or if one can neither see nor find it, then is the *Saphæa* to be taken. Thirdly, if so be that this impostumation be in the Matrix, or in the necke of the same, then be the termes in no wise to be moued, but onely (like as is said) to withdrow the matter into another place. Fourthly, after the letting of blood is the patient to be purged. Fifthly, vomiting and parbraking is very commodious. Sixthly, if it be possible shee is to refraine the space of threë dayes from eating and drinking, or at least keepe her selfe very sparingly, and especially in drinking. Seuenthly, she must watch as much as is possible. Eighthly, after that the body is well purged, then is the Matrix in the beginning of the sicknesse to be delated with such kinds of plaisters as deriue the matter from that place. Ninthly, amongst these foresaid remedies, temper alwayes somewhat which may asswage the paine. Tenthly, in the declination of the disease are those things good which doe ripen and mollifie the matter untill it issue and breake out. Eleuenthly, if so be that this impostume would not bee maturated and brought to matter, then is the same to be effected with *Fenegræke*, with *Hollihock* roots, with *Cammomill*, with *Wheat flower*, with *Pigeon dung*, and with some *Saffron* being made to a plaister and laid thereupon. Twelfthly, the astringent remedies are not to be long vied, to the end the impostumes be not hardened: according to all these foresaid rules, euery one may know how to order her selfe in the curing of this disease.

If this impostume doe come through heate, then is heede first to be taken whether the sicke person be bound in her body; if it be so, then are milde clisters to be set, or *Suppositoies*, and afterwards to open a veine, as hath beene shewed in the second rule. She is also to be fed with *Barley paps*, *stued Spinage*, and such like things: and to prepare the matter, giue vnto her the iulep or sirupe of *Violets* at certaine times to drinke, and afterwards purge her with *Cassie*, *swete Dates* or *Manna*, and also moue her otherwhiles to vomit. Afterwards vnto the reines, the kidneyes and the hips, are cooling salues, plaisters, and such like things to be applied, and so to coole them as much as is possible; for which you are to vse this salue following: Take *Dragagant* and *Gum*, of each one ounce, dissolde them in wine, and temper therewith washed *Cerule*, the *Litharge of Gold*, *Starch*, *Dragon blood*, fine *Bolus*, and *Roses*, of each one dragme, burnt *Copper* two scruples, oyle of *Roses* and *Ware*, as much as sufficeth for to make a salue therewith: but if so be that one cannot apply the same to the malady, then seth them altogether with milke (except the *Ware*) and then dip a cloth therein or a sponge, and lay it vpon the disease.

If you had rather haue somewhat else, then take the muscilage of *Fleawort* alone, or temper it with oyle of *Roses*, with broad *Plantaine* water, with the water of *Nightshade*, and with the white of an *Egge*.

There may also a great tent of *Cotton* be made, and the same dipt in this receipt following, and put into the necke of the Matrix. Take *Ware* and oyle of *Violets*, of each halfe an ounce, let all melt together, and whilst that it is yet warme, put thereto the iuice of *Plantaine*, of *Nightshade*, of each one ounce. Camfer halfe a dragme, then temper them well together in a mortar, and vse it as is aforesaide. If so be that there be any great paine with it, then vse oyle of *Roses* braied with the white of an egge, and tempered with hens grease: but if the paine will not asswage and cease therewith, then is the veine in the ham to be opened, and with the foresaid decoction *Poppy seed* is to be tempered. In like maner *Sief Album* is to be tempered with womans milke which giueth sucke to a daughter or maiden child, and to be injected.

This plaister is also very good for it: Take *Cammomill*, *Helilot*, *Hollihocke* rootes, *Linsæde* and *Fenegræke*, of each one ounce, eight or ten *Figges*, five or seuen *Dates*, *stampe* and *sharpen* this altogether, and make a plaister thereof with water wherein *Violets* bee decocted, and with oyle of *Roses*. At the greatest extremity there is to be put vnto it a little *Opium*, *Poppy seed*.

seede, and Venbane seed. If so be that the impostume will be long a breaking, then temper amongst it one ounce and a halfe of powdered Pigeon dung, Mustard seed halfe an ounce, Fennell seede three quarters of an ounce. But if this impostume be in any place where it may be seene, or where one may come by it, then is it to be opened through other means: when it is open, then cleanse it with Barly water or Hony water, wherein Hyssop, Savine,adder, Bugwort, and such like be decocted.

And if so be that the place must be incarnated, then take Aloe, Mirrhe, Frankinsence, Sarcocolla, Dragon blood, litharge of Gold, and prepared Tutia, of each a like quantity; make then a salve thereof with Oyle and oyle of Roses, and vse it according as opportunity serueth. And as before hath bene said, cooling plaisters are to be vsed for it, and to take any of these things following, viz. Roses, Lentils, blossomes and peeles of Pomegranates, the muscilage of Fleawort, Nightshade, Tassel, freshly sliced Gourds, and Saunders; all these are to be tempered with barly meale, and sodden to a plaister, and then to be layd ouer the priuities.

Afterwards in the beginning of the disease, the iuice of broade Plantaine is to be injected oftentimes into the Matrix.

And to the end the Matrix inwardly may be perfectly mundified, prepare this water following: Take Gals, Lentils, Pomegranate blossomes, Butchers brome seeds, Roses and Saunders, of each a like quantitie, seeth them in water, and inject the decoction into the place.

Or take Hyssope, Wormewood, hony of Roses, seeth the same in white wine and milke, and vse it as is aforesaid.

When the Matrix is cleansed from all uncleannesse, then is this bath to be vsed for to heale and to cause the flesh to grow: Take Centorie sixe ounces, Ireos, Comfrey, Castie rootes, and Agrimony, of each three handfuls, Sarcocolla, Gum, Dragon blood, Mumia, Hypocistis, and Frankinsence, of each one dragma; seeth them all together in sufficient water vnto the halfe, then put thereto prepared refuse of Iron one ounce and a quarter, then let it seeth a while and ware colde that it may be vsed for a bath. Of all the former things may plaisters, salues and pessaries be made, for they are to that intent very meet and profitable. Or if you will haue a meane and milder bath, then take Wallwies, Violet leaues, Helilot, Plantaine, Lentils, Fenegreake, and Colewort buds, and make a bath of it.

An like sort sodden Allume is auailable for this purpose, for this bath is generally commended of all learned men.

But when the ague and the most paine is somewhat past, yet the impostume remaineth still, which may be perceiued when the ague returneth, and the paine and hardnesse betwene the nauell and the priuities continueth, then are mollifying things to be vsed, as these pessaries following: Take Ducks grease, the marrow of Harts bones, Peates feet oyle, Bdellium, Saffron, and yolkes of rosted egges, of each a like quantity; dissolve them together in wine, and temper therewith the bottome of oile of Lillies, then dip a taint of linnen often therein, and put it into the place: it swageth the paine, and allayeth the same. But of this hardnesse we shall shortly hereafter speake and discourse somewhat more at large.

But if this impostume be caused through cold, then doth the same happen through abundance of much Phlegma in the body, and that through a continuall vse of meate and drinke, whereby the Phlegma is augmented, whereby such like humors do fall downe to that place, and there do putrifie and rankle. This impostume doth appeare with a swelling about the priuities neare the navel, and that with a continuall ach, and yet no great paine, the woman is sleepe, and very lister: and these signes be the more certaine, if the time of the yeere and the age of the patient do agree with them.

For this, neither cold nor repelling remedies are meete, but maturatiues, and such as expell Phlegma, sobrietie, plaisters of metely warme, discusse and ripening seedes, laying on of Camomil, of Helilot, Savine, Parierom, Bugwort, Linsede, Fenegreake, admixed with the foresaid oiles and greases, and they may also be sodden & injected. Likewise for this are meete, salues and plaisters which do warme, moisten and ripen, wherof we haue before admonished, and shall againe hereafter.

The third manner of the impostumation of the Mother, is such a bad and hard disease, and is much worse then any of the former, especially when it is confirmed and waxen old, for then it is not to be cured, but at last there cometh the canker of it, wherof we shall immediatly

hereafter speake and discourse at large. But to doe some ease for it, is the place to be annointed with warme and maturative oyles, marrows and greases of beasts, and the decoction of Linseed, of Fenegreke seede, and oyle of Cammomill, of Dill, or of Lillies to be injected. Also they are to weare plaisters *de Bdellio*, of liquid Storax, and of *Ammoniacum* thereon, and to vse these fomentations and bathes following: Take the rootes of Hollibock two ounces, Cammomill, Melilot, Malloves, Violet leaues, Linseed and Fenegreke seed, of each one ounce, let them seeth well in water, and of these decocted hearbs shall you make plaisters with some of the foresaid greases, viz. with swines grease, hens and ducks grease, &c.

Use also this salve following: Take oyle of Lillies & of Elderne, cony fat, the fat of Quailes, Peates seete oyle, and oyle of Harts seet, oyle of swete Almonds, and Butter, of each one ounce, annoint therewith the neck of the mother within and without, then annoint therewith a pessary of cotton and put it therein. And if so be the same do not content thee, then look into the eleuenth chapter, the 29. and 30. §. of the impostumes in the stomacke.

Item, of the impostume in the Liuer, the 12. chapter and 7. §. and 14. chapt. and 2. §. of the impostume of the milt, where you shall finde a sufficient direction for it.

Of the Canker and vlcer of the Wombe or Matrix. §. 13.

What the difference is betwene the impostume and vlcer, is befoze in the eleuenth Chapter and nine and twentieth §. sufficiently declared of the impostume of the stomack. But the vlcers of the Matrix be very noysome and perillous (as we haue befoze alledged) and so qualified, that very easily they may come vnto an incurable canker; for this vlcer and the canker haue a great communion one with another: yet this difference is betwene them, that where the canker is, there must also be an vlcer, but not euery impostume the canker. Thus may vlcers be holpen with the things which be ordained for the clefts of the Arsegut, and of the womans places; where to the contrary, the canker of this place is esteemed by all learned Physicians for to be incurable. The causes of these vlcers and canker of the Matrix may bee (as wee haue already shewed of the vlceration in the nostrils in the first part) of wounds, of thrusts, of blowes, of falls, of some vncleane impostume, of some sharpe humors which do excoziate and exulcerate the Matrix, or the necke of the same within. The canker is commonly caused through melancholike blood, which maketh a hard impostume, and beginneth first onely of a small hardnesse, as the bignesse of a Pease or Beane, and afterwards increaseth, the which at last filleth the veines adiacent also with melancholicke, thicke, and blacke blood, whereby it will bee harder and greater from day to day. The heate augmenteth with pricking vntill that it breake out, whence then issueth a blacke greene matter, and otherwhiles like as it were wine lees, and sometimes like to water, the which stinketh none otherwise than as it were a carrion, and corrodeth more and more, for that is the nature of cankers.

The signes of these vlcérations be paine, pricking, panting of the mother, and issue or descent of purulent matter according to the qualitie of the vlcer. But if it bee caused through any outward occasion, that may be vnderstood of the sicke person her selfe. Or if it come through sharpe blood, then is the paine sharpe, pricking with great heate and ague. Or if it be caused through *Phlegma*, then is the paine not too great, the place anguished, and impairerth slowly. If there run any cleere blood out of it with white corruption, then is there a small veine broken in the impostume. If the matter be like water wherein fresh flesh is washed, then is it a signe that this disease is caused through long retention of womans termes. If this impostume be caused of *Cholera*, then doth greene matter run out of it. The signes of the canker haue we discovered befoze.

In these kind of vlcers and cankers in the wombe, doe the learned prescribe certaine rules, whereof good heed is to be taken. First, in case this vlceration be very moyst, then are drying things to be vsed for it. Secondly, if there be with the vlcer a venemous qualitie adioyned, then is this the most principall meanes of healing that the venemous qualitie may be taken away. Thirdly, that such kind of meate and drinke be vsed as doe cleanse and make good blood, which is most commodious for to cleanse the vlcers of the wombe, for thereby will the venemous matter be best of all taken away and drawne forth. Fourthly, these vlcers haue no need of maturatiues,

for that thereby the venemous matter increaseth. Fifthly, the Physitian must vse such things as doe dissolue and dry; and lastly, incarnatiues. Sixtly, if this vlcer can be seene, then is the same to be refreshed with cleane and fine cloathes continually.

And now to begin with some medicines: Weede must first of all be taken of a good gouernement of life, so that all that one doth eate, drinke, or vse (according to the ability of the patient, without the making of any heate) may be drying things, and commonly such things be ordained for this purpose as are warme in the first degree, but strongly drying. Quietnesse in this disease is better then motion. Whereby may it easily be marked and vnderstood, that all cold and moist meates be hurtful for this patient, viz. Fish, Crabs, milke, and all that is dyest with milke, much pap, fat, and such like be naught for her. Their most commodious drinke shall be a thin, red, and hard wine, which is very drying and discussive: the same may be tempered with water wherein Masticke, two kinds of *Consolida* (if so be that nature can abide it) and Feuerfew be decocted. Secondly, concerning the other phisick (if that nature may abide it) the veine on the right foote is to be opened against evening, yet is good regard to be had to the swooning, for that the letting of blood in the nethermost parts do bring more debilitie with it than that of the vpper parts. After the letting of blood, this potion following is to be giuen vnto her two mornings together: Take *Benedicta Laxatiua* halfe an ounce, *Agaricus* one scruple, Ginger and Graines, the iuice of Feuerfew two ounces and a halfe, temper them together, and afterwards shee is to gouerne her selfe euen as the order is after purging. Thirdly, giue her this potion ensuing the space of certaine dayes together, vntill that the vyne appeare of a good colour and very cleane: Take *Oxymel* of Squils halfe an ounce, *Syrupus de Bysantiis*, and sirupe of Vineger, of each thre quarters of an ounce, Louage and Agrimonie water, of each one ounce, Cicory water two ounces, this is to be drunken early in the morning: they may also sleepe well vpon it, and fast foure houres after it.

This being done, minister vnto her *Pillulas Benedictas* foure scruples, or one dragme & a halfe, fourmed with the iuice of Bugwort. You may also temper one dragme of it with the foresaide water, and drinke it: and if so be that the cause require stronger remedies, then take *Pillulas de Opopanaco* and *de Hieracomposita*, of each halfe a dragme: make pilles thereof as is aforesaid. With this purging one must diligently haue regard whether this vlcer or canker be so nere in the necke of the Matrix that one may come to it with the hand, likewise if the matter doe stick, to the end that according to the quantity thereof might be knownen what medicines should be vsed: but be it howsoeuer it will, Hony water is alwayes good for it. You may also cleanse the disease therewith where the vlcer is, and afterwards spread thereon this salve following: Take *Aloe*, Dragonblood, *Mirra*, *Sarcocolla*, and Frankinsence, of each a like quantitie. Duckes grease as much as is needfull for to make a milde vnguent of it. But this following is stronger: Take oyle of Feuerfew flowers and of Saffron, of each halfe an ounce, oyle of Wallflowers (especially if there be great paine with it) two ounces, *Sarcocolla*, *Mirra*, and *Opopanax*, of each one dragme, Turpentine thre quarters of an ounce, *Muscus* one graine, white Waxe as much as is needfull for a salve: afterwards seeth them all together in foure ounces of the iuyce of Smalage vntill all the iuyce be consumed, then annoint therewith a pessary made of cotton, and put it into the place, and refresh it oftentimes: it is very commodious for it, and found oftentimes good. But if this disease be very deepe inwardly, then doth need require that the bodie be cleansed with necessary things, to wit, with Hony water, and afterwards vse the pessaries which be described in the fifth Chapter and 2. s. beginning thus: Take Duckes grease, &c. and renew them foure or fve times a day, or make this following: Take Smalage, Feuerfew, and Bugwort, altogether, or each alone, stampe them together, make a pessary thereof, and annoint it with *Hiera Picra*. You may also take the iuice of these foresaid herbes, and make a cloth wet with it, and lay the same vpon the backe, the hips, and on the hithermost part of the backebone. For iniection, this following is ordained: Take Hony water, seeth therein Treos and Wormewood, or seeth Agrimony in Barley water, and temper clarified Hony, or Hony of Roses amongst it. If so be that the cause require stronger remedies, then take sixe ounces of Wine, burnt Allume, Herdigrease, of each halfe a dragme, temper them together, and let them stand so fve houres, afterwards iniect it. This following is also good, and chiefly to dry the vlcers, and to draw them together: Take Gals, Pomegranat pils and the blossoms, and Allume, let it seeth together with a little Agrimony: and if you think that there be any veine broken within the vlcer,

then temper somewhat of these things following with it, as Dragon blood, Myrre, Frankincense, fine *Bolus*, Saffron, Hartwozt with Rose water, or with Plantaine water.

A bath for the reines is very necessary for this purpose, wherto you may prepare this following: Take Valerian rootes, Helio, and rootes of Smalage, of each foure handfuls, *Mirra* and *Opopanax*, of each one quarter of an ounce, the rootes of Parrolo foure handfuls, seeth them all in sufficient water, and sit therein to the pauerell. Besides all this, there is another bath highly commended, wherein the roots of wild Cucumbers be decocted. For this is also very good that which is described in the 12. s. beginning thus, Take oile of Centory 6. ounces, &c. But in case this ensuing matter remaine stinking, and that there be heate with it, then vse the other pessaries made of cotton and Roses, that are there discovered: but the vlcers must be cleansed before by the injection of hony water. Lastly, if so be that the hardnesse doe continue, which may be perceiued by feeling, as also by the pricking, by the paine, and by the issuing out of the matter, then is one to beware that there be no sharpe medicines vsed for it, for that thereby the malady wil be much the rather augmented, for all which is discovered in the fift Chapter and 2. s. of the injection of the musilage of Fleawozt, and iuice of Housleake, for that is also the liuer veine to be opened, and the salue of Ceruse to be vsed. This person must also beware of all which augmenteth melancholly, whereof you may find a sufficient discourse in the eleuenth Chapter and 8. s.

Of an vnnaturall birth, called *Mola*. §. 14.

It chanceth also sometimes, that in certaine women which haue no company with a man, yet their belly swelleth by no otherwise than as though they were with child, and all the signes of being with child agree also with it, for that their Termes be absent and stayed: they feele also some stirring in the Matrix, their breasts will be hard, the appetite of meate leaueth them, their naturall colour will be pale, all which signes are common to women with child: notwithstanding they beare no child which beare this *Mola*. This *Mola* groweth after two sorts in the wombe: the one will grow to a peece of flesh without any figure, halfe putrified, and is also no right flesh, but rather a spongyous masse of winde, of water, and of some other superfluous blood, which through the accustomed termes cannot be expelled, and the same then being mixed with the naturall seed, groweth otherwhiles to such a hardnesse that the same cannot be cleft asunder with any hatchet. Secondly, it may also be ingendred of the said blood and the concourie of certaine tough humours, and so make a false shew like women with child.

Peuerthelesse the expert Physitions doe distinguish thre seuerall signes, whereby bearing women, and they that be burthened with this vnnaturall masse, are to be knowen, for that first the mouing of this *Mola* or vnnaturall masse is not like that of a childe, because it is a thing which hath no life. Secondly, the belly of women which beare *Mola* is much harder, and not so moueable from one place to another as theirs is that be with child. Thirdly, this masse falleth from the one side to the other. Fourthly, if a woman be burthened with *Mola*, then bee her hands and feet very feeble and limber, and it seemeth also that her fingers be shorter, all which cannot be perceiued in bearing women. Fifthly, the woman that beareth *Mola*, is not so merry as one that is with child. Sixthly, a woman with child is commonly after nine moneths deliuered: but in the *Mola* is no certaine time, for that it is found that women therewith haue gone two yeeres, foure yeeres, and also longer, yea their whole life time, that no phisicke hath holpen them. And from these that be cured, there auoideth oftentimes (as is said) a lothsome peece of flesh, and that with such paine as if she were deliuered of a childe. It auoydeth sometimes into blood, otherwhiles to wind, and their belly falleth away as before. This is such an accident, that it ought not slightly to be regarded, for that thereby it may easily be marked that the Matrix is utterly vncleane and spoiled: therefore doe these women easily fall againe into the foresaid maladies, or if not, into an vnnaturall fluxe, vlcere, or impostume of the Matrix. Lastly, they commonly fall into the Dropsies, *Ascites* or *Timpanites*, or into some other perillous sickness, whereof they die. Peuerthelesse must the Physition not doubt of the cure, but as soone as he knoweth certainly that the woman be burthened with a *Mola*, and be not rightly with child, then is the woman to be commanded that shee stirre not too much, and lie for the most vpon the backe, and with her legs higher than the body, and to constrain her selfe otherwhiles to

to vomit and purge, and refraine from all cold and moyst meates, for which this potion following is to be made: Take S. Johns wort, Sauine, Rosemary, field Mints, and corne Mints, Louage, Bugwort, Pennyroyall and Bather, of each one handfull, Fennell, Squinant, both kindes of Parsley seede, *Calamus*, and wilde Galingall, of each one dragma, Radish foure ounces, seeth them together in a sufficient quantity of water for a potion, and vse thereof euery day three or foure ounces, this potion melloweth that masse, and expelleth the humors whereby it might be increased.

There is also to be tempered with this potion one of these Trociskes following: Take Cinamome, Myrre, of each two dragmes and a halfe, Rue, Sauine, field Mints, Pennyroyall (all together dried) Bather, *Sagapenum* and *Opopanax*, of each one dragma, Cardamome, Juniper tree, Rosemary, of each one dragma and a halfe, forme the Trociskes of the waight of a quarter of an ounce. This also described is so to be vsed the space of ten daies or more.

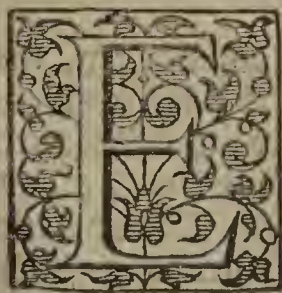
Other do aduise for a thing of smaller importance, to wit, that the woman two moneths euery morning early, should take three ounces of warme Feuerfew water, and to fast foure houres at least after it.

Secondly, that the euery fourth day when she drinketh of the water, should take one of these pilles: Take *Galbanum* one quarter of an ounce, flowers of Bugwort, Saint Johns wort, and *Asarabacca*, of each one scruple, dissolue the Gum in good Wine, and make thereof six pilles of a dragma. She is also to purge once in foureteene daies with three quarters of an ounce of *Benedicta Laxativa* tempered with two ounces of Feuerfew water. Or if she had rather pilles, that she swallow one dragma of *Pillulas Foetidas*. Fourthly, she is alwaies to weare this plaister following vpon the belly the breadth of a finger beneath the nauell reaching vp towards the hips: Take *Galbanum* one ounce and a halfe, *Gallia Muscata* one quarter of an ounce, *Alpta Muscata* one dragma, white waxe three dragmes, dissolue the Gum in good Wine, and then make a soft plaister thereof.

Fiftly, she is to vse this bath ensuing for the reines thrice a weeke, twice a day: Take *Gallie Muscata* one quarter of an ounce, *Colophonie* halfe an ounce, Saint Johns wort flowers, Betony, Bugwort, and Feuerfew, of each three handfulls, *Bistorta* five handfulls, seeth them together in sufficient water untill it sauer well: she is to sit therein vp to the nauell. These be very excellent remedies for to bring the mother to good health againe, to strengthen all the parts of generation, and to ease their maladies.

In fine, all those things may be vsed for this intent, which are prescribed for the expulsion of the dead child out of the mothers body, and for the secundine, and such like things more.

What commonly is good and profitable for the Matrix. §. 15.



Lecampe roots, the greater Pimpernell roots, the roots of Cryngus, and Ginger, al preserued, conserues of Betonie, of Gilloflowers, of Spikenard, of Lauender, and of Pionie, wine of Lecampe roots, of Auence, of Betonie, and of Rosemary. The oyles are these, oyle of Lillies, of Rue, and of Bayes. Item, the iuyce of Gentian and of other roots which are described in the twelfth Chapter and 11. S.

We haue now almost written of all especial accidents and diseases of the wombe, whereon naturally dependeth the whole state of humane generation. But if so be that this part of the body be not sound, and without all infirmities, then is the humane seed (be it as commodious as it will) neither rightly conceiued, nor duly contained; and though it be receiued and contained, yet doth eyther a mischance follow after it, or at the least a feeble and weake birth. Unfruitfulness ensueth also thereby, as we very largely haue shewed in the seuenth Chapter before, so that it seemeth not to stand without reason, that many Philosophers and learned men haue disputed and concluded: By what meanes this part once infected might be eased and prepared to fruitfulness, to which end it was first created, whereof, as also of the conception of fruitfull women, of their infirmities, of their deliuey, and of all that concerneth them, shall be spoken in this Chapter following.

Of all that concerneth fruitfull and childe-bearing Women.



When as in women (as sometimes hath bene said) this vessell of conception is by their termes well censed and freed of their forementioned and all other diseases, or if some disease now present can be remedied, then neede not any one in this place take care for barrennesse. What might moue their termes, is sufficiently shewed befoze in the seuenth Chapter, yet notwithstanding we purpose heere to speake of diuers things which are very commodious for conception: amongst which the first is sirupe prepared as followeth: Take Madder, Mugwort, Sauiue, of each halfe a handfull, Hints, Wormewood, Fennell rootes, Squinant, Marierom, *Calmus*, *Pep*, Annis, of each halfe an ounce, Cloues, Buglosse flowers, and Balme flowers, of each three dragmes, Cyperus rootes, Galingall, Fennell, *Ameos*, and Siluermountaine, of each one quarter of an ounce, Cinnamome and Raisins, of each five dragmes, Hony as much as is needfull: seeth them all together, and make a sirupe thereof, as hath bene taught in the first part, the fift chapter, and 6. S. Lastly, put vnto it Masticke, Ginger, Mace, Cloues, scraped Iuozy, Saffron, Putmegs, *Doronicum*, Zeduary and Basill, of each halfe a dragme, and beate them all together small.

The second is a powder which they may vse with their meate: Take Putmegs, Cucubes, and Ginger, of each halfe a dragme, long Pepper, Mastick and Cinnamom, of each one dragme, Galingal two scruples, the seeds of the Ash-tree, scraped Iuozy, Siluermountaine, red and white Behen, of each one scruple, beate them small, and mixe them all together.

The third is this salve folowing, *Gallia Muscata*, Putmegs, Beuercod, Hares rennet, and *Laudanum*, of each one quarter of an ounce, oyle of Spikenard, oyle of Masticke, and oyle of Hirtles, of each three dragmes, Ware as much as is needfull for a salve, annoint the place of the mother with it euery other day. The last is a confection prepared as followeth: Take wild yellow Rape seed, and tame Rape seed, scraped Iuozy, white and red Behen, Siluermountaine, and seeds of the Ash, of each halfe a dragme, Cinnamome, *Doronicum*, Mace, Cloues, Galingall, long Pepper, Rosemary flowers, Balsam wood, *Blatte Bizantie*, Bennicoyall, and Marierom gentle, of each two scruples, Balme, Buglosse, Citron pils, of each one scruple, *Indy Spica*, Ambra and pearls, of each halfe a scruple, these being mixed and powdered all together very small, take eight ounces of Sugar, or somewhat moze, seeth it in Malmsey, and make an electuary or tabulates of it.

To know whether a woman be with child or no. §. 1.

When a woman hath layen with a man, if that her places after the action be dry, the *Lubra* and sides of the same smaller and harder, then is it a signe that she retaineth the receined seed, and (if the same passe not from her in seven dayes) shee remaineth with childe. Item, take Lettice, seeth it in water, and let her drinke three or foure ounces of that decoction, if so be that she parbake the same vp againe, then hath she conceived. Take a Steele needle, sticke it in a new wooden dish, and let the woman make water in it, if there hang a little cloud at the needle, then is she with child. Or let her drinke Meade fasting, if so be that she vomit the same vp againe she will prooue with childe. Another: Take Mace one quarter of an ounce, Saffron beaten small one drag. well water sixtene ounces, Hony two spoonesfuls, boyle them all together as long as you would boyle an egge hard, let her drinke the third part thereof when she goeth to bed, and continue it the space of three daies together; if so be that thereby she get not her termes, then is she vndoubtedly with childe: which of these thou mayest best beleue, experience will teach thee.

The common signes that a woman hath conceived, be these, to wit, when her termes without ague and cold be staied, for then the blood is deuided three maner of waies, the subtillest doth feed the fruit, the middlemost doth by certaine veines passe towards the breasts for a preparation of the milke, the grossest remaineth in the Matrix which will be expelled in and after the deliuerie. Item, when a woman is conceived, then doth she finde great wambling and distemperature

in the stomacke, inappetency to meate, vomiting, with other symptomes more, as hath beene shewed in the former Chapter, the 14. §. of *Molz*. She findeth also commonly the tenth day great headach, giddinesse, and darkenesse of the eyes.

It is also said, if a woman perceiue immediately after she hath layen with a man small paine and cold about the reines, that it is a sure signe of conception.

To know whether a woman be with child of a Boy or a Girle. §. 2.

Albeit there be diuers signes whether a woman be conceived of a Boy or a Girle, yet are they not so sure that one may stedfastly beleue them: for example, it is adiudged that those women which beare a boy, haue the right breast sooner hard and round then the left, but experience teacheth the contrary, and so it is with all the other signes; wherefore it seemeth superfluous to spend any time in this behalfe: but because wee are now come to the conception of mankind, we will speake of the symptomes and signes which are perceiued in the women with child.

Of those things which commonly appeare in women with child. §. 3.

Those that haue conceived a man child, are for the most part better of colour, lustier, nimbler of their ioynts, and lesse troubled in the bearing than of a maiden childe: they haue also a better appetite to their meate; they doe feele the most burthen in the right side, in which place they also perceiue the first motion and stirring of the childe: the pulses be on the right side more stronger & swifter than on the left. When they rise from sitting, then doe they lift vp themselves with the right hand; the right eye looketh more liuely than the left, and in going they commonly set their right foote forwards. But when they beare a maiden childe, then iudge all the foresaid signes to the contrary, they are paler, leaner, more pensive, and more troubled in the bearing. The man child stirreth lower in the mothers body, and (as the common opinion is) most of all in the right side. The legges and places do otherwhiles swell. It is also affirmed, that if milke be dropped on her vrine, it should swimme on the top. Likewise if she beare a sonne, then perceiue she on the 40. day the milke to come into her breasts with a kind of tickling. And when she is with child with a daughter, she findeth the same about the 90. day. *Aristotle* neuerthelesse acknowledgeth, and diuers more, that this (as we haue saide before) is not alwaies certaine, but with the motion in the right or left sides of a man or maiden childe it seldom happeneth to the contrarie, as may appeare in beasts, which at one time commonly doe beare two yong ones, as Goates, Sheepe, &c.

At what time and in what manner the child groweth in the wombe. §. 4.



Albeit this concerne no Phisicke, but is rather a worke of nature than any part of our science, yet doth our methode require that we should shew in what time, and also how the child doth increase & grow in his mothers bodie. First, there is also (as hath bin said before) a great difference betwene boyes and girles, to wit, the man child receiue both forme and life much sooner than the maiden child; yet the perfect fashioning of a man or maiden child is in manner as followeth. In the first fixe daies the seed doth swell like a bladder full of wind, or a windy egge, nine dayes after that doth this bladder draw blood vnto it, whereby in twelue daies the liuer, the hart and the braines are so evidently formed, that they seuerally may be seene and perceiued about the 27. day. It is called of the Grecians *Embryo* or *Fetus*, that is, a fruit, whereof afterwards a perfect man is formed; the other members are fashioned within 18. daies following, so that the summe of al this time amounteth to 54. daies, in which space the life is for the most part also receiued, although the child (by reason of his weaknesse) seeme rather to be still than to moue euen to the 90. day. When as now vnto this number which maketh in all 135. dayes, is added as much more, then (saith *Hippocrates*) you haue the true time of the birth, which is iust nine moneths, counting thirty daies for euery moneth: but as we haue said be-

foze, all things are longer deferred with a girle than with a boy, for they commonly be not bozne befoze the tenth moneth.

Secondly, some suppose that if a man child be bozne in the seuenth moneth (as it otherwhiles befalls) that the fruite was perfectly formed at the first in 30. dayes, and began to liue and moue in the 40. But a maiden child bozne in the 7. moneth receiueth her perfection in 35. dayes, and beginneth to stirre about the 60. day, and both of them are perfected in a 100. dayes: but a man child which hath bene bozne vntill the ninth moneth, that getteth his perfect forme in 45. dayes, and stirreth about the 100. day, is bozne into the world about the 300. day. But the maiden children are fully fashioned about the 60. day, they stir about the fourescore day, and are brought into the world about the 279. day. The cause why men children are soner fashioned in the mothers wombe, is, because the seede and the right side wherein they are conceived are hotter.

Thirde, we reade, that in the first moneth the conception should be nought else but a collection of bloud, in the second moneth a forming of the body, in the third moneth a perfect body, in the fourth moneth the nailes do grow, in the fift moneth it getteth the perfect signes of a man or a woman child, in the sixth moneth do the veines beginne to appeare, in the seuenth moneth doth the marrow grow in the bones, in the eight moneth are the bones hardened and strenghtened, in the ninth moneth doth it get a full proportion of a man or woman, and prepareth it selfe for birth. *Albertus Magnus* in the ninth booke and fifth Chapter *De Animalibus*, sheweth diuers moze diuisions of the kinds, and concludeth with these words following: *That which the Physitions do write of this matter, is not sufficiently approoued: and they are not alwayes found to speake the truth.* These are the words of the foresaid *Albertus*. Now that this is true, appeareth by the difference of the foresaid computations. It differeth also sometimes according to the health and debility of the parent, whereby the fruite of necessity is gouerned, and is brought into the world sooner or later; wherefoze it may iustly be said, that in this matter no certainty may be found.

The order of diet for women with child. §. 5.

Vhen God hath endued a woman with his gracious blessing, that in the state of wedlocke she should conceiue with child, then let her take heed that she cast not away the gift of God voluntarily by some great misdiet, but that she acknowledge the goodnesse of God, and liue in such sort, that by her dyet the conceived fruit be not onely not harmed, but cherished and strengthened, and fall not into any mishap or mischance whatsoeuer. To this end we will at this present prescribe certaine rules: first, a woman conceived shall alwayes contend to be loose in body, for the which she is to eat euery morning befoze breakfast some ripe stued pynes, especially if she be bound. Also she is to beware of all manner of needlesse labour, of leaping, dancing, vomiting, coughing, much venery, and especially presently after meals: also of great sorrow, frighting, feare, anger, and such like. Neither may she bathe her selfe, vnlesse it were some few dayes befoze her childbirth, for then is it very commodious, as hereafter shall be shewed moze at large. All manner of cold, all kind of stenches, all sharpe and bitter meates, as Capers, vnripe Oliues, Radishes, French beanes, Lupins, red Pease, Rue, white water Pints, Pennicoyall, and whatsoeuer else might prouoke her termes, is hurtfull to her.

Contrariwise, she may vse all manner of wholesome accustomed meath, and drinke good red wine, or metly strong beere, for the red wine is meete for her than the white. Item, ripe fruits that are somewhat astringent, and that doe strengthen the stomacke, are very meete for her, as Quinces, Peares, &c. if she desire any other commodious meate, shee shall not so stridly be kept from it, but that she may vse a little of it at once. But if so be that she do long for some vnnatural and vnaccustomed meate, then is she to be dealt withall as hereafter in this next §. shall be shewed.

For to strengthen her, serueth the warme confectiō of *Diamargariton*, for it comforteth the stomacke and the Matrix. For the same purpose serueth also this wine following, a little draught otherwhiles taken of it: Take Ginger & Cloues, of each one drag. roots of Louage, Spikenard, white Pepper, of each halfe a dragme, Comin, Galingall, Annis seeds, of each halfe an ounce, red Wine three pints, Sugar as much as you please, make Hippocras. If the woman be by nature,

nature, then do lay that wine with the decoction of Currans: what she ought to obserue beside this, may you find euery where in the discourse of conceived women.

Of the strange longing of women with child, §.6.



Albeit that this disease of this vnnaturall appetite, which otherwhiles hapneth to women with child, of some foule or vnnusuall meates, as Chalke, Coales, Lime, earth, Tar, raw flesh, fish, & such like, which is sometimes rather an imagination, and an idle or vaine conceit of some vntoward women: neuertheles the Philosophers do alleage a certaine naturall cause thereof, & affirme therewith, that this vnnaturall lust doth also come sometimes vpon the which be not with child; yea also that men be otherwhiles plagued with it, although very sel dome: wherefore this longing (by good reason) may also be reckoned amongst the vnnaturall hungers, and may be called a corrupting, as we before in the eleuenth Chapter haue moued somewhat thereof, and haue alwayes hitherto determined to write somewhat thereof. This vnnaturall longing do the Greeks call *Cittam*, the Latinitis *Picam* and *Malaciam*, that is, a desire of bad meate, and is thus described.

Citta is a bad action of the stomack, wherein the party is greedy to eate vnnaturall and foule things. The causes of this vnnaturall desire, are very bad humors, and especially *Melancholia*, which lyeth in the stomacke, where the same is excitating this vnnaturall longing. In women with child, the matter of the termes doth cause it which cometh into the stomacke: and because the same is of sundrie natures, therefore do they also get diuers lusts. But in thoe that be not with child, it doth come through retention of the termes, when those humors happen to ascend into the necke of the stomack, or by the obstruction of the liuer or the milt, whereby the said melancholicke humor doth stirre vp this vnnaturall longing. The same bad melancholicke humors may also be burnt in the stomacke, as may appeare in the quartaine ague.

And so for remedy this disease (especially in women with child) must first heed be taken to their meate and drinke. Roasted Lambe, Hens, Bullets, Partridges, and all kind of field fowles are very meate for her: yea also otherwhiles buckes braines and shepes braines, whether they be roasted or sod. Her drinke shall be good white wine.

After meate shall she eate roasted Peares, Hasell nuts, Parmalade, confected Pomegranats, and Chestnuts. Giue her sometimes also Parmalade with spices, which you shall find described in the last part. Of the confection *Diantha* is euery morning about halfe a quarter of an ounce to be vsed. Item giue her oftentimes the *Syrupum de Mentha*. In like maner is good for her the *Mina* of Quinces, temper them both as much as you please, and take three spoonfulls thereof before meate. It is also much aduised for this woman that she must otherwhiles incline her self to parboyle and vomit, as with cleere warme water and sirupe of vineger, wherof we wil hereafter speake more at large, because that women conceived are much addicted vnto it. But in case that they incline themselves to vomit, then is their stomacke to be annointed with this salve following.

Take Musticke and oyle of Spike, of each a like quantity, Vineger a little; lay this plaister following vpon it, the flowers of Buglosse, of Baulme, of Saunders, Citron pills, of each a like quantity, with oile of Musticke and ware wrought together: or a bag made of the foresayd, except the oile of Musticke and Ware, and so layd vpon the neck of the stomacke. But if it happen that they at any time desired that which might nourish them, and that they were detained from it, or that the same could not be gotten, whereby it came to passe that they were disquieted or vexed, then take presently a spoonfull of Hony, scrape a little Nutmeg in it, and so giue it her.

If so be that any man or woman (being not with child) were taken with such vnnaturall lust, they are to take these things following fasting, as *Oxymel compositum* two ounces with water of Cipers rootes, or the decoction of Cardamome, or take one ounce and a halfe of *Oxymel* of squills with the foresayd water: afterwards to prouoke vomit are they to vse this Hony water following, wherein Mustard seede, the seede of Drage, of Dill, Onions, and Radishes is decocted. For to purge, take *Pillulas Stomachicas*, or *de quinque generibus Mirobalanorum*, which you will, or dragme: whereupon these confections following are to be vsed, viz. *Diapiris*, *Diamoschn*, and

Diambra. The stomacke is to be strengthened with these things following. Take Acorne cups one quarter of an ounce, Raisins with their stones seven dragmes, Annis three dragmes, *Mirrobalani Indici*, *Bellirici*, *Emblici*, of each five dragms, prepared refuse of iron one ounce and a quarter, foure quarts of wine which is somewhat strong, and as much water: seeth them all together vnto the half, and then straine it through a cloth, and let the patient drinke it out now and then in the space of eight dayes.

Item, take, Cardamome, Graines, Cucubes, of each a like quantity, white Sugar as much as all the rest: giue thereof every morning one dragme and a halfe with luke-warme water, afterwards vse the foresayd confections, and annoint the stomacke, and keepe your selfe with eating and drinking like as is said before.

Of the vomiting in women with child. §. 7.



With this vomiting are commonly women with child oppressed, butill that they do begin to feele the milke, and about the time they were wont to get their flow-ers: or whē the childs haire beginneth to grow, then haue they it most grievous. Also it is the more troublesome, for that as then all strange lusses do come vnto them. Neuerthelesse it oftentimes hapneth not long after they haue conceived, that they as then are most inclined vnto it. It is also otherwhiles commodious for them, as we haue shewed before.

But if so be that it do get the mastery, and that thereby the foode be drawne away from the fruite, then must one do his best for to strengthen the stomacke and to remedie the vomiting: for which there be many remedies in the eleuenth chapter and eleuenth §. described against the debility of the stomacke, out of which may easily be chosen what is meet for women with child, but especially these things following be aduised for safe things, as the sirupe of Raspes, *Pharmalade*, and sirupe of Quinces, which the ancient Physicians do so highly commēd, if a woman with child do vse the same much, then will the fruit be subtiler and whiter, Annis, Fennell, Coriander, whether they be confected or not, are good against vomiting. Item, take a hard sodden egge, and keepe it very warme vpon the mouth of the stomacke. For this is also passing good the sirupe of Meriuiue.

When a child is weake in his mothers wombe. §. 8.

As much as there is no doubt that the conceived children be also sicke in their mothers body, therefore it is no small question how they are to be holpen. For seeing all sicknesses are knowne through feeling and sight, the which cannot be done by children in their mothers wombe, for this cause this matter is troublesome to the Physicians. But amongst other signes wherby it may be knowne, whether the child be sicke in his mothers body or no, it is the very certaintie if that the woman with child haue her termes oftentimes & much: for that there can follow none other thereof but a debilitie of the child, because that his sustenance and nourishment is taken and drawne from him.

Secondly, when the milke runneth from women with child, then is it a sure token of the debility of the child: also that the child is not strong enough for to draw his nourishment vnto it.

Thirdly, if a woman do get a strong scouring, then is it much to be doubted of a mischance, but it dependeth specially on two things, vnder which al other accidents (be they how they wil) are contained, which is heate and cold, by which all the rest may easily be adiudged.

First (for to write of the debility of the child through heate and dryth) is the mother to be purged of *Cholera*, viz. with this following, and such like: Take conserue of *Prunes* without any other addition halfe an ounce, warme whay of milke three ounces, giue it vnto her in the morning betimes, and let her fast vpon it the space of five houres. Or take prepared *Cassie* one ounce with foure ounces of *Sorrell* water or *Barley* water.

If you will haue a stronger: Take two ounces of *Manna*, temper them together in three or foure ounces of whay, and vse it as before. Or if you wil you may keepe in the former a dragme of *Rubarbe*, and wzing it out well, or halfe a dragme of *Rubarbe* beaten to powder giuen with
out

but sleeping. All these medicines be very safe for the child and the mother.

Concerning the order of diet, it is to be cooling and moistening, as with Lettice, Bœtes, &c. like as is oftentimes admonished.

Also Barly water and Barly paps are to be used, the flesh is to be dressed with vinegar and ber-juice, with the juice of Limons, and such like that she eateth.

Afterwards she is to drinke euery morning a good draught of whay in summer colde, and in winter warme. Take water of Endiue and of Violets, of each two ounces. If you will haue that which cooleth more, take sirupe of Roses & of Endiue, of each halfe an ounce, Succorie water two ounces, temper them together. These things following are yet more forcible than the former: Take sirupe of Vineger half an ounce, sirupe of Citrons one ounce, Buglosse water and water of Sozrell, of each one ounce and a halfe, temper them all together. You may also drinke one ounce of the conserue of Violets, tempered with three ounces of Endiue water.

The clifters with those things which force vrine and blood, and also all things which cause vomiting must be forborne. But if it be needfull that one purge more, then shall the former suffice. But these three things are especially to be shunned.

One must also do his best for to defend & resist all bad properties, and to strengthen the same, which may be done in this manner following, to wit, that the woman euery day three or foure times do drinke halfe an ounce of the sirupe of Limons with Barly water, it cooleth and quen- cheth thirst. Item, take water of Citruls and of Violets, of each sixe ounces, water of Sozrell twelue ounces, red Saunders, Roses, burnt Iuoy, and seed of Sozrel, of each one scruple, Saffron halfe a scruple, Vineger three spoonesfulls, temper them all together, and make a cloth wet therein; afterwards lay it beneath on the priuities, and behind on the rump. Also take then one ounce of small cut Pompeon pæles, oil of Roses, and of water Lillies, of each one ounce and a halfe, small fresh Housleake one ounce, temper them all well together, and annoint the foresayd places with it three or foure times a day.

But if this debility do come through cold and moisture, then is this thus to be remedied: Take Buglosse water, the seedes of wild Saffron, grosse beaten *Agaricus*, and *Hermoadils*, of each one scruple, Cinnamon, Ginger, Roses, and prepared Coziander, of each foure graines, let them steape together one whole night, afterwards wring it out, and drinke it in the morning early.

Another. Take the water of Feuerfew and of Balme, of each one ounce and a halfe, *Benedicta Laxatina* one ounce, white sugar halfe an ounce, temper them together, and let them stand the whole night, afterwards straine it through a cloth, and vse it as the other.

For this is also a good order of diet to be obserued, wherefore these patients are to vse nothing else but that is warme and dry of nature. And she is to boile in all her meates Sage, Mints, Rosemary, and such like, which haue no nature of opening, Their drinke is to be meetly strong red wine tempered with a little steeled water, for it hath power to strengt he all the inward nourishing parts, and all veines.

One must also deuise how to amend and clense these bad humors, which is thus to be effected: Take Sage water foure ounces, *Mina* of Quinces one ounce, then mire them all together. Item, take *Syrupum de Myrt* one ounce, water of Bauline wherein Masticke is decocted, three ounces, temper them together, and so giue it her to drinke.

A better. Take *Mina Citoniorum aromatica* one ounce, water wherein Hittle seed is decocted three ounces, temper them to a potion. There may also be used in the morning early for a streng- thening, halfe an ounce of confected Calmus. Likewise *Aromaticum rosatum*, *Rosata nonella*, and conserue of Roses tempered with powder of Masticke, and with Mints water being drunken.

If it be needfull for to purge, then is one to vse the former purgations without giuing any longer thing. This ensuing is also very commodious: Take the iuice of red Mints foure ounces, *Agaricus* one dragme, let it steape together two dayes and two nights, then temper Ginger and Roses therewith, of each foure graines, *Manna* halfe an ounce, let it stand drying in the warmth, afterwards make pilles thereof, and vse them oftentimes, for they purge the watery humors without any anguish.

Now for to remedy the venemous matter, for which you haue hereafter three kinds of ap- plications: Take Roses, Cipers nuts, burnt Iuoy, and *Sandaraca*, of each one dragme, Rosin three ounces, but you are to seeth the Rosin in red Vineger untill that the Vineger be spent: afterwards

afterwards temper the other ingredients amongst it, and make two plaisters of it, one quarter and a halfe of a yard long, and lay the one behind and the other befoze vpon the place of the Mother.

One more forcible: Take oile of Quinces, of Roses, and of Vints, of each one ounce and a halfe, Comfrey, Bloodstone, red Cozall, *Sandaraca*, and burnt Date stones, of each one dragme, Make as much as is needfull for a salve, annoint therewith the place of the Mother and of the kidneies: both these haue so strengthened the fruit in sundry women, that they haue fully borne the same, which accustomed to lie in too soone of all their former children.

Thirdly, take the water of Tassell and water of Knotgrasse, of each sixe ounces, water of greene Cipers nuts, or their decoction, foure ounces, the iuice of Sloes, burnt Iuoy, and Roses, of each one dragme, Frankinsence, *Sandaraca*, and Colophony, of each one dragme and a halfe, the iuice of Quinces sixe ounces, temper them well, and make a cloth wet therein eight double, and lay it warme vpon the backe.

Of mischances or vntimely birthes. §. 9.



This vntimely childbirth or mischance, may befall at any time without any difference after that women haue conceived: as when the seede is not yet come to any perfect shape, or when the fruite hath some members, but yet befoze it come to be a perfect childe, or is brought into the worlde befoze the due time, being not thoroughly borne, or when it is violently or otherwise expelled. And it fareth therewith as it doth with the fruits or trees, when they begin first to bud and to fashion, then doe they hang on brittle stalkes, so that otherwhiles they may be blowne off and spoyled with a small winde: but being wahren greater, then is there to come greater force of windes or otherwise befoze they will fall off: lastly, when they be wahren very ripe and seasonable, then do they fall off of themselves. In like manner doth it also happen with the conceived seed or fruit, which is at the first so weake and tender, that if a woman chance to leape, to fall, or to labour hard, the seede receiued is thereby diuers times eicted. Wherefoze also betweene foure and seauen moneths she may purge most safely, and vse Physicke if neede require: for befoze the foure and after the seuen moneths must she forbear it (if possible it may be) for then it is perillous.

But to returne to our purpose. We haue shewed befoze, that if a woman hath retained humane seede the space of seuen daies, that it is a token of conception: but if it bade or auoyd within seuen dayes, then do the learned call it *Effluxionem*, which is an effluence or running out. But if so be that they detain it any longer time, and this effluence chance within forty daies, then is it an *Abortus*, that is, a mischance: and within this time of forty daies, do most mischances happen. Thus if a boy bee conceived, and boyd away within forty daies, then is there none other shape to be seene thereof, but in case it be cast into cold water, there doth it make shew as a small bladder, and making it open, then is the fruit found in it as a great Cricket, with all his seuerall members, and likewise also the humane member. And if a maiden childe conceived chance to auoide or passe away within thre moneths, then can no direction or token be seene, for that it consumeth in the water: but in case that it do come to the fourth moneth, then may some direction be seene thereby, but it soone consumeth and passeth away: for that (as we haue said befoze) the girles receiue their perfect fashion much later than the boyes, as also they be borne for the most part in the tenth moneth. But when they be now come both into the worlde, the girles grow much faster than the boyes, and also do come sooner to their time of generation, and leaue off much sooner, especially they that get many children one after another.

The causes of these mischances or vntimely births, doe the learned alleadge to bee of many sorts, which may neuertheless be comprehended in foure principall Articles, viz. of outward causes which procede of the conceived fruite, when the Patrix hath any kind of disease; or if the humane seed be of no good disposition. Amongst outward causes be these, leaping, running, wringing, and chiefly in lying together, bathes, anger, sorrow, feare, trembling, loud calling, strong labour, surfetting of meate, and diureticall things, as Fennell, Parsley seed, and all other things which expell the stone. All hot spices, as Ginger, Galingall, Cinnamon, Annis, and such like. Item, all that purgeth violently, as *Aloe*, *Euphymus*, *Colequint*, *Scamony*, and *Euphorbium*.

In like manner all scouring or lares, the bloody fluxe, or the fluxe of the termes.

The same may also happen if a woman haue any strange lust or longing, which she cannot come at or get it, and moe other such like causes, whereof we haue spoken before, whereof it is better to be silent than to disclose the same.

Also the conceived fruit otherwhiles falleth downewards before her limited time, whether it be for that it is sicke or dead, for that it remaineth not with the face towards the backe, with the hands vpon the eyes, and the elbowes vpon the knees, as the naturall situation of it is.

Likewise also if the fruite through any disease of the parents, be infected whether in the seed or otherwise, wherewith also the fourth cause is approued. But if the conceived seed find any disease in the Matrice (be it whatsoever sicknesse or disease that it will) then must the fruite inherit it.

This reason following is also occasion of an vntimely birth, to wit, when a woman is much and vntimeasurably leane, conceiuing she will very seldom haue full birth: but if she be exceeding leane (whence the fruite must suck and draw his nourishment) then will it be infabled or diseased, and constrained to passe away, as hereafter shall be more ampler sayd and taught.

Women which be meetly fat or leane, and neuerthelesse get a mischance euery third or fourth moneth, that cometh (beside the former causes) of some limie waterish humours which fall downe into the veines and sinewes, whereon the secundine is fastened, whereby they doe slacke, are loose, and can sustaine the burden no longer, without falling out of the mothers body.

By the breasts may also a mischance be perceiued, for that when they be small, weake and slack in women with child, then is a mischance to be looked for and expected. When a child becometh to come to his perfection, then hath it neede of much nourishment. And if there be any disease or infirmity there, then will the breasts be small, soft, and slack, whereof the fruite must pine and dye. For she will be impatient, strineth and strugleth so long vntill the secundine breaketh, and the fruite falleth away.

Now if a woman be pregnant with two children, and one breast onely (whether it be the left or right) came to be small and slacke, then is it a signe of the destruction of the child on the same side.

It is also found that certaine women through stench of the snuffing of a candle or lampe, haue gotten a mischance. Let this suffice of the mischance or vntimely birth: we will now teach how the same is to be remedied.

How a mischance is to be preuented or hindered. §. 10.

WE haue before shewed that women conceived sometimes do get their termes, whereby that weake and spare, yea also dead children be brought into the world, which happeneth not without great perill of their life: wherefore we must write and discourse somewhat thereof.

First, the termes do commonly come with paine of the backbone, of the belly, and the priuities, which be altogether signes of a mischance to come: for (like as we haue sayd) thereby is the nourishment drawne away from the fruite; whereby it is not onely infabled, but also vrged to passe away.

And to obuiate or preuent this, all child-bearing women are first to beware from ouerhote, cold, and ouermoyst ayre. All meate and drinke which be too fat, too sharpe, and too bitter, shall she also eschue, as Radishes, Parsley, Smallage, Fennell, Pease broth, Cinnamome, Saffron, Galingale, Nutmegs, and such like spices. She is also to vse oftentimes thicke red wine, but she is to eschue all great exercise of going, running, leaping, accompanying of a man, anger, & all overburthening: and therewith haue regard that she alwayes haue a soluble body, and if so be that be wanting, then is she to vse some meate or drinke which do loose the body, as the decoction of Malloes, or Mercury, or stewed Prunes.

Otherwise she is to leaue all clisters and other diureticall medicines. But if the body be obstructed too much, then is she to eate Cassie wood out of the pipes, or new prepared Cassie, and that especially if she haue any issue or moystnesse in the necke of the Matrice; for that the Cassie doth

doth cleanse the *Cholera* and *Phlegma* without any trouble: you are also in due time to put *Rubarbe* vnto it; yet *Manna* is moze commended for it: powdered *Rubarb* is also to be giuen to conceiued women as it is; for so it is moze effectuell than if she toke the infusion onely.

Item, if so be that there appeare in the necke of the Mother some sliminesse or moistnesse in the last moneth, then is she to vse all things roasted, baked, and to do such exercises befoze meate as shall be drying: also take *Pomegranate* peeles, powne them grosse, and seeth them in oyle of *Lillies*, and iniect that into the Mother. That is the right meane for to stay the slipperinesse of the *Matrrix*.

Afterwards take *Pasticke*, *Mirra*, and *Gallia Muscata*, of each halfe a dragme, *Colegrease* one ounce, dip therein vnkempt shepes wolle, and put it into the places. Hares rennet, or the rennet of any other beast is marvellous good for it, whether there be any heate or impostume instant.

Burnt *Iuory* and the powder of *Zeduary* tempered together and strowed on the meate doth stay also the mischance.

To this end is also to be seene what is written befoze in the ninth Chapter and third S. of the excessive termes, all which is also meete for this vse.

But she may vse these things following, as the confectiō of *Pearles*, of which *Auicenna* describeth allwayes to eate one tabulate befoze meate and thereupon to drinke a good draught of wine, as she may do it very commodiously betwene both meale-tides twice or thrice a day.

Secondly, take the water of *Hints*, of *Daisies*, and water wherein *Cipers* nuts be decocted, of each one ounce, Sugar halfe an ounce; drinke this early in the morning all together at one draught, whether it be cold or warme.

Thirdly, take scrapt *Iuory*, red and white *Corall*, *Pasticke*, *Hints*, the inward red peeles of *Chestnuts*, *Acoznes*, *Hirtle* seed, and *Cypers* nuts, of each halfe a dragme: make pills thereof with the iuice of *Comfrey*, whereof thre are to be taken in the morning with the foresaid water befoze meate, and that afterwards she hath taken one of the foresaid tabulats.

Fourthly, take *Cypers* nuts, powdered *Gals*, *Hirtle* seed, iuice of *Sloes* and *Hypocistis*, of each halfe a dragme, *Bloodstone*, *Amber*, *Dragonblood*, and fine *Bolus*, of each one dragme and a halfe, refuse of *Iron* which hath bene long decocted in vineger, halfe an ounce, the innermost red peeles of *Chestnuts* one ounce, thre or foure whites of eggs, powne all that is to be powdered, and rub it all together a long time in a leaden mortar, then annoint therewith the whole belly from the nauell to the priuities foure times a day.

Fiftly, make this plaister ensuing: Take *Dragagant* and *Gumme*, both of them roasted, and *Bdellium*, of each one quarter of an ounce, the iuice of *Sloes*, *Frankinsence*, *Hypocistis* and *Sandaraca*, of each one dragme, fine *Bolus* and *Dragon blood*, of each one quarter of an ounce, *Wax* half an ounce, *Paperglew* dissolved in red vineger two ounces, make a plaister thereof, and lay vpon the priuities, let it lie so, and if the same must be taken off for any certaine cause, then lay it on againe by and by: and if there be too little *Wax* and oyle of *Pasticke*, then take as much as is needfull of it.

Another. Take *Frankinsence*, *Pasticke*, *Dragonblood* and fine *Bolus*, of each one quarter of an ounce, *Comin*, thre dragmes, *Pitch*, one ounce and a halfe, thre small *Cypers* nuts, *Wax* and oyle of *Pasticke*, as much as is needfull for to make a plaister: spread them on a cloth, and vse it as is said befoze.

Make also this salve following: Take oyle of *Nuts* foure ounces, *Barrowes* grease one ounce and a halfe, thre small *Cipers* nuts, *Pasticke* one dragme and a halfe, let them seeth softly the space of five houres, and therewith annoint the place of the *Matrrix*, which is betwene the navel and the priuities, and behind vpon the backe ouer against it.

It is also written, that it is wonderfull good to weare alwayes a *Diamond* on the finger.

Item, if a woman with child be burthened with an *Ague*, and that a mischance bee doubted, then take *Barley* meale, the iuice of *Sloes* and of *Houssleke*, as much you please, make it to a plaister with vineger, and then lay it oftentimes vpon the belly: this plaister doth defend the fruite from all accidents in the *Ague*; this said plaister is also to be laid vpon the liuer. In case that now the woman with child be assailed with pricking, then haue you befoze in the second part, the fourth Chapter, and 12. S. how that might be remedied: *Stamped Crabs*, the iuice thereof of wong out, and tempered amongst womans milke; it defendeth also the vntimely birth of women,

women, and it is said that it is a sure remedy for it.

If so be that a mischance be feared through much wind, then giue one dragma of good Mithridate with the water wherein Comin hath bene decocted, twice a weeke; for thereby will the fruite be preserued and retained.

These confections or tabulats following are to be used: Take Pearles and Pyretum, of each one dragma, Ginger, Mastick, of each halfe an ounce, Zeduary, Doronicum, the seed of Smalage, Cassie wood, Cardamome, Nutmegs, Pace and Cinnamome, of each one quarter of an ounce, red and white Behen, long and black Pepper, of each three dragmes, Saffron one dragma, sugar eightene ounces or lesse, decocted with the water of Buglosse, or water of Mints.

How a dead child is to be expelled out of his mothers wombe. §. 11.



Of this we wil first haue remembred all that is described before in the 13. chapter and 14. §. of the vnnaturall excrecence *Mola* in the Matrix, whereof that in the second §. of prouoking the termes, and before of the mischances, and all that is discouered of the preseruing of the birth, is also mete for the expulsion or delivery of a child; so that betwene these is none other difference than that this following is ordained rather for perfect children, of which women do commonly ly in within five or six moneths. Now for to preuent the same, are these remedies following commanded to be presently used, but first of all you must know whether the child be dead or not, to the end there be not a sicke child expelled for a dead child: the which is to be knowne by this, and especially if it hath bene dead two or three dayes. First, the mother doth get a great paine in the sinewes of the eyes, which be *Opticinerui*. Secondly, she doth also feele paine behind in the necke, stretching downeward along the backe bone, because that the Matrix is fastened vnto it. Thirdly, she doth feele great anguish and paine beneath. Fourthly, if a woman ly from one side vnto another, then doth the burthen alwayes follow towards the lower side, which is of all other a sure token of a dead child, and that the ligaments of the secundine haue no more force to hold the dead fruite in one place. Fifthly, there is a great paine about the priuities, and ouer all the necke of the Matrix. Sixthly, the thicknesse of the belly which was aboue is wholly sunken downe. Seuenthly, they do feele continually a cold about the priuities. Eighthly, if one hold a warme hand long vpon the belly and feele no stirring, then it is a sure token that the child is dead. These be now the signes of a dead child before it begin to putrefie.

When it hath bene dead three dayes, then beginneth it to stinke; the woman is full of agues and getteth a stinking breath; out of the Matrix runneth a foule stinking matter; the belly will be heauy, and stinking winds, which do arise in the mother, cause swelling thereof: and last of all there will be foule and stinking peeces of flesh expelled through the necke of the mother. When all these things be seene, then hath a Physitian none other thing to do but to driue out the dead child. It is also needfull before all other things to preserue and strengthen the heart from all filthy stench, which may be brought to passe with this powder following, taking the same oftentimes with broths, for that it strengtheneth the vitall spirits, and also the heart: it doth also withstand the ascending vapors.

Take white *Diptamus* one dragma and a half, Citron peeles, and the peeled seeds of the same, of each halfe a dragma, prepared pearles foure scruples, prepared Coriander one scruple, Roses two scruples, sugar two ounces and a halfe: temper them all together to powder, and vse thereof about one quarter of an ounce at once. Or take this following: Take white *Diptamus* and Zeduary, of each one scruple, prepared Pearles, and *Species de gemmis frigidis*, of each halfe a dragma, mixe them together, and giue it her to drinke at thrice; it withstandeth all stench that they infect not the heart. The fine Treacle doth also driue dead children out of the mothers bodies.

In like manner also the iuice of Merueine, or the hearbe stamped and drunken with wine, driueth forth also the dead fruite: so doth Hyssope also.

Take *Trociscos de Gallia*, one dragma, giue it with small white wine, they expell the dead child and the secundine, and make an easie birth. Item, take the innermost skins of the matwes of Hens or of Capons, wash the same in wine, drie them, and powne them to powder, giue one dragma,

dragme, or one dragme and a halfe thereof with a draught of Wine, or with some broth, or with Rosewater. Or take Betony and Rue with the rootes, of each one handfull, poure thereto one ounce of the iuice of Salomons seale, white Wine one pint; let it seeth well, then straine it through a cloth, and so giue it her to drinke. Seeth Juniper berries in Hony, temper some wine with it, and so drinke it together. Another: Womans milke drunke should also expell the dead childe: likewise also the precious stone *Iaspis*. This is a common medicine which followeth hereafter: Take *Boreas* one dragme and a halfe, Cinnamon and Saffron, of each one scruple, stamp them together, and giue it with swete wine or Bugwort water to drinke, it helpeth much to beare easily.

It is also said, that Linsced passeth all things to make women to be easily deliuered, for if they drinke the water which is decocted therewith, and put the same with clothes beneath into the body, or bath therein, then must the dead fruit auoyd. Or take *Mirra* as much as the quantity of a hassell nut, stamp it, and giue it with wine, or with water of Bugwort: the same expelleth much, whether that the childe be dead or aliue. The same doth also dogges milke tempered with hony. Item, take one ounce of Goates milke, dissolue therein two scruples of *Galbanum*, and so giue it: it expelleth maruellously. Or if the woman be strong, then giue her as much of the iuice of Garlike as will goe into halfe an egshell with wine or hony. If from a woman through frigh-ting or otherwise the childe auoid, then take a Crab, stamp it, and wring out the iuice, and then temper it with the water of Bugwort, and so drinke it.

For pills: Take *Trociscos de Mirra* one scruple, *Galbanum* halfe a scruple, make five pills therof with Bennetoyall water. Another: Take the fruite of the Sauiue tree one quarter of an ounce, *Assa foetida*, *Ammoniacum* and Madder, of each halfe a dragme: make eleuen pilles thereof, then take thereof at each time one, and that thrice a day.

For to vse outwardly, take these things following: fume the woman beneath with the horne of the Asses foote, which hath an hidden nature for to expell the fruit: but if so be that one can get no horne of the Asses foote, then is horne of a horses foote to be burnt. The same operation hath also the seed of *Basilicum*, if it be fumed and receiued beneath: likewise also the fume of *Laudanum*: or take *Mirra*, *Galbanum*, and *Beuerd*, of each a like quantity.

One may also hold before the priuities swines bread, or cotton wooll made wet in the iuice of the same: and to put it before into the body is also marvellous good for this purpose. Item, take blacke Belleboze, Licebane, Hartwort, Colequint and *Ammoniacum*, of each one quarter of an ounce, Dre galles one ounce; the gum is to be dissolved in the water of Bugwort, afterwards temper the rest sodden well amongst it. Or take *Opopanax* and Hartwort, of each a like quantity, and make a plaister therof with the iuice of Bugwort: if it be too soft, then put a little ware vnto it, and so lay it warme vpon it.

Out of all these formentioned things may you also make pessaries, and put them into the bodie before. For this is also good the plaister of *Galbano*, whereof there be two kinds in the nineteenth chapter, third §. Another: Take vnkemmed shepes wol, spread butter and hony vpon it, and apply it. Some do aduise to hold a Snakes skin to the priuities, for they say when it beginneth to warme, that nature will cause the dead fruite to follow presently.

For this are also bathes prepared: Take Hints ten handfulls, seeth it in sufficient water, and sit therein vnto the nauell: this worketh marvellously, especially if thereupon be used the iuice of Swines bread as is before said: likewise doth also drine out a dead childe, the plaister of *Radicibus* layd vpon it, and the decoction of Garlike.

A preparatiue for an easie child-birth and deliuerie. §. 12.



All creatures haue their certaine time of bearing except a woman onely, for that women may be deliuered of a childe in the seventh or eighth moneth, also in the ninth and tenth moneth, as we haue sufficiently written before: yea, it hath bin also found that they haue deferred both to the eleventh moneth, and also sometimes to the twelfth moneth. It is also read of a woman that hapned to lie in of childe in the thirtieth moneth after that she had conceived: yet it oftentimes cometh to passe that they be deceiued in their reckoning; therefore it is not needfull to dispute much of the time, for when the Beare is ripe (as is commonly said) then doth it fall off. Our purpose is here

here onely to discourse and shew, though what meanes a fruitfull woman is to be prepared, for to beare easily and with small paine. For because that on the child birth dependeth the maintenance of humane kind, & that women in their child birth are to expect all sundry mishaps, therefore haue many famous Physicians thought thereon, and diligently studied, how fruitfull women might be prepared vnto their child birth, & therfore haue described these notable meanes: first, how the obstruction is to be opened, and how the paines are to be prouoked. Afterwards if a child in necessity of birth, or deliuey chance to dy, how the same shall be expelled, whereof also hath bene spoken in the former 11.5. and of other accidents moe which are to be expected after child birth.

When as now the time of childbirth is at hand, & that a woman is almost past her reckning then is she to eate and drinke well without excessse, and to vse such meates which might nourish well: viz. good Butten, Meale, Hens, and Capons: all kind of field fowles, eggs, good brothes, with spices, as with Cinnamon, Saffron, &c. and to drinke good wine. But she must especially take care, that she alwayes haue an open body: therewith she is to bath certain dayes together in this bath following: Take Hollihock rootes with the leaues two lb. Mallowes and Betony of each one lb. Mugwoort, Marigold, Mint, and Cammomill, of each halfe a lb. grosse beaten Linsæde two lb. make two bagges thereof, and seeth them in a great kettle with water: afterwards let it be mæly cold, and then set the woman in it; the one bag must ly behind vpon her backe, and she must sit vpon the other, or hold it vpon the pæuell. After bathing, take oyle of swæt Almonds, of Lillies, and of Violets, of each halfe an ounce, Linsæde, Hollihocke roots, Fenegreke, Butter, and Hens grease, of each one quarter of an ounce, Quince kernels, and Dragagant, of each one ounce, you are to stampe the seeds, and cut the rootes: afterwards seeth all together in raine water, and take out the muscilage, temper the same with oyle, then let the powdered Dragagant and Hens grease seeth so long vntill the muscilage be consumed, and then make a salve of it: with this salve are you to annoint loarme beneath the whole backe, both the sides, and all the whole belly, euen to the priuities.

Another: Take oyle of swæt Almonds, of Lillies, and of Violets, of each halfe an ounce, Ducks and Hens grease, of each three dragmes, white Ware as much as is needfull: but if these salues cannot be gotten, then is oyle of Lillies alone to be vsed in their stead.

Also this ensuiing may be prepared. Take the muscilage of Linsæde, and of Hollihocke roots, fresh Butter, the grease of Hens, of Geese, and of Ducks, oyle of Lillies, and of swæt Almonds, of each halfe an ounce; let them melt by the fire, and temper it well together. Or take Hollihock rootes with the leaues one handfull, cut it small, Venice sope one ounce and a halfe, and one pot of good fresh Beere, let it seeth together vnto the halfe, then will there be a Salve of it: with this forsaide salve is a woman to be annointed about her priuities five or sixe weekes before her time, euery day after bathing. These and such like meanes do open and soften the obstructions of the matrix: so that therby in necessity of birth, the throlwes will not be so great, nor yet any thing like so painefull.

When as now the time of childbirth and the throlwes be instant: then may one choose of these things following, that which according to the importance of the cause is supposed to be most requisite, first of all outwardly. There be sundry famous Physicians which account it greatly auailable to hold certaine things before the priuities, or binde the hippe, with many strange ceremonies moe, which are therewith to be vsed. But if these kind of things happen without misbeelesse, and that amendment be found therby, then may they be taken for approved. Amongst the same things which seeme also to be like vnto the truth, are Agrimony with the rootes holden before the *Matrix*, and immediatly after birth to cast it away, to the end that the *Matrix* be not drawne downe. Also Swines bread bounden vpon the thighs. Item: Benbane rootes, rootes of Polypody, & of Bissorta, should also be very good for it: but what the Loadstone, Sinaragde, the Eagles head, & Cozall, (and chiefly if with the end wherewith it hath stood fast, it shall be turned toward the *Matrix*) may well helpe for childbirth: I cannot comprehend nor vnderstand it: therfore each one may hold and censure the same as he list. That which followeth hereafter, is moze like to be true. Take the rootes of Polypody, and Mallowes, of each one handfull: cut them small and seeth them very mellow, and lay them warme vpon the priuities: put also as much Mugwoort vnto it, whereof a woman shall presently fall in labour, and after deliuey, it is immediatly to be taken away. The common peo-

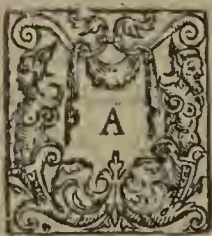
ple do commend to lay powned Bayberries vpon the nauell. For to further birth therby, to take inwardly is much praised in time of this great neede, the rinds of Cassie, the uttermost being blacke scraped off, the weight of thre quarters of an ounce, & beaten very small, giuen to women with red Wine, or with the decoction of red Pease. Item: Saffron drinke with Wine, helpeth also much to very speedy birth, and to diminishing of the paine, The same doth also Cinnamon drinke with wine. Item, take Bozeas and Cassie pipes scraped well, stampe them very small, and temper them, and giue thereof one dragme, or one dragme and a halfe, it is very forcible. There is also good for this that which is described in the 19. Chapter and 2. S. for preferment of the Tearmes, like as is also that which is discovered for the expulsion of a dead child. Item, take Hony one spoonfull, put two spoonfulls of water vnto it, and giue it to drinke: Fenegreke decocted with Hony is also very good for it: in like sort do the common people commend for it very highly the decoction of red Pease, or Cicers drunken. Take also Beuercod, Asarabacca, of each one dragme powned small, and giue it with the decoction of red Pease. In this manner also may be vled the seede of Siluermountaine.

This insuing is commended for a forcible and sure powder made for this purpose. Take good Cinnamon and Pirthe, of each halfe a dragme, giue it with small white Wine, it is especial good if a woman haue once sneezed, or hath once vomited.

Take Cinnamon one dragme, Saffron halfe a dragme, Cassie wood, and scraped Cassie pipes, of each two scruples; stampe it very small, and giue it foure or five times with the decoction of red Pease: Or take Pyrrhe, Beuercod, red Stozar, of each halfe a scruple, Cinnamon, & Saurin tree, of each halfe a scruple, giue it so vnto women to drinke, or make pilles thereof: this is commended aboue all other things, as this also following, is: Take Myrrha, rootes of Coflus, and red Stozar, of each halfe a dragme, Ammoniacum, Saurin tree, of each half a dragme; stampe them very small, and giue it thre or foure times with the decoction of red Pease: of this also may you make pilles.

For this is also good *Triphera magna* one dragme, or one dragme and a halfe, for it maketh women not vnfruitfull, as some women do falsly report, but doth aduance fruitfulness. Some do aduise, when a woman is past her time, that her mother beine or *Saphea* vpon the scote is to be opened, for that the birth will thereby be the easier, and it cleanseth also the child, but how farre this is from the opinion of the ancient Physicians, we haue sufficiently declared before. Other do aduise to seth a Swallowes nest in water, and straine it through a cloth, and then to take foure ounces thereof, it will accelerate the birth. The fume also of a Hules fell, of Comin, of Colewoort stalkes, of Pyrrh, of Birtle, of Steres gall (which one will) receiued beneath, but aboue all Beuer cod, and *Assa foetida*. Some say, that one should giue one spoonfull or twaine of the iuice of Sloes, and alleadge also therewith, that it is not to be taken but when a child is ready to be deliuered. But we haue here many better and most apparant things.

When the throwes do not continue in women bearing. S. 13.



Al that hath a strong odoriferous sauour, as *Muscu*, and such like, is to be kept from women with child, and to be taken away, for that it doth hold backe the throwes, and hindereth the birth or deliuerie. But for to aduance birth, take Betonie thre handfulls, Bugwoort one handfull, Cammoinill, Pennirovall, and Hyssope, of each one handfull, Linseede grossely beaten two handfulls, cut all the hearbes and fill a bag with it, let it seth well in wine and water. This being done, then foment with this decoction the priuities with a sponge five or sixe times, afterwards annoynt the place with the oyle of Mal-flowres into the neck of the mother, if so be that the same can be conueniently done by the Midwife, whereby the woman will be stronger, and the birth be aduanced, especially if the child be rightly placed.

And if so be that this will not yet helpe, then make this potion following, and giue her therof a good draught euery two houres: Take Betony one handfull, Bugwoort, Pennirovall, and Hyssope of each halfe a handfull, a pint of Rhenish wine, or somewhat more: let them seth together vntill about the fourth part be consumed: straine it, wzing it out, and put vnto it halfe a dragme of Saffron. Amongst each draught is to be put halfe a dragme of this powder following: Take of the blacke scraped Cassie pipes one dragme, and make a subtile powder thereof, in

in like sort haue you yet more before. This following will be also much commended: take white beaten Amber halfe a drag. & giue it with the water of Lillies, or with the decoction of red pease: it quickeneth mightily the thowes. It doth also chance sometimes that the thowes do auoid at the mouth: for which, take three or foure skeanes of boyled warme linnen yarne, and let the woman with child receiue this vapo: for thereby will the thowes fall downewards: euery one may conceiue thereof what he list, it is very like a grosse medicine for clownes.

Of the perillous and hard Child birth in generall. §. 14.

It is knowne to all the world more than sufficiently, how hard and solye that some women lye in labour, before that they can auoid the child and secundine; so that it hapneth otherwhiles that yong and strong women doe die with the fruite. These perils haue many occasions, so that otherwhiles the women themselves, or the child be a cause thereof. Such anguish may also proceede otherwhiles from the Matrix, or from the necke of the same. In like manner the same may be well caused through some obstruction of the Matrix, or through any other disease, as an impostume and such like, in the foresaid parts: this also may be brought to passe through the rudenesse and vnhandsonnesse of the Midwife. When as these foresaid reasons bee declared, then may the cause easily be adiudged of this grieuous and perillous child bith.

If the disease be of the woman, then hath shee had a great former sicknesse, or shee is diseased through hunger: shee may be also too yong, and haue conceiued before the due age: or shee may be too old, or not haue borne before at any time, in which the places will be hardly opened: also if a woman be dismayed, or neuer wont to beare child, be also too fat of bodie, and is ouercooled, then can she hardly be deliuered of the child. Secondly the fruit it selfe may cause also a grieuous labour, like as is said (yet without foundation) that boyes be easier borne into the world than girles. Item, if the child be too grosse of body or head, and therewith be very small and weake, that through his feeblenesse it cannot help it selfe to the birth. Item, if the child be dead, haue two heads, or the like double members. Item, if the child with his hands and feet, and not with the head, doth lie in the birth place like as behooueth, and as is naturall. Further, the Matrix may be by nature too narrow or too drie, so that with no moisture the passage can be made slipperie. Item, if the woman before in the necke of the matrix haue had any exulceration, whereby the muskles could not stretch abroad, or that as yet there be some vlcer in the neck of the mother: or if it cometh by the secundine, then is the same so thicke and so strong that it will not breake. This grieuous and very hard labour may also be caused by the stopping of the bodie.

If now this heauy labo: do proceede of the forementioned diseases, sickneses, hunger & such like outward causes, that may be very well perceiued of the woman: The signes of a feeble or dead child are to be found in the 8. & 11. §. But if there be of none of all these signes any instant, and if that a woman is not strong, and that a child in deliuerie remaine in the birth place, and cannot be brought into the world, then is it a certaine signe that the afterbirth (like as is said) is too strong and not yet broken.

Thus be all perillous accidents of childbirth so ioyned to each other, that all of them for the most part are cured with one kind of remedie, whereof we haue written much before. And because we haue especially admonished here of the secundine, therefore doth our old order require, that we should also discourse somewhat particularly thereof. But because nature obserueth this method, that it first expelleth the child, and afterwards the *Secundina*, which is the secundine, therefore we will also first of all write perfectly of the child, and afterwards of the secundine, with all which is ordained for the same. Lastly, we will shew and declare all that is meete for both of them.

When a woman cannot be deliuered of a child §. 15.

Because of this hard and longsome childbirth are before sufficiently discovered: when as then a child appeareth with a hand or a foote before, which doth happen very seldome without swelling of the necke of the matrix, and of the parts adiacent, then take Bennitroyall, Mugwoort, and bosome Betonie, of each a like quantitie, hack it all together, and let it seeth in milke, lay it then vnder her, before the birth, as warm as she may abide it, about the member of the child, & same driueth away the swelling: or let seething water

under it, when the child feelth the warmth, then doth it draw the member back againe. This and the like things should Midwives know, on whose knowledge and experience, is very much depending, & very renowned aduice which is discovered in the 13 s. of Amber, when the thowes will not continue: also there is laid vnto it scraped Unicorne's horne. Some be of opinion that first of all the woman should take a spoonfull of oyle, with twice as much water. Other do also aduise, that one should seeth halfe a drag. of Mace, and so giue it: this forceth also the secundine. If that then a child will not frame himself to birth in his mothers wombe, and neuerthelesse the thowes & the right time of birth be instant, then take a little Lilly water, and as much good Rhenish wine, & so drinke it together, it will frame it self the better afterwards. For this is also good the iuice of Sloes, whereof we haue spoken before. Another: Take fresh well water, and hony as much as you please, temper them together without seething or skimming, and so giue it to drinke, this quickneth the thowes & paine, so that she wil be the sooner deliuered of child, for that the paine expelleth the child and the secundine. Take the flowers of Cyperus, seeth them in wine, and drinke a good draught thereof, this should be very certaine, especially if the herbe or flowers may be gotten fresh. Item, take well polvned Winsede, seeth the same in wine, & giue the woman a good draught therof. In like maner may she well drinke wine, which is decocted with Plantaine. Wine wherein Wine leaues haue bene steeped, should also expell birth. Boreas the waight of half a drag. drunken with wine, is also very aduancing for it, as we haue admonished before. A stronger: Take Saffron, and Pearles of each one scrup. Boreas 4. scrup. giue this also with hony water, if the thowes come not; but if so be that the thowes be instant, then giue it with Mugwort water, or with sweet wine, it expelleth very swiftly. Now for to vse outwardly may one chuse out of these things following for a time that which one will, as the seeds of Garlick, Sauintree, Mugwort, S. Johns wort, Pigeon dung, the horne of an Asse's foote, or of a horses foote, Dre dung, Wormwood & Rue: of all which tempered, or each alone: also to bathe, to make salues, plaisters, and such like. Item, take round Hartwort, Aristologie, Sauin tree and Cresses, of each a like, stampe and temper them all together with an Dre gall: then afterwards make a great faine moist therein, and put it before into the places, it helpeth much to birth. This following doth also expell a childe whether it be liuing or dead, and also the secundine very vehemently: Take Sauintree, round Hartwort, Asarabacca, & Dragon rootes, of each a like quantity, polvne them all together, & temper them with hony: afterwards giue to the woman thereof the waight of one quarter of an ounce, with water wherein Lupins be decocted, and if so be that this expell not sufficiently, then take *Opopanax*, and Dre gall, of each one quarter of an ounce, Beuercod one dragme, giue it to the woman to drinke with water wherein the Sauin tree and Fennell is decocted: and although all these foresaid medicines be meete and conuenient for to expell the secundine with them, yet we will neuerthelesse in particular as we haue promised, write and discourse thereof.

Of the secundine or afterbirth, and how the same is to be expelled. §. 16.

This afterbirth do the Latinists call *Secundinam*, which is as much to say, as the second, because it cometh away after that she is deliuered of child, and of such like, wherefore it is by vs properly called the afterbirth or secundine. This foresaid afterbirth or secundine hath this vse, to wit, when that in lying together both the seedes of the man & woman be tempered in the Matrix, and become like vnto milke, then cometh about the same a caule or belme, which groweth by little and little with the fruite, and is augmented with it. The same is by nature ordained, that the fruite may be therewith, as it were with a cloth couered, enclosed about, garded and defended, vntill the day of the birth, which presently after the birth of the child (if all things happen aright) doth auoide; or remaining behind, it bringeth very great perill with it, as we haue sayd before, that amongst other accidents there do follow agues, stinking breath, paine of the head, swooning and such like.

If in case then that these afterbirths do thereby carry behind, for that a woman is waken too weary & feeble through the former hard laboz, then must somewhat be giuen her, whereby she may get some strength, and might comfort her heart, as *Diamargariton*, *Mamus Christi*, and *Diaplis*. She is also to be caused to nase, and to hold in her breath, whereby the vndermost parts of the belly be pressed downe, and stirred vp to expell that which remaineth. And if so be that the secundine will not follow, then let the woman rest a little, and annoint the belly and all other parts about

bout it with oyle of Lillies, and oyle of Elderne flowres: also to keepe the belly very warme, and then to vse those things which are specified in the deliuey of children in the 11. S. & also what soeuer shall be prescribed hereafter. All those that esteeme much of precious stones do counsell, that when the afterbirth will not follow, that then to the woman is to be giuen of the powder of the Aggat, and that thereupon the secundine must follow. It is also commanded to the contrary, that whensoever a woman is in labour, that then she is to put away from her all manner of precious stones, because that they do deferre this childbirth. It is also sayd that cozne flowres giuen with Lilly water, doe expell the secundine. We haue also sayd before, that halfe an Eg-shell full of the iuice of Garlicke giuen with Hony water, doth expell the dead child and afterbirth: but this aduice may we leaue for country people. Peesing is also especiall good for deliuey and auoyding of the afterbirth.

For to vse outward things therfore is much commended to make a ley of ashes, and to set the feet deepe in them, they should draw the afterbirth downewards. Item, take Birch ashes, and powze seething water vnto it, then let the vapor ascend from beneath vpwards, and the afterbirth will follow. Take Peacocks feathers, or if you cannot get them, then take Hens feathers, kindle them, and let the fume ascend from beneath.

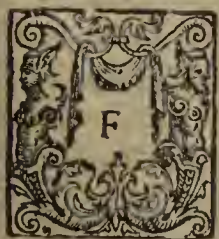
Item, take Hollihocke rootes, seeth them very mellow, and then temper it with Barrowes grease, with Goose grease, and therewith annoint the necke of the Matrix within. This draweth not onely the afterbirth but also all other vncleannes: for this is also chiefly good whatsoeuer before is described for the aduancement and lightning of childbirth, & also for womens termes.

How that the afterthrowes are to be eased. §. 17.

TAke Squinant and Spikenard, of each one quarter of an ounce, seeth them together with water of Mugwort euen to the halfe, and drinke thereof two or thre times, it allayeth the paine. Item, take Malmsey, or some other good wine, and make a caudle thereof with the yolkes of Eggs and Cinnamom. Or take Saffron halfe a drag. Make one scrup. *Triphe-ramagna* halfe an ounce, take this at two times with warme wine, for this *Triphe-ramagna* hath such power, that it doth presently allwage the paine. In like manner, this may be annointed in the necke of the Matrix very commodiously. Further, you haue before in the 19. Chapter and 7. S. of the paine of the Matrix through wind, of *Triphe-ramagna* and *Philonium*, and presently afterwards a powder with *Turbith*. Also how this *Helleboze* is to be vsed, all which things be very commodious for the afterthrowes.

Item, take small powdered Woolblade, temper them as a dough, and bake cakes thereof, and giue it to the woman to eate. Take good fat Figs, cut them to peeces, and grosse beaten Fenes graee, of each one handfull; let them seeth together, and the woman to sit oftentimes ouer it, or to foment her beneath with clothes. Item, take the yolkes of Egges, temper them with the iuice of Mugwort, and bake cakes thereof, and lay them behind vpon the backe. The same doth also Hollihock rootes, or the leaues, if it be beaten, and with warme wine laid vpon it, and oftentimes renewed.

For the excessiue flood after birth. §. 18.



For this you haue before in the 19. Chapter 3. S. of the allwaging of the excessiue termes of women many kinds of remedies which be also very meete for all women in childbed. Yet of the Whisitions of *Augusta* be these following ordained for very especiall remedies: At the first are these women in childbed (be it how soeuer it will) to take with broth fasting one dragme of the same powder with white *Diptamus*, that not long since hath bene described in the 11. S. Afterwards she is to vse this costly confection: Take conserue of Roses one ounce, conserue of Burage, of Buglosse, and of Baulme, of each halfe an ounce, prepared *Bolus* halfe a drag. prepared Pearles one drag. good Cinnamom one drag. and a halfe, temper them all together. Item, take conserue of Pionie, it cleanseth a woman after birth. Let her vse also this powder following: Take prepared *Bolus* one drag. Sealed earth 2. scrup. Tozmentill halfe a drag. Shepheards purse one scrup. *Species de gemmis frigidis* one drag. and a halfe, prepared Pearles one drag. Roses, Corall, and Saunders, of each one scrup. Cinnamom two scrup. and a halfe, Sugar thre ounces, temper them well together, and take it with Henbroth. This following is yet more forcible in

Stanching: Take Bloudstone washed with Plantaine water one dragma and a halfe, red Corall one dragma, Tormentill and *Trociscos de spodio*, of each halfe a dragma, scraped Iuoy, and burnt Parts horne, of each one scrup. Prepared Pearles foure scruples, fine *Bolus* two scruples, *Bursa Pastoris*, and red Saunders, of each one scrup. Cinnaom one dragma, Sugar five ounces, make a powder thereof or losinges.

Of the superfluitie of milke. §. 19.

When as now a woman is deliuered of Child, and that the milke so excessively aboundeth and ran ouer that the child could not sufficiently suck or draw it out, and it were to be feared that it might come thereby to clot or to impostume, then must good remedies be sought, to which end diuers be described in the second part, the third Chapter and §. 8.

Of diuers other accidents after the birth. §. 20.

It hapneth many times that a woman after that she is deliuered of child, her legs and feete happen to swell. For this, take Wormewood, Cammomill, Centorie, Parrow, Southernwood, and Spikenard, of each a like quantity, seeth it all together to a bath for the feete, and vse it oftentimes. In like manner you haue also befoze in the third Part and fift Chapter, in the description of the places in women and their accidents, diuers things which be meete for this purpose. Item, take Cammomill and Linseed, of each one handfull, put them in a bag together, and seeth them in wine, afterwards lay it ouer the swelling.

Or take a great Onion, rost the same in ashes, afterwards stampe it to a grout, and make a plaister thereof with sufficient butter, and vse it. These two last things may also be laid vpon the belly against the afterbirthes.

As much as then concerneth the descension of the necke of the Matric, the vnnaturall heate, the ache, and such like accidents which women in childbed be subiect to, for that are diuers remedies to be found befoze in the description of the places, neuerthelesse we will adde somewhat more, and therewith conclude.

If so be that a woman with child come to be broken, then take Comfrey foure handfulls, Self-heale one handfull: seeth them together for a bath for the loynes, and let her sit therein ouer the priuities.

Item, take a long pece of Allume, and put it into the body befoze, then shall the rupture go together againe, and the entrance will be so narrow as euer it was befoze.

Or take two ounces of Coperas, foure ounces of gals, one ounce and a halfe of Gum, seeth them together in sufficient raine water, and wash you therewith, but this is none other but as it were a right wzing Inke.

Loke also further, the first Chapter of the third Part of the ruptures of the navel, and al that which shall be written of the ruptures, where one may chuse what seemeth best for euery one.

The plaister *Diachilon*, whereof we haue so oftentimes admonished, is thus to be made: Take Fenegreke, Linseed, and Hollihocke rootes, of each foure ounces, seeth them together, & draw out the muscilage, as in the first Part, the third Chapter, and §. 8. is taught: put thereto nine ounces of Sallad oyle, Litharge of gold three ounces, then seeth them together againe vntill the muscilage be spent, and make a plaister thereof: this plaister mollifieth all hardnesse of the liuer, of the milt, and stomacke, and of all other parts. There be also two sorts prepared, which are called *Compositum*, and *Magnum*, which be both also more strong than the former, but they be not so much in vse.

There hath also oftentimes bene spoken of the sirupe *De Radicib.* the one called of two kinds of rootes, which is thus made: Take Parsley rootes, and Fennell rootes, of each two ounces, let them seeth in sufficient water, afterwards straine them through a cloth, and make a clarified sirupe thereof with twelue ounces of Sugar.

The sirupe of five kinds of rootes is prepared in this manner: Take the rootes of Smalage, of Fennell, of Parsly, of *Ruscus*, and of Sperage, of each one ounce, seeth them very mellow, and then make a sirupe thereof with twelue ounces of Sugar. Both these kinds of sirupes be good against all kind of Agues which proceed through putrifaction of phlegme and choler.

The

The fourth Part of this generall Practise of Phisicke,
doth intreate of the outward Members.



Although the Phisitions, and especially the Anatomists do comprehend all other parts of mans bodie, which be not described in the former three parts of this Practise of Phisick, in this fourth Part; yet will we divide them into two principall parts: that is, the Armes and Legges. These bee the especiallest outward parts, to wit, armes, hands, fingers, and nailes: afterwards the legs, the thighes, the knæes, the shins, the ankles, the fæte and the toes. These be now the diseases which be generally incident to both these parts. First, that which the Phisitions do call *Gutta*, and we the Gout, is divided into foure principall Chapters, according to the member which is infected with it, viz. *Arthritis*, which is the right Gout: *Chiragra*, which is the Goute in the hands: *Ischia*, the Sciaticke: lastly, *Podagra* the Gout of the fæte. Of all which we will orderly discourse and write, afterwards of Eluxations, Elocations, Extenuations, Bruises, and fractures of bones, and by what meanes each disease is to be holpen. Wherefore will wee in the name of God begin according to our old custome and method, with the highest parts, which bee the Armes, and what is annexed vnto them.

Of the Armes. Chap. 1. §. 1.



These Armes be divided into three parts. First, they haue their beginning at the shoulder blade with the Armepits, reaching vnto the Elbow. All which with the other part of the Armes bee called by the Grecians and Latinists *Brachium*. The second part reacheth forth vnto the hands and wrists of the armes: the third part is y hand vnto the end of the fingers. As much as concerneth now the first two parts. They be subiect vnto all outward and inward accidents or diseases; as bruises, fractures, wounds, impostumations, eluxations, diseases of the veines, and of the sinewes, and to such like accidents moe. All which diseases (according to the quality of the cause) are to be holpen with letting of blood, salues, plaisters, bathes, fomentations, &c. whereof in many places before, and also shortly hereafter in the Gout and in the Sciatica shall be more ample declaration made: so that at this present it is needlesse to write any further thereof.

Of the Armepits. §. 2.

As much as concerneth this part of the armes, we haue thereof sufficiently spoken before, as also of the veines of the Armepits, and for what cause they ought to be opened, hath bin sufficiently declared in the Introduction; we will here discourse of the lothsome stench of the armepits, and chiefly in hote and fat folkes: because that they haue also much haire in this place, and be moist of nature; and how nearer that the stench is to the nose, so much the lothsome is it. This stench is augmented through great labour at hot times, through want of shifting and alteration of clothes, through great incontineney, and through some corrupted humors of the body. Which stench if it do continue very long, it is a sure signe of an incident palsey.

Then for to remedy this stench, it is needfull (according to the quality of the person) that all such are to be purged and let blood, and that they afterwards do bath in these odoriferous herbs, as *Mints*, *Helilot*, *Lauander*, *Ireos*, and such like.

This being done, the Armeholes and the whole body are to be fomented with these thinges following: Take *Annis*, *Comin*, & *Roses*, of each 2. ounces, *Cipers* roots one ounce, *Spiknard*, & *Spica Romana*, of each one quarter of an ounce, powdered *Ireos* one ounce: seth these all together

in two quarts of water untill about a third part be consumed; & then vse it warme with clothes wet therein; and keepe the body very cleane with clothes and linnen. Afterwards vie some of these things following: Take the Litharge of gold one quarter of an ounce, Allume one drag. Roses and Pyrre, of each halfe a drag. beate them all to powder, and wash the Armpits with wine; and then strew the powder vpon it: the Litharge of gold doth the same of it selie tempered with Rosewater: in like maner also the Pyrre. Item, take Coperas one ounce, seeth the same in three ounces of water, let it be cold, and annoint the stinking place with it. Take White leaues one handfull, seeth the same in a pint of wine and drinke thereof, it taketh away the stench throughout the whole body.

Item, take litharge of gold one ounce, Frankinsence halfe an ounce, powne all together small when you go to bed, and temper a little thereof with wine, and annoint therewith the place, and then in the morning wash it with Vineger. You may also vse for this the oyle of Spike.

And if so be that the humors then be so sharpe that they excoriate the place and bite open the skin, then wash it with warme water, and afterwards strew the place with burnt Allume.

Barimalade with spices doth also expell all stench.

Of the hands. §. 3.

A *Naxagoras* was wont to say, that men aboue all creatures were most reasonable, for that they only had hands. But *Aristotle* contrarieth this with great reasons, and saith, because that mankind is the most sharpe witted amongst all creatures, therefore hath nature giuen him hands, which be none other than instruments of a reasonable creature for to vse them wherto he desireth; & that these most noble and necessarie members be made for to comprehend, to hold, to cast, & to labour, &c. In like maner also through their feeling to adudge all that is hard, soft, hote, cold, thin thicke, and such like. Besides this, in stead of all weapons wherewith all other beasts be indued, that they may thereby seize vpon all manner of weapons wherewith either in time of peace, or warre to guard and defend the body. Item, with these hands be all renowned feates and cunning, and also all hurtfull works atchieued and brought to passe, as is daily scene. It appeareth also by daily experience, that commonly the right side is more forcible and much nimbler than the left, not that it is so in euery body, or must be, for that it is oftentimes found to the contrary, whether it be through the custome or otherwise, that some do most of all help themselves with the left hand, and be much nimbler and actiuer with it.

Further, the hand is commonly deuided into two parts, as the palme, the fingers, and one may if he will accompt the nailes with it. They be filled euery where full of sinewes, wherewith they most commodiously and speedily be ready to all manner of actions. Inwardly in the palme of the hand be many kinds of lines or strakes scene, the which like as the *Chiro-mantici* do say, be signes of good and bad luck or fortune, wherof we will not here write any further, because that these Southayers art is by many learned regarded as lyes, for that they haue no foundation, therefore be they also iustly to be mocked and scorned, like as they be also taken and acknowledged of all bright Christians to be vngodly, and adjudged to be an illusion of *Sathan*. Thus may this suffice of the Hands.

For to keepe the hands cleane. §. 4.

It becommeth all men very well with honesty, that they haue alwayes cleane hands, and that chiefly when they sit at table, whether it be that they eat any meate, or carue for others: and for to come vnto it, the same are oftentimes to be washed with faire water, and Venice sope. If you will make them smell well, then looke what is written thereof in the first Part, in the first Chapter, and 2. s. Or prepare in stead of the sope this ensuing: Take one spoonfull of Honey, two yolks of Eggs well beated, and a little Rosewater, and Lilly water: temper them, and seeth them to pap, rub the hands therewith, and afterwards wash it off with faire water,

Item, take the whites of Eggs well beated, stirre therein a little wheaten flower, Rosewater, and

and Orange peels powdered small as much as you will. The iuyce of Citrons is also very good for it: or if one cannot get it, then may the iuyce of Limons or of Oranges be taken in stead of it. Let the same seethe alone in a glazed pot, and stirre it about continually. It is also especiall good against all itchinesse of the hands, and all other parts of the body.

Or take the water of Louage, and powdered Argall, temper them together with the white of an Egge, as much as you please of each, bray them well together, and vse them as before is specified.

For to make perfumed hands and gloues. S. 5.

Take cleane Barrowes grease as much as you please, and lay the same eight daies in water or in lye, putting euery day fresh water or lye vnto it, & wash it well: afterwards fine other daies in fresh milke, washed also daily. Then after that wring it out cleane, and put it into a pot, and put Rose water vnto it, the water of Elderne flowers, of Plantaine, and of Lauander, of each a like quantity. Afterwards put odoriferous spices vnto it, as Cloues, Cinnamom, Nutmegs, and so let them seeth together softly vntill the water be waisted away. At the last you are to put vnto it *Muscus*, *Ambra*, golden waters, or any other well saouzing things, stirre them a long time well together. This salue is also good for all scabbinesse and scurfe, &c.

For scabby Hands. S. 6.

For this may the foresaid salue or Pomander be used which is described in the first Part, the tenth Chapter, and first S. For this is also very good the Gum of Dragagant dissolved in Rose water, and the hands rubbed with it.

It happeneth also many times that the hands be full of the dyie scurfe, like to that kind of itch which the Latinites do call *Impetiginem*: for which this following is to be used, and not onely for the hands, but also ouer the whole body, where as is the dyie scurfe. Open some egges, put out the whites and yolkes, the egge shells are to be laid in a coole place where they will not be bedugged, then will there gather amongst it a little water, which you are to put into a litle glasse, and to annoint therewith the place that is scabby.

Item, seeth Elecampane in the creamie of milke, which is also verie meete for this purpose. Or seeth these rootes with Butter and Milke; and when they be mellow and sodden to pay, then temper some salt amongst it, this is alwaies found to be very good. You haue a sure salue for this before in the first Part, the third Chapter and tenth s. beginning thus: Take Turpentine, &c. Some do aduise to take the Liuers of Tenches, and to put the same in a glasse stopp'd tight and set in a warme place, and to annoint it with the water that cometh thereof. Item, the iuyce which is wrung out of Orange peels, should be maruellous good for this purpose.

Another: Take the oyle of Juniper, and oyle of Argall, annoint the hands with it and all other scabbinesse.

For chops in the Hands. S. 7.

Take foure ounces of Gallad oyle, or oyle of Roses, Ware one ounce; melt them together and annoint the hands with it. Item: Take oyle of Roses, white Ware, Bastick, Frankinsence, and Vens grease, of each a like quantitie; powne all that is to be powdered, then temper them all together, and make a soft salue of it.

For itchie or scabbie hands. S. 8.

Take three ounces of sweete Butter, Turpentine two ounces washed together certaine times with Vineger; and then temper with it halfe an ounce of salt, and three drag. of dry Ceruse. Item, take a good peece of Rie bread, laying it the space of certaine houres in fresh water vntill it be well mollified, then wring it out through a course cloth, and wash your selfe therewith.

This following is also good and sure. Take Turpentine two ounces, fresh butter one ounce, oyle of Roses halfe an ounce, the iuice of Limons or Oranges thre quarters of an ounce, and the white of an Egge well beaten, salt one dragma, then temper them all together with a mild fire or vpon warme ashes. If so be that you will haue it thicker, then put a little Ware vnto it. Or take the middlemost rinds of the Juniper tree, and Barrowes grease, of each a like much: seeth the same together in Goates milk, and salt it well.

Take the oyle of Roses and liquid Storax, of each a like quantity; melt them together: this is especiall good, and hath a good sauour. Item, take fresh Elecampane rootes, Malloves, Dock rootes with the leaues, and Fumitory, of each one handfull: Branne one handfull; seeth them all together in thre pints of water vnto the halfe, and therewith wash the hands. Or take Sulphur vife halfe an ounce, sinall beused Litharge of silver thre dragmes, dried Ceruse one quarter of an ounce, Barrowes grease one ounce, Camfere halfe a dragma, the iuice of Oranges halfe an ounce, temper them together and keepe it in a glasse.

With this following be many people holpen whom nothing would helpe. Take the rootes of Dockes and Elecampane, of each one ounce, Cuckpit and Comfrey, of each halfe an ounce, Agrimonie, Self-heale and broad Plantaine, of each one handfull, Vitrioll half an ounce, Allume and Sulphur vife, of each one ounce, Saltpeter one quarter of an ounce, Roses one handfull, Pomegranate pills halfe a handfull: wine and water, of each one quart, Sharpe Vineger twelue ounces; let it be all together infused, and then afterwards boyle it: in which are the hands to be bathed euery morning and euening the space of fire dayes. And afterwards be the hands to be moystened with a cloth dipped in this decoction following: Take washt Ceruse one dragma and a halfe, Allume, white Coperas, and Masticke, of each two scruples, Camfere half a dragma: this being all beaten small together, then bind it in a fine cloth, afterwards steape it in two ounces of Rosewater, and foure ounces of Plantaine water, whereof we haue admonished before and taught in the former 6. s.

As much as now concerneth all itch or scurfe, thereof we will by Gods helpe speake sufficiently in the fift part.

Of the Fingers. §. 9.



In the last 6. s. we haue generally witten of the hands: but now will we thinke vpon the fingers, which be called by the Grecians *Dactyli*, and by the Latinists *Digiti*; by nature haue all men five on each hand: Other some fire which be therfore called by the Latinists *Sedigiti*. The first of these is the Thumbe, which is called the greatest and smallest; but by reason of his shortnesse is he verily the smallest, but by reason of his thicknes and strength is he indeed the greatest, and therewithall so forcible, that he is a helper to the rest of the fingers, that without the same they be very impotent, because that he lying aboue the fingers, in holding fast shutteth them vp. This haue also the most cruell tyrants acknowledged, who commaunded to chop off the Captiues thumbes and not their hands, to the end that they might not handle their weapon, nor do any other labour. The first finger afterwards is called the seefinger, in Latine *Index*, that we do therewith shew and point at all things. The third do we name by reason of his place, the middlemost, which the Latinists partly call *Infamem*: the cause of this name will we conceale at this present. The fourth is the gold finger or *Annularis*, for that commonly the same is wont to be garnished and deckt with gold rings. Lastly followeth the small or eare finger. These five fingers haue fiftene bones, each thre; albeit some do ascribe to y thumb but two bones. Through these bones and moving of the sinewes, these fingers haue two small ioynts, amongst which the thumbe hath no more but one: all which bend onely inwards, whereby they be meete for all cunning and subtil actions. But what mischances and diseases these parts be subiect to, we will now write and discourse thereof.

Of the numbnesse of the fingers in part or in all. §. 10.

This numbnes bringeth with it a hardening of the sinewes, & is caused through heat, cold, or drit: this numbnesse must be holpen immediatly, or the fingers will forthwith lose their

their motion thereby. For this disease must be kept especially a good diet, and first of all are cold windy dwellings to be eschued, and the whole body, chiefly the hands and the feet to be kept very warme, and then to refraine from all grosse binding and coling meats, as old Beefe, Skins, Paunches and Sinewes of all beastes. Item, all that is drest with dough, all fish, and especially Celes, Tenches, and Crabs must be refraine. He must also forbear Milke, Chæse, and all olde baked bread: from all kind of Beanes, and from cold herbes, as Lettice, Purslaine, Bets, Pears and such like, red grosse thicke wine is also not good for him: and if it be possible he is utterly to refraine wine, whether it be drunken watered or unwatered. Also he is not to overcharge himselfe with meat or drinke at any hand. And he is aboue all to beware of Vineger, and from all sowre things. Also long slæpe is hurtfull for him, and especially slæpe by day; otherwise he may liue according to his old custome.

As much as concerneth the vse of Phisicke, he may take of these pills following foure or five euery day two houres alwaies before supper, and to continue this a certaine space: Take Aloe two ounces, steape it two dayes in the water of blew Flower-deluce, *Agaricus*, and *Turbith*, of each one dragme and a halfe, *Hermodyli* one quarter of an ounce, Masticke one scruple, Ginger, Annis, Cinnamom, and Mace of each halfe a scruple, *Diagridii* two scruples, then powred all small temper them together, and fashion sixe pills of each dragme.

Secondly, take oyle of Myrtles, and of Masticke, of each one ounce and a halfe, burnt Iuoy, Amber, red Corall, and *Sandaraca*, of each one dragme, Masticke, Frankinsence, of each halfe a dragme, Paper glue three quarters of an ounce, Dragagant and Gum, of each halfe a dragme, dissolue the glue in strong red Vineger, with halfe an ounce of Ware. When it is almost cold, then temper the other spices with it, and make a tough salue of it, that it may be spread on leather, lay it within vpon the bending of the hand, and round about the thumbe.

Thirdly, take a peece of a Millstone, let it be thorough hote, lay it in a great panne, and besprinkle it with good Wine and sharpe Vineger tempered together: and doe this so long untill there be about twelue ounces powred vpon it. Duer this vapo: be the hands to be holden being well couered, to the end that they may sweat well; afterwards dry them. This is to bee done once euery morning, and afterwards to bind vp the hands in a peece of furre.

Fourthly, take oyle of *Camelina*, and offswæt Almonds, of each two ounces, Calues marrow, Badgers grease, Ducks grease, of each one ounce, *Bdellium* halfe an ounce, *Galbanum* one ounce and a quarter, Saffron halfe a drag. dissolue the gum in white Vineger, and then make a soft salue of it with Ware: with this salue are you to annoint all the hands and fingers morning and euening.

Fiftly, take one ounce of the Gumme of a Cherry tree, Beuercod and *Galbanum*, of each one quarter of an ounce, Sallad oyle sixe ounces, Calues marrow, Goose grease, and Hens grease, of each one ounce, white Ware one ounce and a halfe, Saffron two scruples, *Lignum Aloes* halfe a dragme, and *Muscus* two graines: dissolue the Gumme in white Vineger, and temper the fatte amongst it. Last of all, put all the other things beaten smal vnto it. When as the patient hath vsed all these foresaid fomentations, salues, and plaisters, the space of ten or twelue dayes, then are the hands to be annointed with the first described salue.

When the Fingers be numbed through bruises. §. II.

This cure or healing is commonly committed to the Chirurgions: but if the Sinewes be not utterly chopt off, then is there still some hope of health. Now for to remedy this, the patient is (like as is said already) to keepe himselfe soberly, and to beware of much Wine, of Vineger, and Venery, from stirring the bruised hand too much, & not to wash them with cold water, but is to vse these fomentations following: Take a peece of a Millstone, make it very hote and put vnto it as is before said, then couer the hands very warme. This being done, then are they to bee annointed with this salue being made very warme. Take oyle of *Behen*, of *Costus*, and the suet or fat of a Lyon, or in stead thereof mans grease, the fat of a Beuer, of each five ounces, Saffron two scruples, the marrow of an Ore one ounce, powred *Hermodyli*, *Pionie* roots, *Stechas* flowers, and Southernwood of each halfe a dragme, Ware as much as is needfull for to make a tough salue. This being done, then be the hands to be couered warme with unkenmed shepes wooll, and the bruised fingers are to be bounden and to be put into warme gloues, to the

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end they may be kept from all manner of cold. When as this hath bene observed the space of eight dayes, then is the fomentation to be omitted, and to vse this salve following: Take oyle of *Nardus* one ounce and a halfe, oyle of *Euphorbium* one ounce, oyle of Saffron, and of Pepper, of each halfe an ounce, *Stechas*, Swines bzead, white Pepper, *Hermodactyl*, *Pionie* rootes, and *Southernwood*, of each one dragme, *Galbanum*, *Serapinum*, and *Ammoniacum*, of each one quarter of an ounce; seeth the oyle and the Gum easily together. When it beginneth to be cold, then temper the powder in it, and make a salve of it, wherewith annoint the hands twice a day, and keep them alwayes warme.

Of the Fellon or Ancome in the Fingers. §. 12.

This impostumation which some doe call *Panaricium*, and we a Fellon or Ancome, is none other but a sharpe and hote impostumation of the fingers, which bring such a paine with them, that the patient thereby, neither by night nor by day can rest or sleepe, neither can get any ease by any meanes, untill that the said impostume be opened.

This impostumation is first to be remedied with cooling things that doe also thereby mollifie and ripen, like as this salve following: Take the oyle of *Pastick*, and vnripe *Sallad* oyle, of each one ounce, cleansed *Antimonium* halfe a dragme, prepared *Tutie* thre drag. white *Mare* halfe an ounce, *Rosin* halfe an ounce, the *Mare*, *Rosin*, and *Oyle* are to be molten together, and the rest to be tempered amongst it; afterwards annoint the fingers with it often.

Item, take *Sulphur*, *Garlicke*, *Carni*, the soote of a Chimney, and *Salt*, of each a like quantitie: powne all to pap and bind it vpon the hand. Yet one more: Take the innermost skins of *Eg-shells*, lay them vpon the finger, and this former salve vpon them, wherewith we will commend, and commit the cure of this accident vnto the Chirurgians.

Of the Nailes on the Fingers and Toes. §. 13.

These Nailes are the outward parts of the finetres, and haue their roote and foundation, and doe grow out of the superfluitie of the same, which increasing consisteth not at all in the depth or breadth, but onely like to haire in the length. *Aristotle* saith, that the fingers and the toes are giuen onely for a defence: but *Galen* addeth vnto it, that they be therefore made, for that therewith all small and subtile things might be opened. These Nailes haue of themselves no sense or feeling, therefore doe they need no great remedies; and for that cause will we onely admonish here, and discourse of the impostumation of the rootes of the Nailes.

And if so be that there be then any impostumation in the rootes of the Nailes, or there happen any other harme vnto them, then take *Sarcocolla*, *Pasticke*, and *Frankinsence*, of each one quarter of an ounce, *Comfery*, burnt *Allume*, *Hartwort*, of each one dragme, *Ammoniacum*, *Myrrha*, *Uerdigrease*, and white *Coperas*, of each one scruple; powne them all to a subtile powder, and strew vpon it. This powder drieth, consumeth all bad flesh, and it healeth also marvellous well: this may you also vse on the Nailes of the Fete.

The second Chapter.

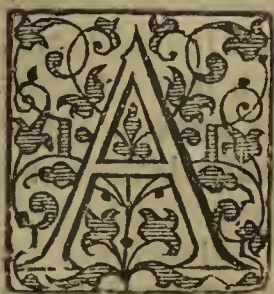
Of the Legs and the Feet.



In this second part of the outward members we will onely adde & write this, which is, that these Legges like the armes also be diuided into thre parts: wherof the vppermost part is the whole hippe even to the knees: the second part is from the knees even to the fete: the third part is the fete with all that is annexed vnto them. As much as now concerneth the diseases of these thre parts, they are to bee holpen and healed with the same remedies which be ordained for the Armes. But the Legges be subiect to other more especiall accidents, as broken veines called *Varices*, where

Wherewith commonly the thighes, the knees, and the caules are burthened, like as wee will admonish thereof in the fift Part, the first Chapter and fift §. amongst other swellings. And albeit that it first of all behooueth to discourse of the vppermost part of the legs: yet will we neuer thelesse deferre it, vntill that we come where we shall write of the Sciatick, or Bout of the hips, because that we will obserue our method.

Of the Knees. §. 1.



As much as concerneth the knees and other members moe, the which haue no seuerall description; therewith is to be dealt, like as is said in the Chapter of the Armes: but that onely for all diseases of the knees, the oyle of Tiles is highly recommended.

In like sort also this salve following is very requisite for all diseases of the knees, and of all other members, whether they be bruised through thrusts, through elurations, or wincings: Take the iuyce of Sage, of Betony, of Rosemary, and of Cammomill, of each one ounce: seethe these iuyces in eight ounces of good wine, vntill the wine be almost wasted, then put powdered Mastick vnto it, and Frankinsence, of each three drag. and let them seeth againe vntill they be meetly thicke: afterwards temper therein one scruple of Saffron, oyle of Roses, of Earthwormes, and of Masticke, of each one ounce and a halfe, oyle of Junipers, powdered Linsæde, and powdered Juniper berries, of each one quarter of an ounce, then temper all them together, And if so be that it bee too soft, then put a little Ware vnto it.

When as any body hath any cold defluxion fallen into his knees, that he can neither goe nor stand, then is this following especiall good, and also many times approued: Take the oyle of Tiles, and of Turpentine, of each one dragme, oyle of Argall halfe a dragme, oyle of *Euphorbium* one scruple, oyle of Dill and of Juniper, of each one quarter of an ounce; make a salve thereof with a little Ware, and annoint the knees warme with it.

You shall also finde hereafter diuers sundry remedies for this in the description of the *Podagra*, and of *Arthritis*, which may also be vsed vnto the knees. As much as doth appertaine vnto the veines of the knees hath bene written before in the Introduction.

Of the Shins. §. 2.



I cometh then oftentimes to passe, that there riseth vpon the Shins certaine vlcers which are not so soone to bee healed, but continue long, and do corode also hitherwards and thitherwards, and make very great scabs; for which this following is to bee vsed and thus prepared: Take Ware and Rosin, of each one ounce, shepes suet two ounces, Pitch, and Sallad oyle, of each three ounces, Masticke, and Frankinsence, of each three dragmes and a halfe, washed Litharge of Gold one ounce and a halfe, Ceruse one quarter of an ounce; let the oyle and the Rosin be sodden together, and then melt the Ware amongst it. When it beginneth to be cold, then temper all the other things powdered small amongst it, and so keepe it in a pot. At the first wash these vlcers thrice euery day with warme swete wine, and then annoint it afterwards with the said salve.

Item: Take Ceruse, Antimonie, Litharge of Gold, and burnt Lead, all of them washed, of each one ounce, molten suet three ounces, Frankinsence, Romie, *Sandaraca*, *Sarcocolla*, burnt Allume, and Dragon blood, of each one ounce and a halfe, oyle of Roses, and of Vineger, of each three quarters of an ounce, Ware and Rosin, of each one ounce, make a plaister of it. This said plaister is very good for all depascent vlcers which be caused of a burnt melancholick matter, it expelleth heate, it drieth, it allwageth the paine, it maturateth all hard byles and pushes, and especially it healeth all vlcers of the Shins.

The plaister *Sparadrapum* is also vsed for this, which is thus to be prepared: Take three ounces of Shepes selwet, oyle of Roses and Ceruse, of each one ounce, Vineger foure ounces, Litharge

tharge of gold one ounce and a halfe, Rosin and Turpentine, of each one ounce; let the oyle and the fat seeth well together, afterwards put the vineger and all other things vnto it: and then adde as much molten Ware vnto it as will suffice for to make a tough plaister of it.

This plaister is also very good; but the patient must aboue all things beware of ouermuch going and wearying the legs.

Of the Feete. §.3.

The Feete be as foundations of the whole body, which also be in like manner deuised into thre parts, viz. the Insteps of the Feete, the Plants or Soles, and the fine Toes, which be not vnlike to the fingers, but that they be a little shorter: and that the great Toe doth shut vp and close the rest of the toes, as the thombe doth the fingers. They be very helpfull and commodious vnto men that they may stand the faster, and the better beare the burthen of the body.

These Feete and the whole legges doe otherwhiles get the crampe, or a contracture of the sinewes, whereof we haue witten much befoze in the first Part, the twelfth Chapter, 14. and 15. s. They do oftentimes stinke very much: and to remedie it there is nothing, but oftentimes to change ones sockes, and to bath the Feete in water wherein Putte leaues, Cyperus leaues, Allume, and other well saouring and odoriferous things be decocted. You haue also befoze in the second s. of the first Chapter, where is discoursed of the stench of the Armpits, further instructions. For this it is also mete to keepe cleane the place betwene the toes, and to vse oftentimes warme Foote bathes, and then to strew burnt Allume betwene the toes, which dryeth the stinking, and also keepeth them cleane.

And because the Feete be much subiect to be frozen, which yeldeth no small hinderance to a body in going, therefore we will discourse somewhat thereof.

Hereupon do some lay playing cards wetted, and affirme that they heale this disease in euery respect whether it be open or not. Some doe counsell that a blew woollen cloute should be burnt to powder and strewed vpon it. Item, take the whites of fine Eggs, and burne them in a little Barrowes grease, and annoint the frozen place with it; but I take the yolkes to be better, This following is best of all: Take Turpentine, and put metly much Salt vnto it, stirre it so long vntill it be thicke like vnto dough: after that spread it on a cloath, and lay it thereon the space of eight dayes: at the least twice a day: if it be vsed immediately after that the Feete be frozen, then doth it cleanse the same, and healeth it presently.

Touching Cornes which come vpon the Feete, so it is, that in the middelt of the same there groweth a small blacke or white callositie, like as it were a wart, the which thzough his hardnes maketh so great a paine, that one can hardly tread or goe vpon it. Whereto some of these remedies ensuing may be vsed: Take the gall of a Pickerell, and bind it vpon it, or annoint it therewith. Item, make a plaister of red sealing Ware, and lay it thereon. Others do goe somewhat rougher to worke with it, and doe take yellow Arsenicke, (which is Orpiment) Copperas, and Allume, of each a like quantity, and temper it vnto a salue with hony, and annoint it therewith. Or they doe take one quarter of an ounce of *Galbanum*, and let it steepe so long in vineger vntill it be as soft as salue, and lay the same so long vpon it vntill the Cornes weare away. But this following is oftentimes found to be good, so that the whole Corne falleth away thereby, and is also very safe: Take of the plaister *Diachilon magnum*, and Pitch, which is Shoemakers Ware, of each a like much, make a plaister of it; spread it on a cloath, and lay it vpon it the space of thre or foure dayes beneath on the plants of the Feet, and goe vpon it; afterwards take fresh againe so long vntill they be thoroughly whole.

You shall find no other good things in the first Part, where we do discourse of warts, which be also very commodious for this purpose.

Cornes on
the Toes.

The third Chapter.

Of the paine in the ioynts in generall.

NExt to the forementioned diseases & sicknesses which the armes, hands, legs, and feet be subiect vnto, there be diuers moe and much stronger diseases then the former, in the ioynts, which be also very needfull to be described. But we will aboue all discourse generally of them, and diuide this matter into two parts: whereof the first part is called by the learned *Gutta*, wherein shall be shewed all the causes, signes, orders, and other things which be commonly requisite for all paines of the ioynts. The second part shall we comprehend vnder a generall Gout, or *Arthritis*, vnder which is contained all paines of the ioynts: for most famous Physicians doe generally write of them, and afterwards we will speake of three other sundry Species of the Gout, which onely light vpon certaine places of the body, as *Chiragra*, *Ischia* and *Podagra*.

All sorts of Gouts may manifest themselves in whatsoeuer part of the body they will, yet are they so like one another, and so allyed together, that many learned men haue written of them all vnder one, and haue onely excepted *Ischia*, to be another kind: which errour grew on this sorte, for that all the sorts of it doe after one and the same manner paine all the ioynts of the bodie. Peruerthelesse, we will as much as is possible, and as much as the cause requireth, make a seuerall declaration of each by it selfe.

Of the Gout in generall called *Gutta*, §. 1.

LIke as we haue before admonished, so doe the learned comprehend all diseases and defluxions which doe fall into all the ioynts vnder the name of *Gutta*, which is a passion or paine of the ioynts which falleth into them and the sinewes of mans body by some humors or wind from aboue, or from the next adiacent place: or which is caused through bad disposition of the whole body. This grievous paine may also be caused sometimes through a fracture of a bone, through wrenchings, through great stirrings with a full belly, through falls, blowes, thrusts, through eluxations, and through great outward heate or cold: by which meanes all the ioynts are weakened. For this also helpeth much, all cold and waterish meates if the same be well vfed: as fruit, great fishes, and especially if they be without scales, swines flesh, water foules, and such like. To be idle, and to liue without any exercise. Also excessive venery, especially after one hath eaten and drunken. Obstruction of any accustomed course, as of the Pyles, of any open vlcers, of detention of the termes, and such like, whereby nature was accustomed to cleanse her selfe. Item, it is also found by experience, that some doe inherit this disease from their ancestors.

In fine, there be two principall causes whereby these kinds of diseases be prouoked, as first of all the flux of these defluxions. Secondly, the increasing of these defluxions from aboue. Thirdly, feebleness of the members which receiue this superfluity.

The signes of the Gout are manifest of themselves: to wit, if one feele great paine, and that at sundry times on the places where these defluxions doe fall, otherwhiles with swelling, and sometimes without swelling, and whether this proceed of heate or colde, that may bee perceiued by feeling. If it then come through any outward cause, that may be demanded of the sicke persons themselves, or if it come through any repletion of the body, that appeareth by the signes of the veines, grosnesse of the body, fulnesse of the pulse, sloth of all the members, by the diminishing of vnderstanding or memory, losse of appetite, and by the feebleness of the sight. If this disease be caused through blood, then it is commonly in fatte and repleted bodies, with paine of the head, with great vnlustines, with vnquiet sleepe, with diminishing of the vnderstanding, with wearines, with rednes of the whole body and the vyne: there is also heate with it, panting and swelling, and that in the place infected, especially if one haue liued sumptuously. Item, all cold things are welcome vnto him, and all warme things painefull, and if they bee vsed too long

long, also hurtfull: Yet this the rather in young persons being full of blood by nature, and if he dwell in a hote countrey. If this disease be caused of *Phlegma*, or of cold humors, then is there neither panting nor great paine with it, but remaineth for the most part in one place without remouing hitherwards or thitherwards; neither is there also any great rednesse or heat with it, and for the more certaintie that the same is caused through *Phlegma*, if the same be so found in an old person in winter time, after that he hath eaten much cold and moyst meates and drinks, or hath much and long frequented water. After all warme things be acceptable vnto him, and all cold things noysome.

If so be that this disease proceed of *Cholera*, then is there a strong heate with it, that one can hardly suffer it in the feeling, also a great paine without swelling, with drought and distension. With this will the patient perceiue a bitternesse of the mouth. And these things will be the rather confirmed if the patient be young and cholericke by nature, or if it be sommer time: also being hote and dry weather, &c.

This paine of the ioynts proceedeth very seldome, or also neuer through melancholy, if it be not mixed with some subtil moisture, then is there very little paine with it, and also little helpe for it whatsoever is done vnto it: for the place of this disease will be hard, remaineth blacke without any rednesse. And it happeneth not but in old folkes about winter, &c. If this be caused of winde, then is it swollen, thicke without great paine, which oftentimes remoueth from the one ioynt to the other, and the patient hath vsed much meate and drinke befoze which do ingender wind. If there be any humors mixed amongst these winds, then must it bee considered and passed vpon the formentioned signes, whereby will very soone be perceiued what humour hath mixed it selfe amongst these winds, according to which euery one may know how to dispose and gouerne himselfe.

Like as then hitherto in diuers places certaine common rules haue bene made, so will we proceede here also: whereof the first is. For as much as the *Goute Arthritis, Podagra*, and such like, appeare most of all in haruest, by reason of the fruite eaten the whole sommer, therfore must all fruits be eschued. Secondly, for as much as venery is so hurtfull for this disease, and increaseth it very much, the same is to be restrained as much as is possible. Thirdly, a quiet idle life, and sleepe by day time do hinder that the superfluitie cannot be consumed. To the contrary, too great stirring and exercise, whereby the members be ouer heated, are also oftentimes the cause of this paine of the members; therfore is the same as much as is possible to be eschued. Fourthly, all Wine, and especially strong Wine is very hurtfull for all them that be plagued with the Gout. Fifthly, all ryoting and drunkennesse make bad digestion, whereby also the paine of the Gout is augmented. Sixthly, they that be hote of nature, and addicted to the Gout, are to refraine from all phlegmaticke meate which is dyest with sundry things, and also from all meate which doth make *Cholera* and blood, for that when these two humors come together, then doe they bring grosse and undigested defluxions in the ioynts, whereof then the Gout is caused. Seuenthly, there be some through purging and letting of blood that are freed from this disease, which may most commodiously be done in the spring of the yere. Eighthly, the aire hurteth them much that be troubled with the Gout. Ninthly, all great grosse fishes, and especially *Celes* be hurtfull for the Gout. Tenthly, sucking Pigs, all water fowles and old Hens are especially hurtfull to the lower members. Eleuenthly, milke and wine eaten together be very noysome for all members, and very hurtfull for the head. Twelfthly, the drinke which is taken without thirst bringeth much hurt to the body. Thirteenthly, like as great sursetting with meate is very hurtfull for all the ioynts, euen so doth a moderate diet refresh them. Fourteenthly, the going too much, or weary walking, and hanging downe of the legs, especially presently after meate, is very hurtfull for the ioynts. Fifteenthly, to lie vpon the back is also hurtfull. Sixteenthly, anger is enemy to this disease. Seuenteenthly, the great sensibility of y ioynts, and especially of the feet, cannot suffer any paine. The foresaid seuentene rules are onely ordained for this purpose, to free one from the Goute: but as much as doth concerne the meanes whereby these ioynts are to be strengthened and preserued, that the same doe not receiue those defluxions whereon dependeth the principall meanes to free one from it, are in these rules following to bee obserued. Eighteenthly, it is verie requisite that the feet be often bathed in Allum water. Nineteenthly, Sage decocted in Beere, and the same drunken oftentimes, is commended, as it were a very secret medicine and receipt which hath an ineffable operation in all diseases of the ioynts. Twentiethly, Almond

floure,

floure, Cammonill, Myrre, Delilote and Roses be very commodious for the ioints. *Calmus* and ground Iule haue an especiall vertue for to strengthen all the ioints: the same doth also the Indian Nut kernell. One and twentiethly, *Aerueine* laid fresh vpon the feet and so woꝛne, is very good for the *Podagra*.

These things following do strengthen much the sinewes. The roote *Behen* and his oyle doth warme the contracted sinewes: in like manner also *Bdellium* and *Calmus* laid vpon it with oyle of Citron peeles, of Cammonill, of *Beuercod*, *Cypers* rootes, Cassie wood and *Cypers*: also oyle of *Costus*, and such like oyles are maruellously praised and commended for the sinewes, and Centozie in clifters. Item, feet water made of the ashes of a Bay tree. For a salve, the mother of *Sal* lad oyle is good, and the dregs of the oyle of Lillies, and of all other oyles which be warme by nature. *Opopanacum* is also much commended, but *Pyretrum* and Pepper aboue all other to warme the sinewes. For this be also drie swæte bathes good, or naturall Sulphur bathes. After purging is Treacle and *Hithridate* much commended in all cold Goutes, drunken with wine wherein Sage hath beene decocted.

But as much as concerneth the curing of these ioynt diseases, it is not needfull to discourse any further of them, because that we hereafter will write of this matter at length. Therefore we will pꝛoceed in the name of God.

The fourth Chapter.

Of the Goute in the Ioints, Arthritis.



The second description which speaketh commonly of the paine in the ioints, whereof we haue briefly admonished before, is that which the Latinists do call *Morbum articulare*, and the Grecians *Arthritum*, which is as much to say, as the paine of the ioints, or an inflammation of the ioints, which proceedeth from within the bodie, and the Tendones be annoyed, hurt and pained. In fine, it is none other than a dispersed *Podagra* ouer the whole bodie: the which at one time cometh behind in the necke, another time in the shoulder blades; then againe in the back bone, and in the hands, in the fingers, and in the elbowes: the which also sometimes creepeth into the nethermost ioints, as in the legs, the knees, in the feet and toes. And although in this disease, like as also in other diseases moze, there be many sundry remedies sought by many sundry carefull Whisitions, according to the quality of the cause, and place of the paine; therfore is there but one generall rule to be obserued. First, how one shall be preserved from this disease. Secondly, how that the same is to be cured and taken away altogether. And because the time of the yere importeth not a little therein, therfore is choise to be made of it.

In summer the matter is thus to be handled. This kind of patient in the beginning of summer is to be purged with that which ensueth: Take *Agaricus* one dragme, Sugar one ounce, *Hermoadactils* one dragme and a halfe, water of field *Cypers* thre ounces, make the water warme; and steape the rest fouze and twenty howzes in it; afterwards wꝛing it hard out, and drinke it warme in the morning, and then fast sixe howzes vpon it.

Afterwards is this potion following to be vsed at least eight daies together early in the morning, and to fast fouze houres after it: Take one ounce of the hony of Roses, the water of white water Mints, and the water of field *Cypers*, of each one ounce and a halfe; temper them together. He may also take to prepare the humour, hony of Roses, *Syrupum de Stœchade*, and some of the foresayd waters. The ninth day shall he swallow these pills following: Take *Pillularum de Hermoadactilis* and *Fœtidarum*, of each halfe a dragme; make thereof seven pills with the strepe of Roses, and take them early in the morning.

And if so be that one would take no pills, then take five dragmes of *Hieralogodion* and Turbith beaten small, halfe a scruple, *Diagridion* two graines, Ginger thre graines; temper them together, and take it so, or put some distilled water vnto it.

Some expert Whisitions doe aduise much to this Clister: Take *Ireos*, the rootes of wilde Cucumbers, field *Cypers*, and Saint Johns wort, of each two handfals, seeth them all together in sufficient water; then take of this decoction twelue or sixtene ounces, and temper therewith

Hieralogodon one ounce, oyle of *Rose* three ounces, hony of *Roses* one ounce, the yolke of an Egge well beated, Salt one dragma, vse it once a day.

In harvest is the patient once every fourtene dayes to take one dragma of these pilles following: Take Aloe two ounces, *Agaricus* and *Hermodactyli*, of each one quarter of an ounce, Coloquint one dragma and a halfe, Ginger, Cinnaomone, *Asarabacca*, Cloues and Mace, of each one scrup. Turbith and *Euphymus*, of each one drag. Saffron one scruple, stamp each alone: afterwards temper them together, and powze sufficient field Cipers water vpon it, and then set it out to dry in the Sun. Lastly powze more of the same water vpon it, and let it drye againe, to the end you may fashion pills of it.

Secondly, there is to be considered how that next after purging, betwene the spring and harvest, the matter might be deriued toward another place, and so to expell it, which may be best of all done by those meanes which force vyne, whereto these things following are to be v'sed. First the patient is to drinke about the space of fourtene dayes, euery morning five ounces of *Asarabacca* sugred: or in the stead thereof the water of *Madder* which is better. There is also good for this both these things following: Take Pease meale one scruple, old Treacle halfe a dragma; temper them together with two ounces of Smallage water, and so drinke it, and fast five howres after it. Item, take *Trociscos de Eupatorio* halfe a dragma, Gromell seed, Cinnaomom and *Carui*, of each five graines, *Benedicta laxativa* one dragma and a halfe; temper them together with two ounces of strong white wine, then drinke it and fast five howres after it.

All that shall be hereafter mentioned consumeth the defluxions which be still settled in the ioynts: then is the place of this disease to be rubbed softly, and annoynted with this following, according as the patient can suffer it: Take vnripe Sallad oyle two ounces, well parched salt one ounce, annoynt the ioynts very warme with it, and then wrap them in warme clothes. The ioynts are to be also fomented with light red wine and vineger powzed on hot stones, that they may sweate well. They are also to be annoynted with this following: Take *Sagapenum* one ounce, *Bdellium* and *Ammoniacum*, of each halfe an ounce, *Sandaraca* one quarter of an ounce: the Gum is to be dissolved in a little red Vineger, and with Ware make a salne thereof.

Another: Take oyle of *Roses* and of Cammomill, of each one ounce, three yolks of egges, Saffron 3. grains; temper them & vse them together. After the annoynting you are to strew the powder of earthwormes vpon it, and couer it close with shæpes wooll. Or take oyle of *Stores*, oyle of earthwormes, and washt Turpentine, of each one quarter of an ounce, Salt three dragms; vse them as before. You are also to annoynt the same places with warme oyle of *Roses*.

This following is also very highly commended: Take Venice Sope three ounces and a halfe, cut very thin, and then let it seeth a waume or twaine in six ounces of the water of *Fumitory*; afterwards you are to put vnto it the oyle of *Euphorbium*, and of *S. Johns wood*, of each halfe an ounce, oyle of *Iuniper* one ounce and a halfe, oyle of *Earthwormes*, one ounce; let it then seeth vntill that the water be sodden away: afterwards you are to put vnto it *Wick* and *Frankincense*, of each one quarter of an ounce, Sulfure vis, *Euphorbium* and *Pioretum*, of each two drag. and a halfe; vse it as aforesaid.

The oyle of *Earthwormes* is especiall good for all paine of the ioints, and for all frozen sinewes; the which is made thus: Take *Earthwormes* three ounces; wash the same with Wine, and powze vnto it twelue ounces of Sallad oyle, Wine six ounces: seeth them together by a gentle fire vntill the Wine be sodden awaie, afterwards straine them thorough a cloth.

For this disease be all warme baths also requisite. And if they cannot be gotten, then are the same to be made by the aduice of a learned Physition, yet the most commodious time of bathing is from the middest of April to the end of May.

And because that these defluxions be more manifest in the Spring and Harvest, than in any other time of the yere, vnto which times we haue appropriated all these foresayd remedies: therfore will we now teach what is to be done vnto it in winter. For this is purging to be v'sed againe, and that in this maner following. When as September is halfe past, then are these pills to be taken once in the morning: Take *Pillulas de Agarico*, & *de Hermodactylis*, of each halfe a dragma, Indy salt two graines, make seuen Pills thereof with the Confection of *Roses*. The day after is this following to be dronken, the which is thus 8. or 10 daies together to be continued: Take the sirupe of *Wormwood*, and *Syrupum de Eupatorio*, of each three quarters of an ounce, water

Oile of earth
wormes.

water of Hope, or field Cipers, of each one ounce and a halfe, temper them together: afterwards is this following to be drunken: Take the Confection *Benedicta* three dragmes, *Inda* two dragmes and a halfe, water of blew flower deluce two ounces; temper them al together, make it warme and drinke it.

Afterwards are the foresaid pills which be ordained to be used in Harvest, beginning: Take Aloe, &c. to be used throughout all the Winter.

As much as concerneth other things, those remedies are to be used which be ordained to be used in Summer, onely that they must be used in more quantity; like as it is advised in Summer to take one dragme, in Winter one dragme and a halfe: & so also with bathing & otherwise.

You shall hereafter have many sundry things which may be used against the Gout, or ioynt diseases, viz. Confected Quinces, Marinalade, and all that may be made of Quinces, except that there be no spices with it if the disease be with heate. For this, be things also good which shall shortly after be ordained for the Gout *Podagra*. If so be that there be no speciall heate with it, and that wine may be used without any great danger, then is it his nature that it strengtheneth all outward members, if the same be moderately drunken. Amongst herbe wines are these following much commended for it, viz. of Rosemary, of Wormwood, of Sage, and of Clarie: all which not onely drunken, but also the ioynts annointed with it, or the vapor thereof received into the diseased ioynts, do also strengthen the same.

When one is come to his forme health, then must one looke to it and also beware and take heed from all those things which are wont to cause those kind of defluxions into the said ioynts: To which end you may looke all the rules in the first Chapter, which be described in the first S. Take good Turpentine the quantity of a Beane, or in stead of that *Opopanacum*, or *Sagapenum*, which you will in the like quantity.

There is very mote in like manner, if one take early in the morning halfe a scrup. of *Lignum Aloes*, with an ounce of the water of fiede Cipers. It is also much advised to take twice euery weeke one dragme of good Nithidate, or in stead thereof one *Girobalan* *Chebuli* chewed and eaten: or one day Nithidate, and the other day one *Girobalan*. All these foresaid things bee not onely commodious, but also very safe. Let this suffice now generally spoken of the ioynt disease *Arthritide*, and we will now procede with the *Chiragra*.

The fifth Chapter.

Of the Gout in the hands, *Chiragra*.



Of the second sort of the Gout will we describe the *Chiragra*, the which we do properly call the hand Gout. But because that betwixt the Gout of the hands and that of the fete there is none other difference, but that the one cometh in the hands and the other in the fete: therefore will we here referre vs to the Gout of the fete, where we will thoroughly discourse of these two kinds of infirmities.

The sixth Chapter.

Of the Gout of the Hips *Ischia*, commonly called *Sciatica*.



Before in the first Chapter and first S. in deuiding the sorts of the Gout, and in the description of *Gutta*, is this kind *Ischia*, taken for the third sort, the which of the Phisitions that doe not well vnderstand the Greeke speech, is called *Scia* and *Sciatica*. This Gout of the hips is a long lingering paine, and especially when it cometh into the bones of the hips: notwithstanding that it doth otherwhiles appeare in the vppermost parts, which is caused of a cold moisture that falleth downe from aboue: And because that her grosse toughnes cannot easily be consumed, but much rather augmented from day to day and made worse, then falleth it at the last into the knees, the legges, into the fete, and so out at the toes. The same tough humors do

cause also often times through their great, grosse and tough liminesse, that the hip bones be eluxated, although otherwhile they returne againe to their naturall places, and that when the ligaments of these ioynts through this waterish moisture happen to be loosed or resolued, and afterwards ware hard againe, and shrinke vp as befoze. But if this foresaid hip bone be long eluxated, then doth it come easily to passe, that thereby the whole leg commeth to extenuate, whereof then a more impotency or lamenesse might follow: so that this disease afterwards very hardly, but by actuall cauterization may be holpen, whereby the matter may be drawne out with cautery, which, when one is minded to vse it, is to be done beneath the knees in the Calues, and that in the leg so diseased.

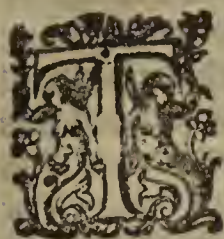
But befoze and ere we come to the remedy we wil first prescribe a generall rule how to gouerne himselfe in this order of diet, which not only in this, but also in other sicknesses (according to the importance of the cause and place) may be diminished, augmented and altered. This that followeth here is ordained for them, in whose bodies all grosse, cold, tough and flegmatick humors tempered with *Cholera*, do abound.

But these must first eschew all cold ayze, low dwellings, and especially they which do ly neare the water side. The windowes of his dwellings are also to open against the South and East (if it be faire weather) and the rest remaine shut. And if so be that the time of the yeare wil permit it, then is his chamber to be alwaies kept warme, with a continuall fire, and to behang the stone wals with Tapestry, or to let it be wainescoted, or fenced with boards. In like maner he is also to keepe his head well from cold, & to beware of great exercise, especially if he feele any paine, and that so long as any paine is instant, and untill the ioynts be strengthened.

What concerneth further the meate and drinke, one is to keepe himselfe therein moderately, and to vse all such sorts of meats and drinks which do yeld small sustenance or nourishment, and be meete rather to make one leane than fat, and especially if there be any debility of the stomacke, or any wambling with it. He is also to chew his meate well, and to eschew the variety of drinks: Otherwise he is to vse those meates which be warme and dry, and that are drest and strewed with any drying and warming things; as with Pepper, Salt, Cinnamon, Nutmegs, Fennell, Parsley, Annis, Hyssope, Mints, Thyme, and such like things more. His bread must be a little more than common bread, leauened and salted. He is also to eate no other flesh but Hens, Pullets, Pigeons, Fesants, and all kind of field fowles: yet for the most part rather roasted than sodden. Ale and Butten is also very healthy for him. Amongst herbes be Coleworts, Fennell, yelow rapes, &c. be very good for him: but all cold herbes must be eschew or at least vse them very seldome & little, and being alwaies tempered with some warme herbes: red Pease, Lentils, and Rice drest with fresh flesh, may be eate. Amongst fruits there be none that be more requisite than Figs, Raisins, Haskell nuts, Almonds & such like. The sweet odoriferous Grapes be not much forbidden him. He is also to be restrained from butter as much as is possible, because of her slime and moist nature: but rather in stead thereof to vse the oyle of sweet Almonds, Sallad oyle, or oyle of Walnuts, Vineger, Acriuice, Limons, Oranges, or their iuice be not much commended, and if one will euer vse them, then must some other warming things, as Salt, Pepper, Cinnamon, be tempered with it in eating of other meats. Also fish and doughy meates be very hurtfull vnto him. The best drinke that he can drinke is Hony water, which may be prepared as followeth: Take twelve quarts of water, and one quart of Hony, let them seeth together untill eight quarts remaine: if you put Annis vnto it, then will it be the better. Certaine later Philitions doe aduise (and that with good reason) that these patients should drinke the decoction of *Guaiacum*: and how the same is to be prepared, that shall you find described hereafter in the fift part, in the discourse of the Pocks. Out of these forementioned reasons is it easily to be noted and marked, that it were very good utterly to forbear wine: but if it cannot be, then to chuse a thin red wine, or the sirupe of Betony, and *Oxymel* of Squills decocted with Annis water.

Further, it is not very good to sleepe much, and chiefly in the day time immediatly after meate, for that ingendzeth much slime and other tough moistures. One howze and a halfe after supper is he to go to bed, & to lie first vpon the right side, afterwards vpon the left. Through much lying vpon the backe do the defluxions fall to great preiudice behind in the necke, and in the backe bone. His sleepe shall also not endure longer than seuen or eight howzes, and the rest of the time is to be spent in watching.

Of the paine in the Hipples or *Sciatica* through
heate. §. 1.



remedy the manner of this paine, is but a little different from all other ioynt diseases, because that they alwaies for the most part proceed of cold, and doe lye deepe in the ioynts of the Hipples. For the which in this disease all diureticall medicines be hurtfull, because that thereby the matter will be made so much the grosser and tougher; so that afterwards it can by no means be consumed. Now when this disease is caused through heate, wherein commonly a cold flegmaticke matter is mixed with *Cholera*: yet notwithstanding, *Phlegma* getting the maisterie, the same may easily be perceived by the high coloured urine, and other signes more. Therefore for a beginning is the liuer veine to be opened in the arme, and that in the same side where the paine is: afterwards the veine (which is named of the disease, *Scia*) and standeth as is described in the Introduction, upon the foote, and to let out foure or five ounces of blood. But good heed is to be taken therein vnto the strength and power of the patient: for that, like as we haue said in other places, the veines in the lower parts do weaken the body more when they be opened, than those in the vppermost parts.

Other do counsell, that first the veine in the foote is to be opened: and if so be that the paine do not cease in some daies after it, that then the same veine should also be once opened in the other foote: and beware of going the space of eight daies. Likewise is also much commended to set boring cups vpon the Hips, or about the Hips, according to the importance of the disease.

Of the paine in the Hips or *Sciatica* through
cold. §. 2.

But if so be that this paine of the Hips proceede through cold, like as for the most part it is wont to doe, the which the bleaknesse of the face, the lingring paine, the belching of the stomacke, the wambling and the falling downe of all cold humors doth shew: then is the patient to be respected and taught to order himselfe accordingly: yet haue you for an example this ensuing.

For a preparatiue of the matter, make this sirupe following, and then take thereof about two ounces at once, according to that one is bound or loose of the body: and so fast foure houres after it.

Take Fennell roots, Sperage roots, Parsly roots, Smalage rootes, and Polipodie rootes, of each one ounce, the seede of *Ruscus*, wilde Sage, Gromill seeds, Pettie seed, the roots of *Saricage*, and the seedes of Stone Parsley, of each one ounce, Harts tongue two ounces, Juniper berries three drags, *Hermodyli*, and Turbith, of each halfe an ounce, Honey 18. ounces, Radish water 24. ounces, make a sirupe thereof.

Item, take all the foresaid things, and put vnto it Ginger, wilde Saffron seede, of each one ounce and a halfe, *Agaricus* three dragmes, Stone Salt two scruples, Mace two scruples and a halfe, *Sirupus de Stechade* three ounces, Honie as much as before, Rosemarie water, of Calmus and of Sage as much as will suffice; afterwards seeth a sirupe thereof. At the last put a little Cinnamon, Basticke, Cloues, Nutmegs, and Mace vnto it: also a little Muske and Amber.

For to purge: Take the Confedion of *Inda* three dragmes, or halfe an ounce, *de Succo Rosarum* one dragme and a halfe, water wherein Ginger is decocted three ounces: giue this betimes in the morning, and then sleepe one houre after it: afterwards take a draught of Warley water after it. But if you had rather take Pills, then take *Pillulas foetidas*, and *Hermodylorum*, of each apart one dragme, or mixed, of each halfe a dragme.

This also ensuing is to be prepared: Take the water of Pionie rootes, and the rootes of *Narissus*, of each two ounces, drinke this for the space of certaine daies, early in the morning.

Thereupon you are three houres after it, to swallow these things following: take *Pillulas foetidas*, and *de Sarcocolla* of each halfe a dragme, Swines bread one dragme: make thereof twelue pills with the iuyce of Smalage.

Other do take washt Aloe halfe an ounce, *Agaricus*, one drag. make thereof with the sirupe de *Acetosocomposito*, 3 5. Pills : then take of it about the third or fourth euening iust befoze supper, according to the quality of the cause.

Sharpe Clifters with Salt, with *Hiera*, with Coloquint and other appropriate things, be exceeding requisite for this, as also are these ensuing : Take vnwoormeaten *Hermodyctyls* one ounce, field Cyper, *Stechados*, *Saint Johns woozt*, *Carni*, and Rue seede, of each one handfull and a halfe, Cammomill, *Melilot*, and Dill seede, of each one handfull, Saffron flowres one dragma : seeth them all together in sufficient water, and take twelue or sixtene ounces of this decoction, *Beuercod* oyle thre ounces, Indy salt one quarter of an ounce, *Hiera Colocynthidis* halfe an ounce, temper them, and set it meatly warme. These Clifters are very meete for to draw the cold matter from the hips, and to expell wind.

Another : Take Coloquint halfe an ounce, Turbith, wilde Saffron seede, and Polypody rootes, of each halfe an ounce, *Ajarabacca*, field Cyper, *Stechados*, Piony, white Pepper, and Rue seede, of each one dragma and a halfe : seeth them all together, and take of this decoction as befoze, and put vnto it oyle of Costus, and of *Beuercod*, of each one ounce and a halfe, Salt peter foure scruples : but vse it not too hote.

The third. Take the pickle of Herings, or salted Limons twelue ounces, oyle of *Beuercod* thre ounces, minister this Clister like as the rest. These Clifters be much commended of all later and auncient Physicians : but they bzuile otherwhiles the Arseguits within, which are hardly to be healed afterwards.

The fourth which is not too strong. Take *S. Johns woozt*, Cammomill, Centoory, Dill, *Malolwes*, Piony rootes, and Fenegrake, of each one ounce, Annis thre dragmes, Coloquint one quarter of an ounce, Stone Salt halfe a drag. Bran half a handfull, oyle of bitter Almonds, and clarified Hony, of each one ounce, mire them together.

For a fomentation you are to take Piony seede, Piony rootes, and *Hermodyctyli*, of each one ounce and a halfe, *S. Johns woozt*, Artichoke leaues, *Stechados*, and the herbe Calmus, of each foure ounces, and eight or ten heads of white Poppy : seeth them all together in thre pints of water euen to the halfe, at last put vnto it one ounce and a halfe of Saffron flowres, and afterwards make a great cloth or a sponge wet in this decoction, and foment therewith twice a day the hip and all the buttocke thre or foure times together.

Immediately after fomenting is the Hippe to be annointed all ouer with this following : Take vnripe Sallad oyle, or oyle of Roses foure ounces, oyle of Costus and of Southerne wood, of each one ounce and a halfe, *Sandaraca* one quarter of an ounce, Frankinsence, *Hypocistis*, Piony seede, and *Hermodyctyli*, of each one quarter of an ounce, Salt peter, and Saffron, of each one dragma, *Serapium*, *Opopanacum*, and Rosin, of each one dragma and a halfe, red Ware as much as is needfull for to make a salue : temper them all together by the fire. This salue expelleth the paine. The same is also well to be vled without fomenting : to wit, at none.

Another : Take oyle of Foxes thre ounces, oyle of *Pieretrum*, of *Beuercod*, Badgers grease, of each halfe an ounce, Artichoke rootes, *Agaricus* and *Stechados*, of each one dragma, Lettice seede, Purslane seede, and the seedes of small Endiue, and of water Lillies, of each one quarter of an ounce, Saffron one scruple, white Ware as much as sufficeth for to make a weake salue with it, afterwards seeth it in foure ounces of the iuice of Salomons seale vntill the iuice be well wasted : then annoint the whole Buttocke with it onely at night : for it is soniewhat cold of nature : according to which one may know how he should gouerne himselfe.

Item, take Turpentine, and small powdered *Hermodyctyli*, of each a like quantity : make a salue of it, and vse it as the rest. But if you had not this salue, or desired not to vse it, then may you annoint the place of the paine with the oyle of Lillies, of Spica, of Costus, of Foxes, and Bayes, and such like warme oyles, whether it be each apart, or tempered together.

Of plaisters, these following be good. Take *Apostolicon* one ounce and a halfe, *de Muscilagibus* halfe an ounce, *Opopanacum* and *Galbanum*, of each one quarter of an ounce, Piony rootes, *Hermodyctyli*, Calmus, and white Venbane seede, of each two scrup. Saffron halfe a drag. then make a plaister therof with wax, & spread it vpon two round peces of leather a span in breadth, & as now lay one vpon it, & then another, & weare them alwayes vpon it, vntil one wil vse the fomentation

mentation at nights. Item, take *Ammoniacum* fixe ounces, *Sagapenum*, *Bdellium*, and *Opopanax cum*, of each one dragma and a halfe, *Swines* bread, and *Hermodyli*, of each one ounce and a halfe, *Copras* one dragma and a halfe, *Ware* as much as is needfull; make a plaister or salve of it.

When this sickness beginneth to decrease, and yet neuertheles there doth remaine some wearisomnesse or anguill of the ioynts, then is this plaister following to be made, and to be layd behind vpon the rumpe, and the whole buttocks: and if the same do make an itch, then is the same to be taken off againe, and the place to be rubbed with rough clothes, and then to lay the same plaister againe vpon it, vntill that the ioynt be well strengthened. Take Pitch fixe ounces, blacke Sope one ounce and a halfe, *Hermodyli* and *Hyony* seede of each one dragma, *Rosin* one ounce, *Roses*, *Pasticke*, and the iuice of *Sloes*, of each foure scruples, *Euphorbium* one scruple, burnt *Copras* one dragma, *Ware* as much as will suffice for a plaister. In fine, all warming plaisters are very meete for this. The nature of Turpentine is, that it helpeth this *Sciatica*, though a secret operation: But because the same cannot be layd vpon it, or annointed, therefore is it to be tempered amongst the foresayd oyles first mentioned, or any of them that one will; as the oyle of *S. Johns* woort, which is especially commended for it. Some lay a Sheepes skin vpon it, like as it cometh out of warme lye wherein the leather Dressers haue it lying. Item, seeth Comin in water, and make a sponge or twaine moist in this warme decoction: wring it out, and foment the Hippe therewith. Or take Betony, Sage, both or one of both, seeth them in wine or Must, and whilst it is yet hote, temper this powder following in it: as *Chamedryos*, Betony, Centoie, Hartswozt, Gentian, of each halfe an ounce: vse them with a sponge as is before said.

Another. Take Elecampane rootes as much as you please, seethe them well in Wine, stampe them in Swines grease, and lay it vpon the place. This is also good for all Byles of the Pockes.

This following is highly commended: Take Elecampane rootes polued smal, 8. ounces, of the best Wallad oyle that may be gotten 24. ounces, *Palmeley* one quart: seeth them all together vntill the wine be consumed, and vse it as before.

Take a hote loafe and lay vpon it, or let the warme reeke or vapour go vpon it, vntill the place of the paine begin to sweat, and do this certaine times together. After all this foresaid fomenting, annointing, plaistering, and applications, it is firmly aduised againe to vse these pills not for the purging, but onely to strengthen the parts diseased. Take well boyled Turpentine halfe an ounce, field Cipers one quarter of an ounce, *Hermodyli* one dragma: make of a dragma fixe or seven pills, and take one euery morning and euening. Or take these following which be almost of the same nature: Take *Chamedryos*, field Cipers, *Hermodyli*, of each one dragma, boyled Turpentine halfe an ounce, make pills thereof with the sirupe of Betony, and vse them as is before said.

Further, it is also needfull that those parts which cause these defluxions bee strengthened, the which may be done as followeth. For strengthening of the stomacke hee is oftentimes to vse Mace, Cloues, Mints, *Andy Spica*, Squinant, Cyper rootes, and *Lignum Aloes*, with his meat, and to vse the Confection *Aromaticum Rosarum*, and *Diacalamimum*, Betony, Balme, and such like, with his accustomed meate. The compounded things are the Confection *Diambra*, *Diamofchu dulcis*, and *de Xiloaloe*, and that especially after supper. The kidneyes will be strengthened with Almonds, Haseell nuts, Pingles, dry and salt Chasse, and with meate which is drest with Sheepes milke: but they are to beware of much lying on the backe, and much venery, especially presently after meate. Item, of diureticall things, as Parsly seede, Annis and Smalage seedes, &c. These be now the thre principall parts and causes of the defluxions. The other parts are not so highly to be regarded.

And for to consume these kindes of defluxions be all Physicians of an opinion, that there is no better aduice than to bathe in naturall warme Sulphure bathes, Copras bathes, Lime bathes, or Ashe bathes. For that these doe pierce through the whole bodie, drie exceedingly, and do consume also all moysture. And if so be that one cannot get into such naturall bathes, then are Lies or bathes to be prepared of the foresaid things, but the body must first be well purged. And if the patient cannot bathe, or will not bathe, then are these things following to be vsed, which vehemently consume all moysture: Take *Sandaraca*, *Hypocistis*,

Frankinfence, and the iuice of Sloes, of each one quarter of an ounce, Lye as much as wil suffice for to dissolue these things, and to temper them withall in a mortar, then annoint the ioint therewith twice a day. This following is milder: Take powdered Cypers nuts three ounces, Meale dust one ounce, temper them together with the iuice of Bayleaves, as aforesaid.

Item, take steeld water six ounces, powdered Roses two ounces, Masticke, and prepared Iron dross, of each one ounce, parched Salt three dragmes, temper them together in a mortar with the iuice of Cassell leaues, or with water wherein the same herbe is decocted, it is good and approued. But if the paine continue, then is there no other remedy (as is aforesaid) but to vse cauterization, which is also effected with plaisters which raise blisters: but before this is to be begunne, the same is first to be tryed with the foresaid strong clisters, and afterwards this saluē following is to be vsed: Take white Mustard seede, and Pigeon dung, of each a like quantitie: then seeth figs in a little water vntill they be almost dry, then powne them together for a plaister which is afterwards to be opened, and the water to be let out. If so be that this helpe not at one time, then is it once againe to be vsed: and if the paine cease not then, and the ioint be eluxated, then is it to be cauterized which is burned; that will be done of an expert Chirurgicalian or learned Physitian. For a conclusion, may powder be vsed, which shall be ordeyned for the gout in the fete, which beginneth thus: Take two kinds of *Chamedryor*, &c.

And if one which is cured fall againe into the same passion, like as it is wont to happen, and especially in those who haue taken small aduice and but little purged, then is this order to be followed. In the beginning of the paine, take Cypers nuts three ounces, Barley meale one ounce and a halfe, Roses one ounce, Mastick, Myrtle seede, and *Sarcocolla*, of each two drag. and a halfe; seeth this all together in hard white Wine vntill it be meetly tough like a plaister, then lay it warme vpon it. This ensuing is yet more forcible: Take *Sandaraca* one ounce, Cammomill, Melilot, and Dill seete, of each halfe an ounce, Meale dust three ounces, Roses one ounce: seeth them all together in wine, as in the last is beforesaid, then stirre amongst it the yolkes of three Eggs, and vse it as before.

But when the paine is increasing, then put vnto one of these foresaid one ounce of the fat of sheepes wooll: but when the paine is at the extreamest, then are things to be vsed which do assuage the paine as followeth: Take oyle of Roses, and of Cammomill, of each three ounces, five yolkes of Eggs, let them seeth very soft, stirring them alwaies about. Last of all, put one dragme and a halfe of Saffron vnto it, and vse it as before said. Or take Cow milke twelve ounces, Barley meale three ounces, Masticke halfe an ounce, Saffron one dragme. You are to let the meale and the milke seeth thicke, afterwards temper the rest amongst it. This is especiall good if there be any heate with it.

But if the paine begin to diminish, then are drying things to be vsed for it: Take Myrtle seede, Masticke, *Sarcocolla*, Plantaine, Bionie seede, *Hermodyli*, and field Cypers, of each one quarter of an ounce: Stamp it all to powder, and temper it with one of the foymentioned which you will, and you shall find a luckie operation.

The seauenth Chapter.

Of some accidents which this paine of the Hips doth cause.

WE haue in the beginning of this *Sciatica* declared, that the legs happen otherwhiles to extenuate, and especially when the member is eluxated or out of ioynt, and hath so continued a long time, whereof there followeth further a numbnesse and lamenesse: for which by good reason we ought to admonish somewhat thereof before we begin to discourse of the feete.

Of the eluxation of the ioynts. §. I.

This eluxation of the ioynts do the Grecians call *Exarthrema*. The Latinists *Eluxationem*, and it is thus described: *Exarthrema* is a writhing aside of a ioynt out of his naturall place into another, whereby the free motion is hindered. This disease cannot be cured but by manuell operation, and by the knowledge of all the parts of mans

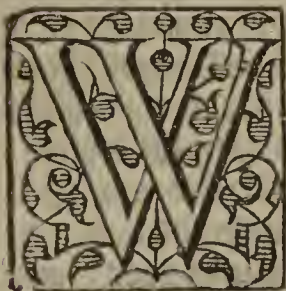
mans body, whereby each member which is elurated by thursting, fals, or by loosenesse of the ligaments in the *Sciatica*, and strengthenings of the diseased member, is restozed: and although it chiefly concerne the Chirurgians, neuertheles we will here discourse somewhat of the eluration of the hips in the *Sciatica*.

This plaister following doth marvellous much withstand all defluxions which fall downe into any ioynt, and do weaken the same. But first of all are the places of this disease to be rubbed with this water following, which is to be distilled out of a Calues gather in seething water or *Balneum*, the which is so much the better, if so be that there be Sage, Bziony, Juniper berries, and such like (according to the qualitie of the cause) added vnto it. Afterwards boiled Man- sie layd warme vpon it is very requisite, the plaister whereof we haue spoken before, is thus prepared: Take *Colophonia* and Pitch, of each one ounce, the Muscilage of Hollihocks thre quarters of an ounce, *Gabanum*, *Myrrha*, *Ammoniacum*, and Frankinsence, of each thre drag. Polypody rootes, Misdleden and Hartwoort, of each one quarter of an ounce, Ware one ounce, Turpentine thre quarters of an ounce: the gums are to be dissolued in vineger, and then to put the Ware, Pitch, and Turpentine vnto it, and then let it melt by a soft fire, and to seeth so long untill that all the muscilage and vineger be wasted away, afterwards temper the rest being beaten small amongst it; this being now all done, then spread this plaister vpon a cloth or leather, and lay it vpon the place of the disease.

Another: Take Hollihocke rootes thre ounces, small Akozne buddes thre quarters of an ounce, fresh Self-heale flowres one ounce and a halfe, cut all very small, and stampe it to pap: then take vnripe Sallad oyle, and oyle of Myrtles, of each thre quarters of an ounce, thick red wine 24. ounces, Self-heale water twelue ounces: seeth all together so long untill the wine and the water be consumed. Then wring it out with a presse, and put Frankinsence and Myrthe vnto it of each one drag. Bucks sewet one scruple and an halfe, Turpentine halfe an ounce; then let them seeth againe untill all the moisture be consumed. Lastly, put vnto it small beuised silver skumme which is sifted throug linnen, and Sealed earth, of each halfe a draine, *Mim* two dragmes and a halfe, Ware as much as will suffice for a plaister: this plaister is not onely good for all Elurations, but also for all fractures of bones, for it swageth all paine, and strengtheneth the sinewes.

Item, take a young oaken pole, and shau off the outwardmost rinds, afterwards the white: these white rinds are to be sodden in Beere, and then a woollen cloth made wet therein, and so laid warme vpon it. If you haue no beere, then take wine or water.

Of the extenuated or withered Limmes. §.2.



We haue before declared in the description of the paine of the hips or *Sciatica*, that after eluration of the ioynts, if the same continue long, the legs come quickly to extenuate, and afterwards to be lame.

Now for to remedie these accidents will we here discover certaine things, which, it cannot otherwise well be but that both these diseases, extenuation and leanenesse must depend one vpon the other: for that because the veines be bereft of their due nourishment, the sinewes and the tendons be stiffened, then must necessarily ensue thereof such infirmities.

Therefore will we discourse of each apart as much as need requireth: and concerneth the lamenesse. It is a disease if there be any contracture of the hands, armes, legges, ioynts, or any other part, or be so lamed and numbed, that he cannot vse his ioynts, the which may also grow of many kind of causes, of *Apoplexia*, of the Rocks, of the Cramp, and such like; of all which hath bene spoken before, and shall be written of hereafter: but we will only discourse how that these diseases are to be prevented, proceeding of other causes.

Take Malloves, Cammomill, Sage, Horehound, and Merueine, of each one handfull, Juniper branches with the greene berries two handfuls, powze siue or sixe quarts of water vnto it, and seeth them so long as Calues flesh: this may be vsed the space of thre dayes, afterwards may a fresh be made.

First, take Fore grease two ounces, Capons grease one ounce, melt them together, stirring them alwaies about. When it is now molten, then put halfe an ounce of Balsam oyle vnto it

and let it be cold. When as both these things be ready, then be the lamed limmes to be fomented in some vessel fit for that purpose. If so be that the lamed part cannot ly whole therein, then is he to be caused to sweate aboue the warme vapoꝝ, being couered all ouer, pouꝝing the hot decoction now & then vnto it. This bathing or fomenting is to be done euery day two times, & although the first, second, or third fomenting do not sufficiently ease, yet is the same not to be neglected, for that the alteration and ease cometh not before the fourth or fifth day. When as one hath sufficiently bathed, then is the sweate to be stroken off with the flat of the hand, and to let the part dry of it selfe. When as then this fomenting is thus effected, and whilst that the place is still warme and dry, take of the foresaid salve of the bignes of a Pease, and rub it behind in the neck vpon the backbone from one shoulder to the other; but warme the hands oftentimes, and so rub the salve well into it. Thirdly, rub also both the elbowes from the hands, and likewise also both the knees cleane ouer beneath and aboue, at last also the toes beneath and aboue with as much alwayes of the foresaid salve as the quantity of a pease, rubbing it therein. When as this is now so done, then is the patient to rest the space of halfe an howze after it. He may also once in ten or fourtene daies go into a sweat bath, but not to tarry aboue one howze in it, and he is the same day to omit the fomentation: but like as is said, one is to procede with the annoynting and resting. This order is also to be pursued foure, fiue, or six weekes, vntill he can go againe or vie the rest of his ioynts, by this meanes haue many men found great ease.

Here do follow many moe other bathes and salues, to wit, that men are to bath the space of ten dayes in decocted *Ebulus* leaues, and that so long as nature may abide it. Afterwards vse this salve following: Take the grease of the iuice of Alpes Goats sewet, and Badgers grease, of each a like quantity, make a salve of it with Ware, and therewith annoynt the nummed limmes morning and euening. Or take Sage, Marigam, Saint Johns wort, Hollihocke leaues and the roote, of each two handfulls, Elecampane rootes one handfull, seeth them all together, as is said.

For to make a precious salve you must haue ready a good fat Goose, and roost the same as if one will eate it, then take good heed that there come no water vnto it, with the necke and the intralles do therewith what you please. You must haue also ready with it a young, sound, and fat Cat which is thre moneths old, being a male Cat, kill him and flea him (the head and intralles being cast away) chop it small, stamp it afterwards in a mortar, and adde vnto it thre ounces of Barrowes lard, cut it very small; Rosin, Frankinsence, & Ware, of each one ounce and a halfe, stop these all together into the Goose, and stop it tight that it fall not out againe, and then let it roost by a mild fire: set a dripping pan vnderneath it for to receiue the fat that droppeth off: reserve this fat being cold, and annoynt therewith euery day (in a warme place) the lame and withered members: in like manner also the swollen, and all that haue any paine: the extenuated and withered ioynt will increase and grow againe, and al paine shall be asswaged thereby. The Goose is to be well kept, to the end neither man nor beasts happen to eate it. Another salve: Take the marrow of a hail gelding which died through any mischance or in the warres, as much as you please, Harts sewet halfe so much, melt them together by a mild fire, and then pouze *Aqua vite* vpon it, wzing it out afterwards very warme thorough a cloth, and then annoynt therewith the diseased place morning and euening, both these be marvellous good, and also very mete.

Item, take the grease of a Beuer, of a Vultur, and of a Badger, of each halfe an ounce; Sage, Benniroyall, and Hollihocke rootes with the leaues, of each one handfull: seeth well the herbs, and stampe them to grout, then temper the molten grease amongst it, and annoynt the lame place with it.

Take oyle of Lyles and oyle of Almonds, each alone, or tempered together, and annoynt therewith the members. The Nithridate and both the Treacles do bring the lamed members to right againe, and to their former force, being as well applyed outwardly as taken inwardly: but especially these oyles following be good for it, viz. oyle of Juniper, of Nutmegs, of Pepper, and blew floure deluce. Item, take a young Fore, make him cleane, and chop his flesh very small, afterwards distill out the water, and put therein one dragma of small bruised Camfer: then put it into a glasse stop well, and so leaue it fiue daies in the earth where as Ants haue their abode. Last of all, annoynt you therewith in a warme bath, afterwards vse this salve following:

following: Take a young Fore made very cleane and burnt to ashes, take thereof the halfe, and temper therewith one quarter of an ounce of bruised Camfere, oyle of Balsain halfe an ounce, Dogs grease two ounces and a halfe, Snakes grease one dragme and a halfe: melt these salues all together, and annoint you therewith after bathing. Both of these foresaid salues are to be v^sed against lamenesse thzough heate and cold, for that they be of a temperate nature, and of the same nature is this also ensuing.

Take Rice as much as you will, steepe it a day and a night in a sufficient quantity of Goats milke, afterwards distill it like as all other waters. This being done, distill it ouer againe, and make oftentimes the lame members moist in it.

Of the extenuated or withered members especially. §. 3.

For as much then as we be entred into this matter, therefore will we not discourse of the same senerally. Albeit this extenuation of the members may rather be named of their occasions then of the *Sciatica* alone, notwithstanding we will not here discourse of the consumption *Hectica*, *Apoplexia*, or of the Pockes, but onely of the extenuation of some parts, whether it be of the *Sciatica*, or of any other cause whatsoeuer, for which these salues following be good: Take wilde Cats grease, Harts selwet, Beares grease, Swines grease, the marrow of Peates fete, Hony, Dogs grease, and Badgers grease, of each a like quantity; sethe all together with Wine untill the same be thzoughly wasted, afterwards powze it thzough a cloth, and annoint the withered limmes with it. Item, take Beuercod one ounce, long Pepper one quarter of an ounce, oyle of Ware, of Cammomill, and of Beuercod, of each halfe an ounce, Ware one ounce, make a salue thereof: Or take Sage, Mallowes, Pettles with the rootes, Cammomill, and sprigs of Juniper, of each one handfull, fresh Butter, and Dogs grease, of each thze ounces: chop the herbes and seth them to grout that one may wzing them thzough a course cloth, then put the greases vnto it, and let it seth againe together vnto a salue. When as now you will vse the same, then are you first to goe vnto a sweate bath, and afterwards your selfe to be annointed befoze a warme fornace or fire vpon the place of the disease twice a day: but you are to vse the sweate bath but thze a weeke, and do this the space of foureteene daies. This foresaid salue is good for all scabbinesse. The salue *Dialthea* is fit for this same disease, whereof there be foure kinds described in the third Part, the foureteenth Chapter, and 4. s.

This ensuing is also very requisite: Take liuing Crabs and Earthwozmes, of each a like quantitie, dry them in an ouen, and then stamp them to powder, afterwards temper them with as much Swines grease, and make a salue thereof. For this, are also good two precious Balsam oyles, whereof the one is described in the second Part, the first Chapter, and 4. s. and the other in the eighth Part, beginning: Take *Mjrrha* elected, &c.

Item, there is yet moze good for this: oyle of Tyles, and oyle of swete Almonds. This ensuing is also accompted for sure, and is many times proued.

Take Earthwozmes, put them in an earthen pot stopt with a couer on the top, that the Ants may runne in and out, then set it so in the earth where the Ants abide the space of thze or foure daies, and there will ingender a water of it, with this water annoint the withered limmes very warme, this should be certaine and approued.

In case also that the withered members bee oftentimes rubbed with distilled Calues gather water which is described befoze, then shall one finde amendment.

But if this lamenesse and extenuation be caused thzough heate which happeneth seldome, then haue you a bath for it, which shall be prescribed against the *Podagra*. Item, the salue also of Earthwozmes, of Cassy, and other things moe be mete for this intent, therefore it is needlesse to wite here any further of it, but this softe water following is especially ordained for it.

Take Feuerfew, *Stechados*, and Cowslips, of each one handfull and a halfe, the rootes of *E-ringus*, and Mallowes, of each two handfulls; Pather, Hartwoort, of each one handfull and a halfe, *Peucedanum* halfe a handfull, cut them all grosse and let them sethe together, afterwards wash the fete and the lame hands with it. You may also vse a sweate bathe, for that strengthe- neth the lame ioynts very much.

Of the hardnesse of the Ioynts. §. 4.

There commeth sometimes also a hard swelling in the Ioynts, whereby they lose their motion and bowing: for which these plaisters ensuing made hard or soft are to be used: Take the grounds of the oyle of Violets which lye beneath in the pot, two ounces, two ounces of the oyle of Lillies, oyle of white *Camelina*, and oyle of sweete Almonds, of each one ounce and a halfe, Saffron one scruple, Wadgers grease one ounce, white Ware one quarter of an ounce, Rosin as much as will suffice.

Item: Take the plaister of *Oxyroceum*, *Sagapenum*, *Opopanax*, and *Ammoniacum*, of each halfe a dragme, Rosin three quarters of an ounce, white Ware three drag. the gums are to bee dissolved in sharpe Vineger, then put the plaister, Ware, and Rosin vnto it.

If there be any hard byles with it, then take *Ammoniacum* one ounce and a halfe, *Pieretrum*, and *Euphorbium*, of each one dragme, Saltpeter halfe a dragme, make a plaister thereof with Ware and Rosin.

Herewith will we now conclude the third sort of the Gout, and come to the fourth sort which is the chiefest.

The eight Chapter.

Of the Gout or Podagra in the Feet.



The fourth sort of the Gout, as we haue admonished at the first, is the wel knowne Gout of the fete, *Podagra*: in which we also containe the Gout of the hands *Chiragra*: for that vnder these two sorts of Gouts there is no great difference, but that the one doth manifest it selfe in the hands, the other in the fete: and this kind of Gout is thus described.

Podagra is a defluxion which very painefully assaileth the sinewes with heate and cold, wherewith also the parts adiacent, the Ioynts and the legs be plagued with swelling and paine.

As much as concerneth the name of this disease, which the Latinists haue taken from the Grecians; this name *Podagra* is nought else but a snare wherewith Birds be caught by their fete, and therefore is this disease of the Gout likened vnto this instrument, for that it doth catch men by the fete, and holdeth them caught therewith.

The Poets doe also call this disease *Scrupeum Humorem*, which is a stonie humour: for that the same will in the hands and fete alter into a stone, so that the same may at last bee taken out without any paine: and like as wee haue admonished before, this disease commeth not onely in the fete, but also in the hands which is called by the Grecians *Chiragra*, which is a paine of the hands.

The causes of this gout are manifold: to wit, inward, and also outward: the outward may be caused through great heate, which causeth the matter to melt. Item, through great idleness, or through great labour presently after meate: Also through venerie with a full stomacke, and that same especially doth cause the *Podagra*, Also the learned do certainly affirme, that no man can be plagued with the *Podagra*, so long as he hath not yet used the veneriall act. *Galen* doth also confirme the same saying, that he neuer knew any man which was infected with the Gout, either of the hands, or fete, before that he hath had to do with women. Dainty eating & drinking is also a great cause of the *Podagra*.

And that all this is so, we will shew an example. *Plinie* writeth that these diseases were very strange and new in Italy in his time: for which cause it is named with that outlandish name *Podagra*. But what made them strange at that time and new, but that at the same time the Romaines liued very moderately in eating & drinking? *Hippocrates* writeth, that no Eunuch, nor any woman as long as she hath her tearmes, can get the *Podagra*, neither yet can be bald: Touching which, *Galen* his interpreto saith, that the same in the time of *Hippocrates* was true: for that the people in those dayes did mostly much labour, and did eate and drinke soberly. But now he saith, that people do leade another life by going idle and rioting: for that one doth find now

now adaies Eunuches which be subiect to the gout without lying with any woman at all, which they do get onely thzough their ryoting and quaffing. And so is it with women which doe also spoyle themselves thzough a disordered life, that they get their termes very little or not at all.

And to the contrary measurable labour, by moderate eating and dzinking, yea by hunger and abstinence from wine, the *Pogagra* tarrieth away and is left behinde, the which I haue sene by a cittizen in my time of Landiborough called *Lucas Kesselin*, who liuing againe according to the pleasure of the world, got the *Podagra* againe. And when he was best in health, then did he ride otherwhiles a horsebacke with two seruants who must lift him vp vpon the horse: but when he came in pouertie and dzanke no wine, and liued hardly, then did the *Podagra* seeke another lodging. So that he being past fiftie yeares old, was faine to trot vp and downe the countrey with a Pedlars packe on his backe ouer high mountaines for to get his liuing.

This hath then his originall cause: for if there be no superfluous humors fallen downe into those places, then would there be no pain nor griepe: neither would these defluxions settle themselves in the ioynts if the body were not overcharged with some superfluitie. Now the meane to keepe the body free from all superfluous humors, is that the body be kept with moderate exercise, to the end the meate may be well digested.

Hereby appeareth now sufficiently, that the gout is not caused sooner of any thing in the world, than of idleness and excessive ryot.

When as now the *Podagra* is caused of any inward occasion, then doth it happen thereby that one hauing weake legs and feete, the matter whether it be blood, *Cholera*, *Phlegma*, or *Melancholia*, each alone or mixed, might lightly fall into them, whereby it may well be understood, that the *Podagra* can be short, long continuing, hot or cold.

It is also sometimes an inheritance of the children from the parents, and hath his vertue in both the sexes, and is imparted vnto the children, so that the goutie fathers and mothers may also ingender goutie children.

Now may we also write somewhat of the signes which do not onely signifie the gout of the feete or *Podagra*, but also all paine of the ioynts.

If this disease be caused thzough blood, then doth it appeare with rednesse, and with great continuall paine and smart: the vrine is thicke and red, the pulse strong and full, and the paine is moze in the morning than in the evening. And if the patient be by nature full of blood and sanguine, then doth the same paine increase daily. The same happeneth also when the partie is young, hath liued easily, and if it be in the spring time.

The signes, if the gout procede of *Cholera*, then is the paine sharpe, the place of the paine is yellowish, the vrine very red and thin, the ordure is also yellow and thin, the pulse is swift, the heate is great, and chiefly on the place of the paine, as one may perceiue the same in feeling of it: all which doth yeeld moze assurance if the patient be young and cholericke of nature, and if hee haue done great laboz before, or if the weather be hote, and he hath taken much hote meate and dzinke.

If this disease come of *Phlegma*, then is the paine not very great: also the part of the paine is not altered of colour, the vrine is whitish and thicke, the going to stoole is slony, and the bodie in feeling is alwaies cold. And this manner of gout is commonly alwaies in bodies which bee cold of nature, and that in winter time, and after a disordered life in eating and dzinking.

In Melancholike bodies the Gout commeth very seldome, wherewith is also great paine, the patient will be leane, the vrine thin and crude. And this happeneth commonly in those bodies which be of a melancholicke nature in the beginning of winter. Sometimes this disease proceedeth thzough winde, whereby is a great and exceeding paine, the which by windie meates is increased and augmented.

How the *Podagra* is to be preuented. §. 1.

When any one doth perceiue and is assured, that this his sicknesse or disease commeth thzough heate, and that the time be at hand wherein he was wont to bee assailed with it, then must he before whilst that he is well or in good estate (if he will by any kind of meanes be freed) be purged with those medicines which expell *Cholera*, and must reitaine wine, euen as all Phisitions doe aduise, and in stead of these vse some thinne meade or drinke,

drinke, the decoction of Cinnamom: for that meade is not onely good for the *Podagra*, but also requisite for all infirmities of the ioynts. But if this gout be caused through hote *Cholera*, then is Barly water rather commended, or water wherein *Pzunes* be decocted. Item; temper fresh well water also with the iuyce of *Pomegranats*. This also ensuing may be prepared: Take two ounces of Sugar, one handfull of Barly, Raisins one handfull, seeth them together in three pints of water vnto the halfe: and if one will drinke wine, then is there one halfe of this foresaid water to be tempered amongst it, or to drinke some middle sort of cleere *Beere*. Further, he must forbear all Hony meates, and all flesh. Also he is to eate and drinke very little; but he is to sustaine himselfe with Barly pap, *Daten* pap, *Bzead* and Butter, and such light meates.

But what greater damages be found in this disease through surfetting, is sufficiently shewed before.

The members also which are accustomedly plagued with this paine, are to bee restrained from ouermuch motion, or from wearying himselfe too much, and that especially if the patient be grosse and full of blood, and hath not a long time bene let blood nor purged.

Of diuers meanes whereby to free one from the
Podagra. §. 2.



These Pills following are very highly commended, as that through the vse of them many gouty people be not only freed, but also healed altogether: Take *Myrrha*, *Aloe*, *Lignum Aloes*, *Cinnamom*, *Masticke*, and *Rubarb*, of each one quarter of an ounce, *Muscus*, five graines: make 36. or 40. pills with *Oxymel*, or as many as you please, whereof you are to take two or three euery other day, and to continue thus the space of thirty daies: afterwards, take euery weeke once as much. But if so be that the *Podagra* doe come in the meane while, then are the pills to be vsed after the first manner.

First, take *Aloe*, *Rubarbe*, *Species Hiera Galeni*, *Pillule sine quibus*, of each one dragma and a halfe, field *Cipers* foure scruples steeped in wine: make pills thereof with *Lauander* water, and vse them as all the rest: they be stronger than the former.

These Pills following hath the Emperoz *Carolus* vsed against the *Podagra*: Take yellow *Mirbalani Chebuli*, and *Indi*, of each one dragma, oyle of sweete Almonds one quarter of an ounce, the iuyce of *Roses*, of *Burrage*, and of *Fumitorie*, of each two ounces: temper them together, and let them stand in steape 24. houres, afterwards make it hote, and wzing it well out. This being all well done, then steape therein againe halfe an ounce of *Rubarbe*, *Indi Spica* halfe a scruple, *Balmsey* a spoonfull, *Moxmelwood* water one ounce: let it then stand thus together steeped the space of ten houres, and afterwards wzing it out hard.

Thirdly, take *Agaricus* one ounce, stone salt foure scruples, *Ginger* one scruple, *Hony of Roses* three scruples, *Oxymel* of *Squills* one quarter of an ounce: steape all together 24. houres in white wine, and wzing it well out.

Fourthly, take *Aloe* which is washed with *Endiue* water, and *Manna*, of each one ounce, fresh *Cassie* two ounces, *Bdellium* two scruples, temper them well together in the foresaid boyled and steeped Colatures. Lastly, all being well tempered, then set them all together in the Sun, stirring it often about, and when it is well dryed, then forme pills thereof.

Of these pills shall you take one euery morning: they haue a maruellous efficacy in preuenting the *Podagra*: so that it is said, if one doe not ryot, that one shall be holpen thereof in fiftene daies. In the first part of this booke, in the twelfth Chapter, in the description of the *Balsame* you haue a very costly salve, beginning thus: Take *Bayberries*, &c. which freeth one marvellous much of the *Podagra*. Item, if one set his seate in warme *Smiths* water, or soment them ouer the vapoꝝ of the same water: it is also very good to cheu euery morning a little *Masticke*.

How the *Podagra* is to be purged. §. 3.

If so be that the *Podagra* be caused onely through *Cholera* and heate, then is this Sirupe following to be prepared: Take *Endiue* three handfuls, *Roses* one ounce and a halfe; red, white, and yelow *Saunders* all together one ounce, seth it well, and wring it out: then put vnto this decoction twelue ounces of *Sugar*, and seth it to a sirupe like as all other sirupes be decocted: giue thereof one ounce and a halfe with *Endiue* water foure or five times together, and then take these purgations ensuing after it: Take of the Elettuarie of the iuyce of *Roses* five dragmes with the foresaid water, which is especiall good for the ioynts.

Or take fresh *Figs* halfe an ounce, *Currans* five dragmes, the rinds of yellow *Micobalans* one ounce, let them steape a whole night, and seth them a little: then take of this decoction three ounces, and temper therein of the foresaid confectiō of *Roses*, and giue it very warme early in the morning. Or if you had rather haue pills, then take *Aloe* one dragme, *Diagridii* fine graines, *Roses* three graines, *Hermodyli* halfe a dragme: make pills of it with the iuyce of *Roses*, they be much commended.

If there happen great paine with this kind of hot gout, then may two kinds of plaisters be prepared for it, whereof one is to be laid vpon the place of the paine, therewith to stoppe the defluxion, and the other on the top of it for to asswage the paine. The first is thus made: Take *Mirtle* seed, the seed of *Ruscus* and *Bolus*, of each halfe an ounce, red and white *Saunders*, the iuyce of *Sloes*, *Pomegranate* blossomes and peeles, *Gals*, of each one dragme, *Rose* water and *Plantaine* water, of each three dragmes, oyle of *Roses* one ounce and a halfe, *Barly* meale as much as will suffice for to make a plaister or pap. The other: Take red and white *Saunders*, *Starch*, and washed *Ceruse*, of each one quarter of an ounce, *Poppie* seed halfe an ounce, *Camfer* one scruple, oyle of *Roses* three ounces, vn salted *Butter* one ounce and a halfe, the seed of *flea-wort* one dragme and a halfe, and two yolkes of egges, temper them all together, and lay them vpon it as is before said. An easier. Take the oyle of *Roses* three ounces; *Vineger* halfe an ounce, temper them all together, and annoint the place of the paine with it; it asswageth the paine, and hindereth the defluxion.

Now when as these defluxions doe first of all begin, then be *Salues*, *Dyles*, and other things moe vsed and applyed vnto it, for which you may take one of these ensuing which you please: Take small powdered *Bolus* two ounces, *Rose* water, and the water of *Nightshade*, of each one ounce, two or three drops of *Vineger*; temper them well together, and strike it thereon with a feather, or dip a cloth in it and lay it ouer the swelling: when it is dry, then take fresh, but alwayes warme. Item, take oyle of *Roses*, seth *Earthwormes* in it: *Masticke* is also especiall good. This following should be a speciall secret: seth *Earthwormes* and *Frogges* in oyle of *Roses* untill they be almost all consumed, then wring them out hard through a cloth, and annoint it very warme on the place of the paine. This ensuing is not vnlike to the former: Take of the oldest *Sallad* oyle that you can get, twelue ounces, and twelue water *Frogs*, chop them very small and seth them well: when they be almost sodden enough, then temper therewith the iuyce of *Houllake*, and the iuyce of *Stoncrop*, of each two ounces; then let it seth so long, untill that the moisture be wasted away; afterwards wring it out, and vse it as before. Some doe commend aboue all things the muscilage of *Frogges* to be laid warme vnto it, which is thus made: Take in the Spring Greene *Frogs* before they begin to cast their sperme, take out the bowels, and hang them on a thred to dry in the Sunne untill they begin to be somewhat dry, then powze *Sallad* oyle vnto them, and let them seth metly well together, then wring them out, it is especiall good for the sinewes. Item, take *Badgers* grease and *Turpentine*, of each one ounce, *Frankinsence* halfe an ounce, Waxe as much as will suffice for to make a salve of it. Or take *Poplar* salve two ounces, small powdered *Bolus*, and oyle of *Roses*, of each halfe an ounce, temper them together vnto a salve. This ensuing is also good for it: Take foure yolkes of eggs, *Saffron* one dragme, oyle of *Roses* two ounces, temper them well together, and vse them as before. A principall good one: Take *Nine* *Snailles* as many as you will, put them into a pot, and lay a tin lid vpon it; afterwards whelme the same pot ouer another pot, and then set it ouer the fire to the end that they may roste by little and little. This being done, the oyle will drop into

into the nethermost pot, and with this oyle annoynt the hot gouts thorowly. Item, seeth ten eggs very hard, cut them ouerthwart, fill the whites with pounded Pirrhe; afterwards binde the together againe, & lay them the space of 15 daies in a teller, or longer; then wil a water drop out of it, which you may annoynt vpon the gout as a salve. In like manner fresh Cassie is also much commended, with the muscilage of Fleawort, for all paine of the ioynts through heate.

This ensuing allwageth the paine maruellously: Take the seed of Fleawort two ounces, seeth it in sufficient water untill it be very slimie, afterwards wyng it out very hard through a cloth: In this muscilage or slime melt one ounce and a halfe of Ware, Sallad oyle thre ounces, let it then seeth a good while, stirring it allwayes equally about untill it be cold.

Another of like force: Take oyle of Wallfoures two ounces, oyle of swete Almonds, and oyle of Camelina, of each one ounce and a halfe, Butter one ounce, Saffron one dragme and a halfe, white ware one ounce and a halfe, Dill seed, Cammonill, and Ducks grease, of each halfe an ounce, thre yolks of Eggs, then temper them one amongst another, and make a salve thereof.

Item, take wheate bran two handfuls, Winecuitt as much as will suffice for to make a poultice of it, Salt one quarter of an ounce: let it seeth a little together, and then lay it warme vpon it, you shall hardly finde any thing else that doth more allwage the paine. Item take Barly meale or Beale meale, and pounded Roses, of each thre ounces, white wine as much as will suffice for to make a pap thereof, then let it seeth a good while: if you will, you may also put a dragme of Bassick vnto it.

Some do seeth Bran in thre parts of water and one part of vineger, and so lay it vpon it, and let it lye fine or sixe howres vpon it.

This also ensuing is thought to aswage all paine whatsoever: Take thre ounces of vnripe Sallad oyle, Saffron one dragme, foure yolks of eggs, oyle of Roses foure ounces: let the oyle seeth a good while, and when it beginneth to be cold, then temper the yolks amongst it, stirring it allwayes well about: afterwards Starch and Barly meale of each one ounce and a halfe, and at the last Saffron: if you will haue it more forcible, then put Butter vnto it and Bdellum, of each one dragme: then steape them all together untill the same be thorowly consumed, and afterwards temper the rest with it. Item, take the crums of white bread, steape them a good while in swete milke, and then seeth them together to pap: now when it beginneth to cole, then temper a yolke or two of eggs amongst it, and a little oyle of Roses, and so lay it vpon the swelling and paine. Some do temper Butter, Ducks or Gose grease, and Sugar also amongst it.

Another: Take Plantaine seed, and Linseed, of each two handfuls, seeth them very soft untill all the water be almost gone, then temper amongst it crums of white bread as much as you please: afterwards stamp them well together, and temper it with the oyle of Roses: and when the paine is very great, then is the iuice of coling herbs to bee tempered amongst it, yea very well thre or foure greynes of Opium, and one dragme of Saffron, like as the same may be very well done in the foresaid crums of white bread.

This also following is very good: Take Cammonill, and Melilot, of each one ounce, Galloves, and Hollihock rootes, of each halfe a handfull, Fenegreake meale, Linseed meale, and Barly meale, of each one ounce: cut the herbs small, and seeth them mellow: afterwards wyng them out, and stampe them well: last of all, mingle with the said meales oyle of Roses, and oyle of Cammonill, of each five ounces or more, then make pap therewith, and lay it ouer the paine, & renew the same oftentimes. Item, seeth wheate meale and red wine to pap in fresh sweet milke: for this, is also good Beane meale decocted to pap in fresh sweet milke. These foure oyles following bee also commonly vsed for the gout: to wit oyle of Lillies, of Cammonill, of sweet Almonds, and of Wallfoures, with which we do commonly temper Cassie extracted with vineger, like as before there is also mention made of the oyle of Poplar buds.

Or take pounded Henbane seed, put it into a bag, and let it warme well, and so lay it vpon the paine. Item, in great outward paine take Cowmilke sixe ounces, Opium halfe a scruple, crums of Rye bread, and these being well powdered as much as you please, make a soft plaister of it. In like manner you may also vse the iuice of Nightshade and of Plantaine being tempered all together, or each apart.

By all these foresaid remedies may easily be marked, that all these simple things following be especial good for the hot Podagra: as namely, Nightshade, Housleeke, Lettice, Endiue, Mirtus, Muscilage

Muscilage of Fleawort, Vineger, Rose water, Bolus, &c. in the 16. Chapter, and 4. 9. of the hot Kidneyes.

Of the cold gout or *Podagra* and of his paine. S. 4.

If there be found with the paine of the Joynts, neither rednesse nor heate, and the patient be of a cold nature, and that one be cold in the feeling, then may it easily be perceived that the cause proceedeth of cold. For this the patient is to prepare himselfe to purge with these potions following: Take Sage, Cowslips, and fiede Cipers, of each one handfull: seeth them all together in sufficient water untill the third part be wasted. Unto this decoction put twelue ounces of Sugar, and then make a clarified sirupe of it. If the matter be fluxible of it selfe, then is this following to be prepared: Take Calmus and Gentian, of each two ounces, Hartwoort one ounce, Saint Johns woort, Sage, fiede Cipers, Cowslips, Bayberries and *Chamedryos*, of each one handfull, Annis, Fennell, and Pionie seede, of each one ounce, Basil seede, Cinna- mome, of each halfe an ounce, seeth them all together in sufficient water even to the halfe: afterwards wyng it out, and make it with sixe ounces of Hony, and nine ounces of Sugar unto a clarified sirupe; giue then one ounce and a halfe with some distilled water in the morning fasting. For a purgation is this following to be vied: Take *Turbith* halfe an ounce, *Hermodytyli* one quarter of an ounce, *Diagridu* one dragme, Masticke halfe a scruple, Sugar one ounce: then make a powder of it, and giue thereof the fourth part at once, but no more, for it is very strong. If you will, you may make pills thereof without the Sugar: but the pills of *Hermodytyli* exceed all other pills, viz. in purging all phlegmaticke humors. They haue also an astringent vertue, whereby they obstruct the conduits where the defluxions take their course, Treacle and Mithridate are to be taken of gouty men one dragme, or one dragme and a halfe with great auayle twice a wake.

Item: Take fiede Cipers powdered small halfe a dragme, Turpentine three dragmes: temper them together, and take it with a water, or with fresh broth: it is also good for all lamenesse. These patients are also to be bathed and fomented with this insuing: Take Sage, Rosemary, Pennyroyall, Rue, Mints, Horehound, Marigold gentle, Marigold, Lauander, and Pomgranate pæles, of each one handfull, seeth them all together in good wine: afterwards straine the broth through a cloth, and put three ounces of butter vnto it, and then put the feet therein, whether it be with paine or without paine, and lay the decocted herbes very warme vpon it.

Item, when the place of the paine is fomented with boyled Fenegreke, then will the paine be thereby allwaged. Or take stinging Nettles, seeth them in water and foment with the dampe of the same, and so lay the herbes warme vpon it. The oyle of Foxes is also marvellous good for the *Podagra*, and for all paine of the joynts, like as is also the oyle of Liles, and oyle of Sulphur, which be both hote and piercing.

Hereafter do mo plaisters and other things insue to be laid vpon it: and that after the place of the disease hath bene fomented or annointed with any salve, and the afflure of humours is somewhat ceased: Take boyled Alehoose and lay it therein and hold still the fexte. Further, it is much aduised, that for the cold *Podagra*, there shall be two kinds of Plaisters prepared. First, take Cypers nuts, Mastick, Myrrhe, and Frankinsence, of each one quarter of an ounce, Gum, Dragagant, of each three dragmes, Sage water sixe ounces, Vineger halfe an ounce: powne all small that are to be powdered, and then make a mixtely soft pap of it, or a plaister with Barley meale, and lay it vpon the place of the paine.

Another: Take the muscilage of Fenegreke, and of Linsæde, of each one ounce, salt Butter, oyle of white Camelina, or oyle of Roses, and burnt ashes of Colewort stalkes, of each two ounces, Make as much as will suffice for to make a plaister or salve of it: lay it or spread it vpon the paine of the disease, it allwageth paine: the plaister *Diachilon* is also to be vied for it.

Item, take soft Stozar, Beuercod, *Euphorbium*, Myrrha, Aloe, and the iuice of Sloes, of each a like quantitie, Wine as much as you please: let it seeth well together, and then wet a cloth therein and lay ouer it. Or dip a cloth in the warme decoction of *Ebulus*. Besoze certaine plaisters are described, of the crums of white bread: temper with one of the same one dragme and a halfe, or two dragmes of the powder of *Hermodytyli* and so lay vpon it. Item, seeth Onions in water, and make a cloth wet in it and lay it thereon. Or rost certaine Onions, stampe them very small, spread it on a cloth and lay it thereon.

The common people do vse Cow dung, and lay it thereon in stead of a plaister, Also the dis-

filled Colwdung may be laid vpon it. Item, take the decoction of Rape, and lay it thereon. You are also to pwayne Turneps, and to temper them with oyle of Roses, and to lay the same vpon it. In like manner temper sodden, stamped and well salted Turneps, with about so much Bran as Turneps, & with sufficient oyle of Violets, make a plaister of it. Item, take a bag filled with Linseed: seeth it well, and lay it ouer the paine. These be now simple things which warme the ioynts; to wit, S. Johns wort, *Hermodyli*, *Ammoniacum*, *Euphorbium*, *Myrrha*, *Squils*, *Asarabacca*, *Weuerod*, liquid Stozar, Cresses, Colwdung, *Mariozam*, Mints, white Mustard seede, Pine Apples, Capers rootes, fiede Cipers, Cammoinill, Elecampane rootes, *Gallia*, Radish, Rue, *Sagapenum*, and Vineger of Squils, &c.

Some doe aduise, that for the *Podagra* there be made an issue, which is a running hole into the leg, which is alwaies to be kept open, whereby the matter may haue issue. How this is to bee done, shall be taught in the sixt Part, in the discourse of the Plague.

Others do raise blisters the breadth of foure fingers vnder the knees on the outside of the leg, opening the same, and letting the water to run out: whereof we haue in other places moe of this booke made declaration.

An especiall and well approued remedy for the Gout. §. 5.



It is this powder to be prepared: Take two kinds of *Chamedryos*, which is fiede Cypers and *Chamedryos*, Gentian, Centorie flowers, *Rapontica*, the right *Aristologia rotunda*, (whereof is sufficient store brought out of Switzerland) of each a like much; stampe each apart: afterwards temper them together, and vse it thus. After the necessary purgation, whereof we haue sufficiently spoken before, take the space of forty daies together, one dragme euery morning of this said powder in the Sommer time with smal Beere, and in Winter with Wine or Meade: Afterwards vse no moze but halfe a dragme, and so prosecute this course the space of a whole yeare.

If so bee that the body be bound in the meane while, then is the patient to vse twice euerie moneth these pills following: take Masticke, Myrthe, Cinnamon, Aloe, and Rubarbe, of each one scruple; being all poynded small, then make ten pills thereof with Hony of Roses, and take two or thre at once. They be very weake, so that one may vse the moze thereof if he please. In the meane while the patient must order himselfe very moderately in eating & drinking. Thzough this be many gouty persons thzoughly healed of the *Podagra*.

The direction for the Gout, sent to Charles the Emperor. §. 6.

This aduice or remedie was sent to the Empero^r Charles his Maiestie of famous memorie, from *Francisco Toralto*, a Lord in the Kingdome of Naples, who had lien most miserably the space of fouretene yeares of the Gout: Take cleane milke of a blacke Goate, and turne it with Figmilke, or if you haue it not, wherewith you will: straine out the whay, and let the rest seeth in an earthen pot, scum it well, and let of thre parts twaine seeth away, and then straine it once againe, to the end there remaine no curds in it at all: afterwards, take the hyppermost of Burrage a good part, and according to that there is much whay, with some other things moe which be mete for the *Podagra*, and according to that the *Podagra* doth procede thzough heate or cold, let it steape well therein: afterwards straine it thzough a cloth, and drinke of it once or twice a day. But if so be that the paine be intollerable great, then steape in the foresaid whay wherein the Burrage and other things be steeped, one drag. or one drag. and a halfe of *Agaricus*: Take of this whay ten or twelue ounces according to the quality of the sicknesse, and according as he can easily goe to scoole, and temper amongst it *Oxymel* of Hony of Roses, or (which is better) *Oxymel* of Squils two ounces: you are to drinke of it in the morning as warme as you can, and to fast foure houres after it at least. Further, he is in the meane time to exercise himselfe with walking and going: afterwards he is during the space of fide or sixe daies to drinke of this whay without *Agaricus*, and that is to be done once euery moneth.

And he is especially to indeuour himselfe to drinke this in winter, for that it is sufficient if he do

doe this twice a yeare. And this is especially to be done when one perceiueth that the *Podagra* is instant, thereby to be free: and although it appeared already, yet are you to proceed forward with it. What remedies are then to be vsed for it, may be seene and chosen out of the foremen- tioned things. The letting of blood must be principally in the beginning of the spring, and before the paine arise, like as one may see and reade more at large in the 2. s.

But aboue all things is a good dyet commended: for if the same be not kept, then may all o- ther things help but little. This is now the principallest and the totall of all, that *Toraltus* com- municated to the Emperors Maiestie.

The order of dyet which is to be obserued in this disease, may you perceiue by all that which hath bene said before, whereof also you shall finde all things more amply described in the begin- ning of the first Chapter, where we haue discoursed of the paine of the hips, that aboue all other things, Wine is chiefly forbidden vnto all gouty people, as hath bene before exprest. The decoction of Cinnamon, Peade, &c. are they to drinke, as is there admonished.

When any one doth goe but ill after the Goute of
the feete. S. 7.

This debility of the fæte doth sufficiently shew, that there is still some flegmaticke matter present which ought to be expelled, whereto these pills ensuing are to be prepared: Take prepared Aloe halfe an ounce, Coloquint one dragme, *Diagridion* halfe a dragme, *Hermo- daetyli* halfe an ounce: temper them all together, and make seuen pills of one dragme ther- of: Afterwards, take euery foureteene daies sixe thereof, and fast sixe houres vpon it. In the meane time is he alwaies the fift day to take one of them before supper.

Secondly, he is to vse this Confection following: Take *Species de Xiloaloe*, *Species Diatrion- pipereon*, of each one drag. white Saunders, Violet and Sorrell seede, of each one scrup. Sugar sixe ounces decocted in water of *Asarabacca*, or water of Parsley: make Sugar plates thereof, and then take daily before none and after none, or at leastwise once a day of it, three dragmes at the least, and continue this the space of one whole moneth.

Thirdly, take one pinte and a halfe of Smiths water, and seeth therein fiftene or sixtene Ci- pers nuts, forty or fiftie Gals, *Hermodytyli*, and Pionie roots, of each one ounce, vntill the third part be wasted away. He is afterwards to rub the sicke person from the knees vnto the soles of the fæte, letting it be made moist, to wit, once a day alwaies before meate.

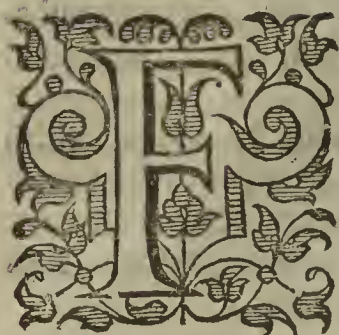
Fourthly, take vnripe Gallad oyle one ounce, *Sandaraca*, Masticke, and burnt Quorie, of each one dragme: temper this together, and therewith annoint after the former rubbing, all the parts very warne which be weakened thzough the Gout, and continue it thus with rubbing, vntill they be thoroughly strengthened againe, and grow to be well.

Fiftly, when the sicke person hath vsed certaine dayes to wash and annoint, and findeth ne- uerthelesse no perfect amendment: then is this salve following to be vsed, like as the other pre- cedent: Take Dragon blood, fine Wolus, *Sandaraca*, the iuyce of Sloes, Mastick, Frankinsence, and Myrthe, of each one quarter of an ounce, Sealed earth and Starch, of each one ounce, the iuyce of Plantaine, and of Roses of each one ounce and a halfe: then temper them a long time together in a mortar vnto a salve.

These be now the very best and necessariest remedies, which of all ancient and later Phisiti- ons be prescribed for all the ioynts of the body; God almighty the chiefe and best Phisition giue his blessing vnto it,

What things they be which conuey the medicines towards the
ioynts. S. 8.

Amongst all other things which be written of the ioynts, we haue yet to speake of this: which be the things that conuey the medicines towards the ioynts: amongst which, the chiefe that are to be esteemed, be rosted Squills, Ginger, Calmus, which is the right *Acorus*, Pennirovall, *Opopanax*, both of the kinds of Germander, the seede *Amomum*, and other moe.

Of the outward accidents of the ioynts
and members.

From the third Chapter hitherto we haue discoursed of many kindes of diseases of the outward members, which are most of all caused through outward causes and defluxions: here will wee now in this last Chapter adde certaine outward accidents; as, when the outward members or ioynts be beaten or strained.

Secondly, we will also admonish somewhat of the fracture of the bones. And because that by this there falleth otherwhiles some putrifaction of the bones, therefore will wee here also discourse somewhat of it: and because that all this cannot be effected without great paine, we will shew withall, how that the same paine is to be asswaged. Lastly, how that the numbnesse and insensiblenesse of the members may be prevented and cured.

Of strained members. S. I.

If any one haue strained any one member through falling or beating, and the same hapned to swell without great heate, then take the salve *Dialthea* one ounce, oyle of Cammomill and of Dill, of each halfe an ounce, Ware a little, and annoint the place therewith.

Another: Take salve of Agrippa, of *Althea*, and of the white salve which followeth hereafter, of each halfe an ounce; temper them together, and annoint the place affected with it: for which the Alablaster salve is also good.

Item, take Barley meale, Fenegræke and Linsæde, of each one ounce, Malkewes one handfull, Wormewood halfe a handfull, Cammomill and Melilot, of each one handfull and a halfe: the hearbes and flowers are you to seeth well, and then to seeth the meale amongst it: then are you with oyle of Roses to make a soft plaister or pap of it. Item, take Beane meale thre ounces, Cammomill, Roses, Wormewood, and Bran, of each one handfull: the herbes and flowers are you to seeth to pap in good red wine: at last, let the Bran also seeth with it, and then with oyle of Roses make a plaister or pap of it. For this disease, it is also good to open the liuer veine, and to let out five or six ounces of blood according to the abilitie of the patient. You may also lay fresh Colwdung vpon this disease, and annoint the place about it with *Bolus* which is tempered with vineger. The expert Physicians doe aduise, that Colwdung should bee tempered amongst oyle of Roses.

Item, take the whites of Egges brayed well, and temper amongst it the powder of Wormewood as much as you please, and so lay ther: vpon the brused place.

The golden waters are also commended for this, but they be hote: but if so be that there bee great heate with it, then need not one stay to open the veine, like as wee haue said before. But these diseases would be alwaies suppressed with cooling things: for which you haue five kinds of white salues: Take Sallad oyle thre quarters of an ounce, white Ware and Ceruse, of each two ounces, the white of an egge: the Ware and oyle are to be melted by a soft fire, and afterwards to be well tempered with the Ceruse, and the white of the Egge. This is not onely good for brused members, but taketh away all the blew spots which be come of falls, blowes, and such like occasions. This is the common white salve which is alwaies ready at the Apothecaries, and is called *Unguentum Album*. The other salve. If so be that you desire to haue this forementioned salve more cooling, then temper halfe a dragme of Camfere well amongst it, and this is then called at the Apothecaries *Unguentum Camphoratum*. The third white salve with Camfere. Take six ounces of the oyle of Roses, the whites of thre eggs brayed well, white Ware one ounce and a halfe, Ceruse six ounces, Camfer broken in Rosewater one dragme: melt the oyle and the Ware together, and then afterwards temper the Camfer and the whites of egges amongst it: afterwards put the Ceruse vnto it brused very small, bruse litharge of Gold washed in Rosewater one dragme and a halfe, wash Ceruse halfe an ounce and halfe a dragme, oyle of
Roses

Roses thre ounces and a halfe, white Ware about thre quarters of an ounce : then melt the oyle and the Ware together, and temper the Ceruse and Litharge amongst it untill it be thoroughly cold. All these foresaid vnguents do coole all hote swellings, of whatsoever causes the same may proceed : they do repell all raw places, and they do also coole all the heate of scalding or burning. The first is *unguentum de Cerusa*, whereof we haue admonished so often in this booke. The same is thus described by *Mesua* : Take Ceruse, and litharge of Gold, of each thre quarters of an ounce, burnt lead, litharge of Silver, of each halfe an ounce, Mastick, Frankinsence, of each two dragmes and a halfe, oyle of Roses and Vineger, as much as sufficeth for a salve: first powre the drye things into the mortar, and rub it very small : afterwards powre some Vineger, then some oyle vnto it, stirring it well alwayes about untill it be thicke enough. This salve is also good for all salt *Phlegma*, and for all drye itch.

Of the fractures of bones. §. 2.



These fractures of bones do the Grecians call *Catagma*. And although the setting, splinting, and binding of this fracture, and what else belongeth vnto it, concerneth more the Chirurgians than Physicians ; notwithstanding doth our common order and method aske a meanes whereby this disease might be holpen. Of which there is not a little spoken before, where we haue discoursed of the lamed; extenuated, bruised, and strained members, which all together with the fractures of bones haue a great communion, because they be also caused through such like occasions. First of all it happeneth oftentimes in this fracture, that the marrow in the bones (whereby they be sustained and nourished) is consumed and dried away : for which, you haue a salve in the second Part and the fourth Chapter, of the marrow of a yong Hole, which is marvellous good for it. In like manner there is also described before in the seventh Chapter, and 2. §. yet one more of the marrow of a Stone horse, and other more which be there recited for the extenuation of the members, and all that is necessary for such like accidents. You haue likewise foure kinds of *Dialthea* salves in the third part, the thirteenth Chapter and 4. §. which be altogether meete for this. Neither is the crooke backe or crooked breast ought else but an eluxation or fracture of the backe bone and ribs, as in the second Part may appeare at large, which may there be scene. The plaister of a Ram is marvellously commended for this, which is described in the third part, the third Chapter, and 1. §.

And for to augment the remedies which may serue for these fractures, we will adde plaisters, salves, sparadrapes, applications, and all kind of things that are requisite for the fracture of the bones, which the Chirurgians may vse.

Take Ware fine ounces and a halfe, *Ammoniacum* and *Galbanum*, of each two ounces : dissolve the Gum in Vineger, straine them thorough a cloth, let it seeth untill the Vineger be wasted away, and melt the Ware amongst it.

Then take Cammomill, Balme with the rootes, and Malloves, of each one handfull: chop them and stampe them well, afterwards seeth them in two pound of May butter, and a pound and a halfe of Dogs grease, as long as one may seeth an egge hard : this being done, wring it out hard and stirre the molten Ware with the gums amongst it. When it is almost cold, then take one ounce and a halfe of Beuercod, oyle of Cammomill two ounces and a halfe, of Bayes sixtene ounces, temper all together and keepe it in a pot : this salve do the Chirurgians esteeme to be an especiall secret. And if you will vse it, then take not too much at one time; make it warme and rub well the place with it : afterwards lay this seare cloth following vpon it.

Take Ware thre ounces, Rosin one ounce and a halfe, Masticke one ounce, *Galbanum*, and Frankinsence, of each thre quarters of an ounce : dissolve the *Galbanum* in a little Vineger ; stampe all that is to be stamped ; melt the Ware and Rosin in an ounce of oyle : straine it afterwards thorough a cloth, and haue a cloth ready as big as the seare cloth must be. Lastly, soke it therein, and after the annointing apply it vpon the place affected.

Others : take foure ounces of Sallad oyle melt therein halfe an ounce of Ware : when it is almost cold, then stir halfe an ounce of powdered Masticke amongst it, and vse it as before.

Item : Take white Ware, and Frankinsence, of each halfe an ounce, of oyle of Linseed foure ounces : melt them all together and draw a cloth thorough it. Item : Take Ware and fresh Butter,

Butter, of each a like quantity, melt them together: these two be especiall good against all swellings.

Another: Take Fenegreke meale as much as you please: seeth it in water and put powdered Comferey vnto it, vntill it be as it were grout, then apply it to the fracture.

Item: Take litharge of Gold, fine Bolus, and Comferey, of each three ounces, Beane meale one ounce and a half: powne them all together, and powze good Vineger vnto it, and let it stand so one night: afterwards put molten Ware and Rosin vnto it, of each three ounces, Sallad oile twelue ounces, then temper them all together on the fire, and let it seeth well vntill that the Vineger be consumed: When it is almost cold, then stir two ounces of powdered Dragagant steeped in Wine or Vineger amongst it, that it be like vnto Gelly. Or take Rosin five ounces, Saffron, *Euphorbium*, and long pepper, of each one dragma, *Aqua vite* one ounce and a halfe, stamp all that is to be stamped: dissolve the Rosin in *Aqua vite*, and then let it seeth all together vntill that the *Aqua vite* be boyled away, then take Ware as much as is needfull for a plaister: this plaister is also very good for all other ruptures.

Item: Take Turpentine, and Ware of each 4. ounces, *Galbanum* three quarters of an ounce, *Ammoniacum* halfe an ounce: dissolve the gums in wine, and then temper them all together: when it is almost cold, then put one quarter of an ounce of Myrhe, and as much Turpentine vnto it, and make a plaister of it. In like manner you haue in the third Part, and the third Chap. one more beginning thus: Take Dragon blood, &c. And yet one other in the second part, the third Chapter, and 5. s. beginning thus: Take Pitch, &c. Item, one more in the first Part, the fift Chapter, and 1. s. which be all together very good for the fractures of bones.

For the putrifaction of the bones. §. 3.

Take burnt Lead two ounces, Myrhe halfe an ounce, Aloe, *Opopanaxum*, Iron dross, burnt Squinant, and the rinds of the Fir tree, of each one dragma, then make a powder of it, and strew it vpon the putrified bone: for it separateth the same, and healeth maruellously.

Take Canterbury bells, powne them small, and strew this powder also vpon it. The same operation hath the water also wherein *Sal Armoniacke* is decocted.

Here follow some especiall things for the paine of the ioynts. §. 4.



It happeneth also otherwhiles, that in the bittermost parts of the members, as in the hands & fete, there cometh great paine, whether it be of the foresaid causes, or of something else that hath fallen, or bene laid vpon the, which may well be caused both of heate and cold.

But if so be that heate cause this paine, then doth it appeare with rednes, with hardnes, and with swelling, which is also a signe of some impostume to come. But if it be caused through cold, then is the paine without any rednes, or heat: but with deafenelle, pensiuennelle, palenelle, and sometime with a dry itching scurffe.

When as these signes be present, they giue commonly to vnderstand, that there might follow of it a palsey or *Paralysis*, and an extinguishment of all naturall heate.

If this disease come through some outward causes, then looke on the same parts, whether they be redder than any other. Then is it to be annointed with cooling oyles, as with oyle of Roses, of Violets, of water Lillies, and such like.

The letting of blood is very good for this: as if the paine be in the fete, then open the veine in the arme on the same side, &c.

If it be caused through dryth, and that neither rednes nor whitenes can be perceiued, and neuertheles the member seemeth to be paler from day to day: then let warme water fall from on high vpon it, and afterwards let it be annointed with the salve which is molten together of oyle and white Ware.

But if you will haue this salve stronger, then vse that *Anodynen* which is described in the second part, the fift Chapter, and 18. s. or any other which be specified in the paine of the *Podagra*. But if the place be somewhat greater or swollen vp, & that in feeling it be found somewhat cold,

ditch, then is it to be rubbed oftentimes with warme clothes that p pores or vents might open and afterwards let this fomenting following be made ready: Take Cammomill, Marigold, & Stechados, of each one handfull, seeth them, and hold the member ouer the vapour. Or take a sponge being made wet therein, and so lay it warme vpon it: you must also let warme water drop vpon it from on high: Afterwards annoint the member with oyle of Wallflowers, of Costus, of Lillies, or any such like, which be warme by nature. In eating and drinke hee is to keepe himselfe sober, and to exercise himselfe much, and to bath. And if so bee that this will not helpe sufficiently, then is he to be purged of all flegmaticke humors, as with the pills de Hermo-dactylis, Foetidis, and Medicamine Turbith. Lastly, and in need he is to vse those things which bee described in the first Part, the twelfth Chapter, and 13. S. of Paralysis.

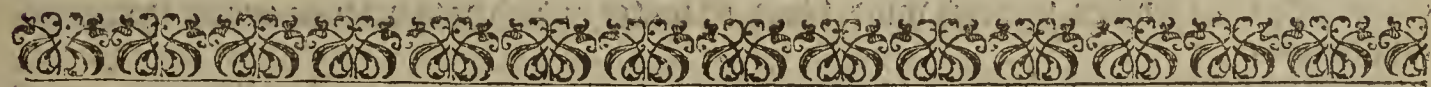
Of the vn-sensiblenesse, shaking, and numbnesse of the
Limmes. S. 5.



If all these diseases wee haue in the first part very largely and amply written: likewise also euery where in the fourth part: which meanes may also be vsed in all these accidents: but especially there be very good for this two sure golden waters, which shall be hereafter described in the last part amongst other vitall waters, whether it be that they be vsed outwardly, or drunke inwardly: for they be good for all diseases of the outward members and ioynts, like as is this also following: Take dry Willow wood, and burne it in two pots one aboue the other, like as the oyle of Juniper wood is wont to be made, and with the oyle that runneth out into the neathermost pot, annoint the place affected the space of nine daies.

Another: Take Quinces which rot vpon the tree, Beuercod, Bayberries, Sage, and Juniper berries, of each a like quantity: Stampe them, and cut them meetly grosse: afterwards seethe it all together in good wine, and then rub the ioynts with it. These two things aforesaid bee very highly commended of the common people.

If so be that there bee any thing discovered, not onely that concerneth the fractures of the bones, but also this whole fourth part of the ioynts and outward members, wherein may be any want: thereof must aduice be had with expert Phisitions and Chirurgians, and so wee will conclude therewith this fourth Part.



The fifth part of this Booke comprehendeth all the

*Accidents and Diseases, which do spread themselves abroad over the
whole bodie.*



In the foresaid foure parts we haue most of all described all outward and inward parts of mans body, with all their accidentall diseases: this fifth part shall discourse of those things which spread themselves abroad ouer the whole bodie: amongst which, outwardly is the skinn, which couereth the whole body: inwardly are the veines, the blood, flesh, sinewes and bones. Item, other accidentall things moe, as heate, cold, Phlegma, Melancholia, fatnesse, leanness, sleepe, sweate, and such like.

To the Skin wil we ascribe many kinds of diseases, to wit, what may hurt the same inwardly & outwardly: as all impostumes, blcers, or byles, warts, spots, blisters, clifts, itchings, scurfe, swellings, Varices, Carbuncles, and such like. Item, many other corrodng blcers, as fistulas, Cankers, Gangrene, Boocks, Leprosie, Cacoetes, & many other incurable blcers. Afterwards we will discourse of such things as hurt the skinn on the outside, as burning or scalding by fire, by water, or Gunpowder, splints, thoznes, all kinde of wounds, and whatsoever may ap-

pertaine vnto them. Lastly, of *Cicatrices*, which be left behind after the cure of the forementio-
ned accidents.

The first Chapter.

Of the Skin.



The Skinne is by nature giuen to all liuing creatures that haue blood in them, not onely for an ornament and defence, but also as a garment of the whole body, which in one place is found thicker, thinner, and softer than in another.

The outwardmost skin is of it selfe insensible, and more fine and thin in mankind, than in any other creature. The skin within the hand, on the forehead, and for the most part ouer the whole face, and on the heeles, can hardly bee fleyed off, by reason that they be throughout knit and wouen with sinewes and muscles. In like manner, if there be no flesh with it, and that it were wounded, it would not be possible to heale the same together againe; like as may be seene in the eyelids, in the foreskin, and other places moe of the body.

What diseases or accidents this skin is subiect to, we haue discovered it before, and will also write somewhat more of it hereafter.

Of the inward causes which harme the Skin. §. I.

As much as this fift part of our Practise of Physicke doth not discourse of any other matter but of vlcers, anguishes, impostumations, and such like accidents which harme the skin: therefore we will discourse and write somewhat of it in generall at the first, notwithstanding the difference which is betwene the vlcers and impostumes; like as in the third part, the 11. Chap. and 29. §. is declared.

Thus will we vnder the name of impostumations containe all that proceedeth and followeth after, which the Physicians do thus describe.

An impostume is a disease or maladie, which altereth one member or part of the body from his naturall kind, into an vnnaturall constitution. Or an impostume is an vnnaturall Tumor or swelling of a member, through wind, blood, or water, which hath drawne one of these matters vnto it.

This impostume may be caused of all the foure humors, and also of a seuerall humor, or of a mixed humor, and that in this manner: When any part is badly qualified, be it of whatsoever cause it will, or that any bad humors, winds, waters, or other superfluities haue accesse from any other part which is stronger than that whither they be sent, which is not able enough to expell the affluent humors from him: then there doe they remaine, and putrifie, and at the last impostumate.

When as such kinds of impostumes be called onely of blood, then doe the Grecians call it *Phlegmonem*, which is an hot swelling, with great paine and beating.

For if any swellings be caused through *Phlegma*, or any other waterish moisture, then be they called *Oedema*, and it is a soft tumor without paine, and it is sometimes seene in dead bodies, in hydropicall persons, and in those parts which are extenuated.

If any swelling be caused through pure *Cholera*, then is the same called *Erysipelas*, which is the Rose. Of *Melancholia* commeth a hard swelling called *Schirrus*, the Canker and such like: which maladies doe mire themselves oftentimes with diuers other swellings, vlcers, and such like: as we shall especially write hereafter, and discourse of diuers and sundry of them. But (as is said) we will begin with the first.

Of the Warts. §. 2.



How il fauoured this excrecence of the skin is to the sight, is sufficiently knowne vnto all men, whereof there be also many kinds, some altogether dry, hard, blacke, and cleft or chopt: others be moist, running, itchie, and where paine is to be felt in handling them. Their principall cause is a very burnt melancholicke blood. Therefore ought such things first to be vsed as withstand the ingendering of melancholicke blood, as we haue elsewhere shewed, and shall hereafter declare moze at large.

But amongst the things which may outwardly be vsed, be these following: Take Willow vinds and burne them to ashes; afterwards mixe it with sharpe vineger, and annoint the warts with it, especially if they stand in secret place, or rub them with Asses milke, afterwards lay the foresaid on them being spread vpon a cloth, then will they fall off without paine.

Item: Take the iuice of Celendine, and the iuice of Purslaine, of each one ounce, oyle of Sulphure one dragme and a halfe: then temper them together, and annoint them therewith. The same doth also oyle of Sulphure alone: Take the iuice of Marigolds, and temper it with salue vnto a plaister. Some do take Cranes eyes, and temper them with the iuice of Onions and Salt vnto a plaister, and so bind vpon it. It is also said that red sealing Ware is very good for it: Take a garden Snail, strew it with Salt, put it into a glasse, then cometh there an oyle of it in the space of two daies, then annoint the warts therewith and they will fall off.

You may also annoint them with the oyle *Camelina*. If they be so great that they may be tyed with a horse haire or any strong silken thred, then tye the thred from day to day fast about them, vntill they dry away and fall off.

With this are you also to note, that when there be many warts together, like as commonly hapneth, you must begin first at the greatest, for that they haue such a sympathy one with another, that when the greatest (being as the mother) hath her nourishment taken away, thereby the rest may easily be killed.

Item, burne them with a Rye straw, and take afterwards powdered Saffron, seeth it in Sal-lad oyle, and then put salt vnto it and Swines grease, to the end it may be as a salue, and then lay it vpon them.

For this is also mete all that which is discovered in the fourth part, the second Chapter and 3. §. for the Cornes. The warts require also a moderate diet, and that he forbear all that might ingender melancholicke blood.

Of the Measels, red Gum, and of the small Pockes in generall. §. 3.



Childzen are for the most part subiect vnto these diseases, and also auncient folkes otherwhiles. And like as the same be perillous in yong childzen, so be they moze perillous in auncient people. They do come also through many kinds of meanes, sometime like red spots: also with waterish blisters which outwardly appeare cleane ouer ones body vpon the skin: as big as Millet seede, which at last dry away and fall off. These be also (to tell the troth) not without great danger, especially if they happen through cold not to breake out: or if they haue appeared already vpon the skinne on the outside, and be strucken in againe; for thereby do they make a narrownesse of the breast, a short breath, hoarsenesse, disease of the throte, or of the mouth, and anguish of the whole body with great Agues.

The learned haue sought out the causes of this breaking out of the small Pockes, Measels, and such like: therefore be they of opiniou, that one bringeth the cause of this sicknes with him out of his mothers wombe when he is borne. For that because as the fruit is nourished of the finest blood of his mothers Termes: so doth the vncleannesse of that blood remaine in the pores of the childzen; and in other places mo, which nature afterwards driueth out in due time.

And because that all humane creatures be through such meanes and nourishment sustained and fed in their mothers wombe, therefore doth it seldome happen that any kind of people can be old, without getting these Pockes or Measels, wherof this comon false opinion is spread and growne

growne amongst many people, that all children must once haue these Pockes or Measels, whereby many mothers which haue many children, if any of them get the Pockes or Measels, let them runne one amongst another, whereby one child is infected of another, and so do catch the Pockes or Measels: saying besides the truth, that it is better that they get them in their childhood, than when they be growne in yeares. But this is none other (like as I haue said) but a false opinion, for one may be freed of this sicknesse through a good diet.

There be also other causes mo concerning these maladies, viz. stinking ayre, which doth heate the blood and other humors of the body, and troubleth them. Like as to be long conuersant in the warme Sunne: also to ouercharge him with such meate which quickly corrupteth in the stomacke, as fish and milke eaten together, through much bad blood, through omitting an accustomed letting of blood, and such like causes moe.

The signes of these sicknesses be paine of the backe, itch of the eares and of the nose, which come of the vapours of the corrupt matter, and are partly pestilentiall: therefore they haue a frightfull sleepe, and the pricking may bee felt ouer the whole bodie. With this they haue also a blotfulness in all parts, rednesse of the face and of the eyes, and somewhat swelling: and they be so long pinched with sleepinesse, vntill the Pockes do breake out vpon them euery where.

And although (like as wee haue admonished) the Measels and the Pockes haue one kind of cause, yet we will discourse of each apart, as much as is possible.

Of the Measels. §. 4.

This is (as we haue said) a common infirmitie of children, and it also assaileth auncient and full growne people, so that they ouer the whole body (some lesse, other some more) are besprinkled with red spots. There is also great heate oftentimes with it, and a purfinesse in the breast. In this sicknesse must one beware especially of cold, yea of open ayre, and of hote meate and drinke. And auncient persons are to order themselves, as we shall shew in discourse of the small Pockes. Common people do especially commend the Conserue of Elderne flowers, and the same rubbed vpon the heated parts. But what is further convenient for this purpose, you may make choyce thereof according to the importance of the cause, out of the description ensuing of the small Pockes, what shall like you best.

Of the small Pockes. §. 5.

When as Children be assailed with these foresaid Measels or Pockes, and they will not breake out, then take oyle of Cammionill and good Wine, of each one ounce and a halfe, Saltpeter one dragma, seeth it together vntill all the Wine be waisted, and annoint the whole body with it when it is very well warmed. This potion following is very good for all aged people, and also for all young children. Take Citron peeles one quarter of an ounce, solwe Dates one quarter of an ounce, Cicorie roote shalfe an ounce, the flowers of Buglosse and Burrage, of each halfe a handfull: seeth them together in a pinte of water vntill about the third part be consumed: afterwards straine it, and temper amongst it Sir. *Acetofitatis Citri* two ounces, *de Corticibus Citri, de Succo Acetoso*, of each one ounce: giue oftentimes a little of it, for it is very mete and pleasant.

Item, take Oliue leaues two handfulls, Agrimonie one handfull: seeth it all together in good Wine, and drinke thereof euery morning thre or foure spoonfulls: it dryeth vp all affluent humors. But when these Pockes begin to fall away, then are these meanes following to be vsed, according to the importance of the cause: Take Ceruse halfe an ounce, oyle of Roses one ounce and a halfe, Camfere the quantitie of a Pease, Saltpeter halfe a drag. and two or thre pceled Almonds, wherewith you are to chase the Camfere. Afterwards temper one amongst the other, and therewith annoint the place of the Pockes: Or take Sallad oyle, and Ceruse as before: then temper them together with a little Vineger and Rosewater, and vse it as before. Some doe also aduise to take strong lye, which is hereafter described against the burning of Gunpowder.

Another.

Another sort of small Pockes, which be called Swine Pockes. §. 6.

Like as we haue said before, these kind of Pockes be much like to the other before mentioned, and proceede also of the same cause, saving onely that these whereof we now write, be bigger, broader, and also with greater anguish of the breast and of the breath: therefore may all be vsed for this, that is expressed for the troubled breast in the second Part, the first Chapter, and 9. §. aswell in old as in young people. But especially is this salve following to be ordained for it: Take fresh Butter, oyle of swete Almonds, and Goose grease, of each halfe an ounce, Ware as much as is needfull. Some do put vnto it halfe an ounce of Turpentine, and one ounce of liquid Storax: this is especiall good, and also approued oftentimes.

Aged people be much aduised to eate none other thing but Barley pape, or Datsen paps, and to drinke Barley water. Take fourtene or fiftene Figs, Pistacies one quarter of an ounce, Fennell seede, the seedes of Smalage and Lacca, of each thre dragmes, Lentils one ounce and a halfe, Dragagant halfe a dragme, Roses, Saunders, burnt Iuoy, and Quince kernels, of each halfe an ounce; seeth them all together in thre quarts of Water, vntill a third part be wasted, and then drinke a good draught thereof in the morning and euening. He is also to vse oftentimes *Oxyssachara*, conserue of Roses, conserue of Rasps, the sirupe of Sorrell, of Meriuce, and of Quinces, to make the bloud thicke with it, and to coole it. There is especially commended for this, the water of Lentils when it is boyled in the third liquoz, to wit, the two first being powred out. If now it be feared that the Pockes should hurt the eyes, then is this following to be vsed for it: Take *Lycium*, the iuice of Sloes, and Saffron, of each one dragme, Camfere one scruple; temper this all together in Rose water, and drop it oftentimes into the eyes. If so be that now any Pocks or any rednes be perceiued on the apple of the eye, then vse *Siefalbum*, and that according to the quality of the cause: for which you may looke into the Register, where you shall find also the manner to make it. But if there do come any exulceration in the throte or mouth, then cleanse the same with Barley water, wherein sirupe of Mulberries, wine of Pomegranates, and such like be decocted, and drinke the same also softly. The iuice of Hints is also to be dralune vp through the nose, tempered with Saunders, Meriuce & Vineger: the same also fumed is good for it. Now when as the Pockes do anguish the Lights, then vse *Diapapauer*. If there be any hoarsnes or roughnes of the throte, then looke what is good for it in the place where we discourse of it, for which is also this gargarisation to be made with Licorice, Aniubes, Sebestes, and Figs decocted in water, and a little Dragagant dissolved in it, and then to cleanse the mouth with it, and sometime to swallow downe some of it. When as there is no ague with it, then is it very good that one drinke warme Goates milke. Now for to free the intrailles from the Pockes, roasted Quinces are to be taken with Sugar, or the sirupe of y^e same. If a scowring happen with it, looke what is described in the third part, the eleuenth chapter, and 13. §. Lastly, all renowned & famous Phisitions do aduise (against the opinion of the common people) that one should about the seuenth day open the Pockes, if they be ripe, with a golden needle, for to let out the matter, to the end that through their sharpnesse they should not eate inward, and leaue great Cicatrises behind them. Make also a powder with Salt, Lentils meale, Beane meale, Pease meale, litharge of gold, and Ceruse: strew the parts with it, to the end that thereby the matter may dry. All which cannot be hurtfull.

If so be that after healing of the Pockes there do remaine great dents, pits, or scars, then may these things ensuing be vsed.

Take *Sarcocolla*, Melon seede, washed Rice, Whites of Eggs, Chalke, Bolus, or white Sugar: temper them with the oyle of Roses, or oyle of Lillies, and therewith annoint the Cicatrises. Or in steede of the oyle, take Hens grease.

Item, take the Caule of a young Goate or Kid, powde Goates milke vpon it, then set it so in the Sun, and powde fresh milke euery day vpon it the space of one weeke: after wards lay it the space of foure daies in Rose water, and then hang it vp to dry. This being done shread it small, & put it into a silver beaker, and set it in boiling water: when it is molten, then straine it thorough a cloth, and annoint therewith the markes and small Pockes.

Of

Of clefts in the Skin. §. 7.



Ye haue in the first Part, the ninth Chapter, and 1. §. of the clefts in the lips. Item, in the third part, the first Chapter, and 2. §. in the description of the places in women. And in the tenth Chapter and 11. §. of the clefts in the Arsegut. Also in the fourth part, the first Chapter, and 7. §. of the clefts in the hands: all which remedies there described may be vsed for this our intent, and also all these that follow.

Take the greene rinde of the Elder, keepe it in a sufficient quantitie of Salad oyle, boyle them together, wring them out hard, and with ware make a salve of them. This salve is also very good to be vsed against the burning fire.

Item, take oyle of Roses, white Ware, Frankinsence, Basticke, and Hens grease, of each halfe an ounce, Ginger halfe a dragma; melt the Ware, the Oyle, and the grease together, and temper the rest amongst it.

Of the itch in the Skin. §. 8.



Before we begin to write of the Scabs, we will first intreate of the drie itch of the skin. This is called in Latine *Pruritus*, which is a desire to rub & scratch, either the whole body or some part of it, by reason of the great itch, which is caused of some sharpe humors, which do yet lye vnder the skinne.

Also, if the humors (which are stirred vp either by heate or by labour) be so tough, that they cannot transpire through the skin & the pores of the same, then do they cause an itch. Also Lice, Fleas, Ants, and Woodlice, do cause an itch. If one do but seldome change his apparell.

The inward causes may be an ouer-great heate of the liver, which doth ingender sharpe and adust humors: also, debility of the vertue expulsive, as doth appeare in aged folkes. The signes of this itch are manifest, as that a body cannot sleepe for it, and is hindered from doing his business aright.

Now to come to the remedies of the itch, the patient shall haue a veine opened, bee purged, and almost obserue the same order which hereafter is prescribed against scabbednesse. A sweating bath and water baths are specially commended for this purpose, which being once vsed, and not turning away the itch, shew that the humors in quantity doe abound which cause the same. This bathing is to be reiterated, and the bodie to be rubbed where it itcheth most with this receipt following: Take white Roses two ounces, beate them thoroughly with Vineger, and adde one ounce of Bran vnto them. The next day following bath againe, and rub your bodie with powdered Smallage, with greene Butters, or with Fenegræke. These itchie patients are to forbear all manner of Salt and hot things, add especially all that might inflame or burne the blood.

If this itch be about the yard or member of a man, then take a quarter of an ounce of Ceruse, Sulphur vife one dragma and a halfe, Opium halfe a dragma; make a salve of it with Vineger: some do adde two scruples of beaten Licebane vnto it. If this itch be in the Arsegut, or in the wombe, then take burnt Allume one quarter of an ounce, Argall one ounce, temper them with Vineger, spread it on a cloth and so apply it.

Of Scabbednesse. §. 9



Scabbednesse is of diuers kinds, some with scales, some with blisters, some with matter, and some without matter, some dry and red; but all of them with an intollerable itch, according to the nature of the humors which cause the same, and are mixed with the blood.

The cause of this infirmity, are the vices of all kind of hot, sharp, salt, and bitter meates, as spices, strong wine, oyle, hony, want of change in apparell, to lie or deale with them that bee scabbed, with many other inward causes, that procede of an inflamed and corrupted blood.

The

The signes of all manner of scabbednes are apparent: but of what kind of humoz the same is caused, shall appeare by these reasons following. If it be caused of bloud, that may be knowne by the repletion of the body, rednes of the parts, and if the bloud or matter do issue forth in the scratching: The patient hath also commonly a sweet tast in the mouth. But if this scabbednes be caused of a salt phlegme, then is the skin yellowish, scaly, and reasonably full of matter: the patient cannot be quiet for the itch, and after scratching findeth great paine and smarting. If it proceed of *Cholera*, then perceiveth he not onely a great drought in the ioynts, but also in the scabs themselves, with pricking, burning, and small store of moisture: or if it be caused of *Melancholy*, then is the skinne blackish, dry, with many scales, and without matter.

Now for to cure this common and well knowne grieve, are these rules following to be observed diligently. First, because the common cause of this disease is grosse and soule bloud, first of all a veine ought to be opened. Secondly, after the letting of bloud, is the body to be purged, and especially with *Hirobalans*, and *Fumitory*. Thirdly, because the itch and scabbednes are ingendred of salt, sharpe, sweet, and spiced meates, are the same wholly to be forborne. Fourthly, venery is to be shunned, because thereby the humoz is drawne to the outside of the body, where it doth raise hot and stinking vapors, that disperse themselves vnder the skinne. Fifthly, bathing, friction, and whatsoever else may be used outwardly, doth small ease, unlesse the body be first thoroughly purged. Sixthly, in eating and drinking refraine all salt, sharp, sweet, and hot things. Seventhly, soure and moist meates that do not suddenly putrefie in the stomacke, are good for him. Eighthly, because *Peaches* and some other herbes, also fish, milke, and such like do corrupt the bloud, they are to be shunned. Ninthly, the patient must forbeare scratching as much as is possible, for thereby little puches are turned into great scabbes. Tenthly, the moister that the scabbednes is, the stronger remedies doth it require.

As concerning the cure of this infirmity, the opening of the *Median* or *Lyer* veine is not to be omitted, and that as long as the patient can endure it. Then is the humoz to be prepared with *Oxyfaccara*, sirupe of *Fumitory*, and *Bease* broth: afterwards to purge with *Cassy*, with *solwe Dates*, with *Hirobalans*, with *Dodder*, or with *Kubarb* infused or sodden in whay of milke, but aboue all other things is *Fumitory* commended, whether it be the iuice, the sirupe, the conserue, or decoctiue potions, or whatsoever else may be made of it.

Some leaues do the same, whereof thou may vse those two kinds of potions in his scabbednes, which are described in the third Part and 20. s.

Item, take powdered *Sene* leaues one drag. strew them vpon *stewed Currans*, and so eate them daily: vse them so long, till thou be loose in body, and as thy stomacke will suffer thee. Some do commend the golden water which is described in the last Part, if a little of it be taken either inwardly, or annointed on the scabbednes outwardly. After that the bodie hath bene thoroughly purged, it is a common order to bath, otherwhiles in faire water, otherwhiles also in naturall dry baths, each as you like it best. But those that cannot intend to trauaile to the dry bathes, may take *Salt*, *Allume*, *Wimstone*, *Argall*, and such like, according as the scabbednes doth require, and so with water make a bath of them.

There are also many kinds of salues and oyles ordained for it, whereof diuers shall be specified at this present: Take litharge of *Siluer* finely powdered two ounces, *Vineger* foure ounces, boyle them together untill one third part be waisted, then adde two ounces of oyle of *Oliues* vnto it, one ounce of *Ceruse*, then boyle them together untill they be thicke, stirring them continually.

Another: Take *Ceruse* two ounces, litharge of *Siluer* one ounce, *Pasticke*, and *Frankinsence*, of each two dragmes, beate them all together to fine powder, and mixe them with three ounces of the oyle of *Oliues*, and in the tempering of them powze now and then solwe or five drops of *Rosewater* and *Vineger* vnto them.

In like manner you haue also in the fourth Part, the ninth Chapter and 1. s. five kinds of white salues, which one may also vse with all security for scabbednesse.

Item, in the first Part, the third Chapter, and 10. s. there is a good salue beginning thus: Take *Turpentine*, &c.

Item, take *Bayberries*, *Vineger*, & oyle of *Oliues* as much as you please, and temper them all together to a salue, it is very good and safe. Take the rootes of *Bistorta* one dragme, prepared *Sarcocolla* two dragmes and a halfe, *Sandaraca* foure scruples, prepared *Tutia* one scruple, *Turpentine*

pentine washt with water of Fumitory foure ounces, Camfer, halfe a scruple; temper amongst it five ounces of the next following salve of Elecampane rootes.

Take the iuice of Elecampane rootes, and of Dock rootes, of each thre ounces, Saltpeter, *Sarcocolla*, the lytharge of Silver, and Masticke, of each fiftene graines, Coperas and Allume, (called *Iamemum*) of each two scruples, mortified Quicksilver one dragme, Butter two drag. and a halfe, Turpentine one ounce and a halfe, Pitch one ounce: the Butter, Pitch and Turpentine must you melt together, and afterwards temper the other ingredients amongst it, and let it seeth with a soft fire untill all the iuices be consumed: you are then to annoint the patient therewith by a good fire, and that especially on the places where the most scabbednesse is; this salve draweth the corruption outward.

Another: take washt Turpentine two ounces, washt Butter one ounce, Salt halfe an ounce, the iuice of thre Limons, two yolks of Eggs brayed, oyle of Roses halfe an ounce, or as much as is needfull for to make a thin salve: then temper it all together, it is a safe salve.

In the fourth Part, the seventh Chapter, and 3. S. you haue also a good salve, beginning thus: Take Sage, Mallowes, &c. which one may vse very safely for all manner of scabs. Take Dock rootes, powne them very small, temper vineger amongst it, and salt it well: with this are you to rub your selfe well in the bath when you will goe out of it, without wetting your selfe after it.

Item take Dock rootes, and Hollihocke rootes, of each two ounces and a halfe, Helleboere rootes one ounce, Smalage halfe a handfull; seeth them all together in fresh well water untill the third part be wasted: straine it, and put into this decoction one ounce and a halfe of Salt, Saltpeter one quarter of an ounce, fresh Butter, and oyle of Roses, of each two ounces: let it seeth the second time untill all the moisture be consumed, afterwards temper amongst it washt Turpentine one ounce, Treacle thre dragmes, the iuice of Limons or of Oranges two ounces, lastly, temper them all together.

Item, take the iuice of Hints, liquid Storax, of each one ounce and a halfe, Salt thre ounces, oyle of Roses two ounces and a halfe, and make a salve thereof.

The plaister *Diachilon* may also be well melted in oyle of Roses, for the same vse: Sulphur vise tempered with Turpentine, is also much commended for this. Make it thus: Take Sulphur vise halfe an ounce, Salt as much also stamp small together, Sallad oyle two ounces, then make it to a salve with Ware, as thicke as you desire. Take ashes, Salt, and Sulphur, of each one ounce, bind them all together in a fine cloth, and then seeth it in foure ounces of Sallad oyle, and rub the scabbednes therewith.

Another. Take Turpentine, which is washt well with Rose water two ounces, oyle of Roses, oyle of Costus, and fresh Butter, of each halfe an ounce, Sulphur vise thre dragmes, Saltpeter one quarter of an ounce, and two yolks of Eggs, then temper it vpon warme ashes. Item, take washt Turpentine five ounces, quicke Lime two ounces, Soote of the chimney one quarter of an ounce, and temper them all together.

This salve following is much stronger than the forementioned: take of the salve of Elecampane rootes, not long since described, nine ounces, Hyzhe, Swines bread, Hartwort, powdered all together very small, of each one quarter of an ounce, Beane meale two ounces, Sene powdered one quarter of an ounce, *Sal gemme* two scrup. temper them all together vnto a salve.

Some do take fresh Butter and Swines bread, of each foure ounces, Ceruse thre dragmes, Quicksilver one dragme, stir them so long together that you see the Quicksilver the more, and therewith annoint the place infected once a day.

Other do make it thus: They do take powdered Bayberries, and fresh May butter, of each foure ounces, and melt it by the fire: when it is a little cold, then mire one dragme of Quicksilver amongst it, and afterwards the Bayberries, iuice of Nightshade, and iuice of Mallowes, of each thre quarters of an ounce: if one cannot get the iuices, then take the powdered herbes, and if so be that the salve be not tough enough, then put a little Turpentine vnto it.

Item, take mans grease, Rose water, and Quicksilver, each according to his waight, like as it is said before in this last salve, and annoint therewith the scabbed place once a day.

Another: Take a small Cruise full of raine water, and put therein one dragme of *Mercurii sublimati*, so let it seeth together in a glasse with a narrow necke by a soft fire: and when it is cold, then temper therewith the iuice of Limons, and Rosewater, of each halfe an ounce, and vse

use it as before. Some do take *Aqua vita*, and therein do they seeth a little Quicksilver, and therewith annoint the scabs.

Item, take Swines grease two ounces and a halfe, oyle of Bayberries one ounce, mortified Quicksilver, Frankinsence and Masticke, of each one dragma, Salt two ounces, the iuice of Plantaine and of Fumitory, of each one ounce and a halfe: lastly, temper one scruple of Opiment with it. Or take Barrowes grease twelue ounces, Quicksilver mortified with vineger half an ounce, oyle of Roses one ounce, Frankinsence, Mastick, Myrre, *Sarcocolla*, and litharge of Silver, of each halfe a dragma, Turpentine three ounces which is washed well in the iuice of Fumitory, Mace halfe an ounce, the two last are to be molten together, and temper the Barrowes grease amongst it, and at last the other powders: then stirre all well together untill it be cold. With this salve is the patient to annoint himselfe twice a day the space of five daies, and the other five or eight daies afterwards, then is he to wash him with this water following:

Take Docke rootes and Elecampane rootes both cut, of each sixe ounces, Bran sixe handfulls, Gallows, Violet leaues, and Fumitory, of each twelue ounces, seeth all together in sufficient water, that one may bath therein, sit in it mextly warme, and coming out of the bath, lay your selfe about the space of an houre in bed.

But here is to be noted, that the salues which be tempered with Quicksilver, are moze meet for the pockes then for scabs, as hereafter shall be shewed in moze ample manner.

If any body be plagued with a troublesome scabbednes, which proceedeth from a salt melancholicke matter: then take the iuice of Elecampane rootes, and of Docke rootes, of each halfe an ounce, liquid Storax, blacke Helleboze, and prepared Tuttie, of each two scruples; temper these all together in a leaden morter, soure or five howres together unto a salve.

It happeneth also otherwhiles, that by some disease of the stomacke or of the liuer, this disease doth grow, and doth so spread it selfe over the whole body, that one supposeth certainly that it is a right leprosie. For this do all expert Physicians know good aduice, with letting of blood and purging at y first. And for this kind of scabs is this remedie following found, to wherein I my selfe haue found marvellous operations: take oyle of bitter Almonds sixtene ounces, fittie common Creuels, powne them, and let them seeth in the oyle: afterwards wring them hard through a cloth, and temper amongst it eight ounces of the oyle of Eggs, and annoint you therewith twice a day. For this is also good Sallad oyle, wherein Frogs be decocted. Item, take a water Snake, cut off the head and the taile and cast it away, afterwards cut the rest in small peeces, and seeth them in oyle and straine it.

In like manner you haue also in the fourth Part, the first Chapter, and 8. S. against the scabbed hands a salve, beginning thus: Take Docke rootes, &c. which is very meete for this kind of scab, and exceedeth also all others. The oyle of Elderne flowres doth cleanse, and mollifieth and taketh all scabbednes away from the hands. The oyle of Egges is very commodious of it selfe for all sharpe scabs, likewise also the oyle of Tiles. Juniper oyle, whether it be drawne out of the wood, or out of the seede, doth expell all infection of the skin, although it were a Canker, or any old vlcere. Also, oyle distilled out of Wheate is much commended for the same.

We haue also in the fourth Part, the first Chapter, and 6. S. other remedies moze against the scabbednesse and the sozenesse, which may be used for this, and over the whole body. Also the maiden milke is very good for this, which is described in the first Part, the 5. Chapter, and 1. S.

Of Tumours. §. 10.



Because we haue sufficiently before discoursed of scabbednes, therefore we will now speake and discourse of certaine swellings, which assaile the skin and the flesh vnder it. And because there can be no impostumes without swelling or rankling, as also all swelling may be caused of blowes, falls, wounds, fractures of bones, and such like: therefore it is needlesse to spend any longer time therein; euery one may himselfe seeke in the Register for the member, wherein euery such swelling doth manifest it selfe, where may be found perfect direction for all: wherefore we will onely here declare certaine common rules.

First, is a Putneg very good for to cleanse all corruption of the blood, and that especially for the swelling of the milke: Conserue of Eldern berries doth also cure all inward swelling. In like manner

manner doth Conserue of the same flowres expell all scourings of the belly. Foure or fve Figs eaten twice a day are also very mete in all swellings. Amongst oyles which may be annointed on the outside, are these following: to wit, oyle of Mint, of Dill, of Lillies, and Tiles. And amongst all salues, the salve of *Althea*.

There is a kind of swelling, which is soft, without paine, and which spreadeth it selfe farre abroad, which the Grecians do call *Oedema*, which ingendreth of wind and cold humors: with this manner of swelling are commonly hydropicall patients troubled, and those that haue the Consumption, or any other long lingering disease. This swelling is also in the foresaid sickness no cause of the same, but onely an accident; so that the same hath no neede of any speciall remedie, but onely to apply vnto it *Oxyrrhodinum*, tempered with salt, or salted Sallad oyle.

Of all Botches, Byles, and other hard swellings. §. 11.

Now if there appeare any hard swellings, Botches, Byles, or Wenues in any place of the body, and that at last there befall with it heate, or rednes with paine, without inclining neuertheles to impostumation, then do the Grecians call the same *Phlegmonas*: But this name comprehendeth many kinds of swellings, so that by the name *Phlegmone* be vnderstood all the swellings of the groines, the *Bubones* and such like moe, because that the same be caused of one kind of cause, viz. of bloud and *Cholera*. These swellings may also be caused of falles, of blowes, or of thrusts, through which the humors be drawne towards the byuised place, and there being gathered together, do make such tumors, impostumations, and other swellings. Besides that it hapneth so much the sooner, if a body be plethoricke and full of bloud.

The signes of these foresaid swellings, are heate, rednesse, paine, and beating, which is felt deepe in the flesh, the whole member where this impostume is, thereby appeareth distempered with heate and inflammation, with great swellings and desire of cooling things.

And when as the member is more sinewie wherein this impostume commeth, so much greater is the paine: and how much more fleshy it is, so much is the paine and the pricking the lesse, and commeth easier to a perfect impostumation. Now so to remedie these kinds of swellings, must we note certaine rules.

First, if the patient be plethoricke, then is one of his veines to be opened, and that alwaies in the side where the swelling is not, and according to the situation of the place where the swelling appeareth. Secondly, if the matter be hote, then must one giue the patient those medicins which allay the heate. Thirdly, when the matter is well purged, then are repulsive remedies to be vsed vpon the swelling, if it be not that the swelling stand in such a place, wherby nature is wont to expell all superfluitie from her. Fourthly, amongst the things which hinder repulsion be grosse and tough humors, cold and abundance of the matter. Fifthly, if so be that a swelling be great, and it seeme to be inclined to impostumation, then are no repulsive things to be vsed, but only maturatiues. Sixthly, when it is certaine that the impostume is ripe, and full of corruption, then is the same to be immediatly opened, and especially if it stand neare some noble part; so that if one delayed the opening too long, then might the matter eate inward, and do more hurt. Seventhly, the healing of this hot impostume, consisteth onely in staying of the affluent humors, and in discussing the matter present.

Now so to heale this impostume, one must imitate the first rule, and in the beginning open the vein on the contrary side. But if so be that the tumor haue already continued three or foure daies, and the same were very big, then is the veine to be opened on the same side where the swelling is. The patient is also to be purged with solwe Dates, with Cassie, with sirupe of Roses, with the Confection of the iuice of Roses, or such like, and lay vpon it repulsive medicaments so to lessen the power of the swelling, as cold herbes, Purslaine, Gourds, Endiue, and Pighshade powdered, and their iuices.

When as now the cause is come to the state, and to the highest, then are maturatiues to be vsed, whereof here be diuers discovered.

Some pocke Physicians do aduise, that do not know better, or they that gladly hold the matter long in their hands, that the swelling is the space of thirty dayes together to be fomented with *Marchasita*, but that is very needlesse.

This

This confection following is of the same quality, and therefore to be also omitted: Take *Scrophularia*, *Polypody* rootes, *Betony* and *Swines* bread, of each one dragma, poune them small together, and being tempered with three ounces of Sugar, make a confection thereof. For to apply vnto it might this aforesayd be bozne withall in some sort, for that it mollifieth all hard swellings, like as many other plaisters do.

Take the muscilage of *Hollyhock* rootes, of *Fenegræke*, and of *Linsæd*, of each one ounce and a halfe, *Barley* meale two ounces, oyle of *Lillies* and *Hens* grease, of each one ounce, *Butter* halfe an ounce, *Saffron* halfe a scruple, and one yolke of an egge: seeth the muscilage with meale by a milde fire, and at last stir the yolke of the egge amongst it. This plaister mollifieth all swellings which be mixed with cold and heat: it swageth also the paine in all the sinewy parts, and such like things moe. Will you now vse it for all cold swellings? then temper amongst it *Ammoniacum*, *Bdellium*, and liquid *Storax*, of each halfe an ounce, wherewith it is very commodious to mollifie and ripen all hard swellings.

Another. Take *Cammomill* one handfull, seeth it in good wine euen to the halfe, then temper amongst it *Sallad* oyle & *Butter*, of each one ounce and a halfe, and as much *Barly* meale, vntill it be a pap; then lay it vpon the tumour; it ripeneth and mollifieth all hardnes.

Item, take *Cammomill*, *Helilot*, *Roses*, *Dill* seed, *Fenegræke*, *Hollyhock* seed, and *Linsæd*, of each one handfull, oyle of *Lillies*, and vn salted butter, of each two ounces, *Saffron* one scruple, temper them together by a soft fire vnto a plaister, it mollifieth all hardnes, and easeth the paine.

Another. Take *Cammomill*, *Helilot*, *Hallowes*, and *Hollyhock* floures, of each one handfull, *Barly* meale one ounce, oyle of *Lillies* and of *Cammomill*, of each one ounce and a halfe: seeth the floures in sufficient water vnto the halfe, wring it out well, and poune it: put then the oyle and meale vnto it; this plaister hath the same operation with the other. Yet one mo, which is very good.

Take *Hens* grease, *Goose* grease, and marrow of *Peats* sette, of each one ounce, Muscilage of *Hollyhock* rootes, of *Fenegræke*, and of *Linsæd*, of each one ounce, *Bdellium*, *Galbanum*, and *Ammoniacum*, of each one ounce and a halfe: dissolue the Gums in two ounces, of oyle of *Lillies*, and then melt them with the grease and slime. Then poune 24. or 25. fat figges amongst it and stirre them all together, and lay thereof vpon the swelling. For to annoint, is this following to be prepared: Take *Beane* meale, *Allume*, *Polypody* roots, *Swines* bread, wild *Cucumbers*, *Hartwort*, *Scrophularia*, of each a like quantity beaten, *Sallad* oyle as much as is needfull for to make a salve thereof. This is a very strong salve.

Take well decocted *Rosemary* rootes, and temper them with *Hony*: Item, take oyle of *Roses* one ounce and a halfe, washed *Turpentine* two ounces, *Mirra* halfe an ounce, the yolks of two eggs, *Barley* meale as much as is needfull for to make a soft plaister with it. This plaister causeth all swellings to ripen: Take *Violets* & water *Lillies*, of each one ounce, oyle of *Quinces* halfe an ounce, *Starch* two ounces, *Camfere* one scruple, fine *Bolus* one dragma: make a salve thereof for to vse for all hot swellings. Item, take *Pitch*, *Turpentine*, & *Rosin*, of each one ounce and a halfe, *Mare* one ounce, *Sallad* oyle three quarters of an ounce, let them melt together by a milde fire. The plaister *Diachylon* doth also much mollifie all hard swellings.

In the second part the second Chapter and 7. s. you haue many excellent things which also may be vled for this purpose.

But if so be that these hard kind of swellings and impostumes be ripe, which is thereby easily to be knowne, when the heate, the ague, and other accidents do diminish; also, when the hardnes is mollified, then must the swelling be opened, and so kept with faints, and to cleanse it well, so that for certaine dayes together all the matter and corruption may runne out: lay also clouts on euery time with red or any other amper wine, wherein *Roses* and *Cammomill* haue bene decocted.

If so be that now after the healing like as it hapneth sometimes in these kind of hot swellings, there remaine some paine which keepeth the patient disquiet, then lay beaten yolks of eggs vpon it, tempered with oyle of *Roses*.

Or take crums of white bread, and powze seething water vpon it, then wring it out againe and temper them with oyle of *Roses* vnto a pap.

Item, seeth *Hallowes* in common water, stamp them, and temper them with *Wan* and oyle

ople of Violets: to all these forementioned things are you to temper alwaies some Saffron, because that it hath an especiall power in alaying of all paines.

Of the Rose, a certaine impediment, called *Erysipelas*. §. 12.

Amongst the hot swellings whereof commonly the foresaid impostumes are caused, is also the Rose or *Erysipelas*, which is none other thing but an inflammation of the skin, which in this country we call the Rose.

The Latiniſts do call it *Ignem ſacrum*, which is the holy fire, for that when the Rose appeareth in any place of the body, then doth it come with a burning heate, with an ague, and with a dry rednesse. And to know this impediment from all other inflammations, lay your finger vpon the chiefest place of the rednesse, wzing it so easly, if so be that then the place whence you lift vp your finger that you had so wzing do seeme white, and in the twinkling of an eye seeme red againe, then is it a sure signe of the Rose. This swelling commonly assaileth one with a quivering, with heate, and cold, it infecteth also onely the skin without piercing (as other swellings) into the flesh, or very seldome, and when this inflammation of the Rose goeth inward into the body, then is it a very bad signe.

Now for to heale this infection of the Rose, must heede be taken to these orders following. First, cannot one doe better, then to purge this hot cholerick matter (whence this swelling hath his foundation) with necessarie medicines: secondly, these cholericke humours (which bee as it were a skum of the blood) be not only a cause of this Rose, by their abundance, but also by their heate and inflammation: wherefore it is not hurtfull for to open a veine, thereby to coole the blood. Thirdly, the cooling of this inflammation may not be vied in all places by laying on of some repulsive things, to the end that the hot matter be not repelled and driven to any noble part, as to the braines, the hart, &c. whereby some great mischance might ensue.

Fourthly, no cold things are to be vied for this swelling, if the bodie before be not well purged. Fifthly, it is not needfull for to ripen these swellings, but onely to coole them. Sixthly, if this Rose be without any mixture of other swellings, then doth it not hurt although one drinke cold water, but it is rather a medicine in this disease. Seventhly, when the swelling is caused of a red *Cholera*, then is it so much the hotter, therefore strong cooling things are to be vied. Eighthly, if so be that this swelling be tempered with another sort of swelling, then is the same so long to be cooled, untill one perceiue that the member hath gotten againe his naturall colour. Ninthly, if the place of the swelling begin to seeme blacke and browne, then vied no cooling things more, to the end that thereby it come not to impostumate and rankle.

And to preuent these things, this is to be done: first of all purge the patient, for to expell the *Cholera* with Cassie, *Electuario Lenuuo*, *Diaphœnicone*, *De succo Rosarum*, *De Sebis*, as is shewed at large in the third part, the twelith Chapter, and 6. §. But it were not amisse alwaies to adde some Rubarb vnto either of these medicines.

But aboue all, he must beware of the vse of Scammony, or *Diagridion*. But take 24. or 25. Prunes, so wze Dates one ounce and a quarter, seeth them well in sufficient well water, then take of this decoction thre ounces, and keepe therein one dragme of Rubarbe throughout the whole night, afterwards wzing it out in the morning, and mingle one ounce of the sirupe of Violets with it, or as much as you thinke good, and so drinke it warme. If this purgation be too weake, then take some of the forenamed, and especially *De succo Rosarum*, and temper therewith one quarter of an ounce. It hapneth also oftentimes, that through the taking of any medicine, paine & maruellous accidents are perceiued, then is the patient presently to take warme water, or this ensuing.

Take Annis, and Fennell, of each halfe a dragme, Roses, Violets, floures of Burrage and of Englosse, of each halfe a handfull, Saffron thre greines, seeth it together with water, and drinke a good draught thereof, or lay it vpon the stomacke.

Afterwards set a boring cup (vpickt) vpon the heart, and two behinde vpon the backe, and if so be that the age, and the repletion of the bodie may suffer it, then is the Luer veine to be opened: otherwise may it be omitted, for that in this disease letting of blood is not alwaies necessary.

This whole order of dyet must be cooling things, wherefore Wine is much forbidden, and

in the state thereof, is there nothing more requisite than Barly water. There may also be used sometimes the sirupe of Endiue, of Vineger, of Sorrell, and of Poppy heads: or the sirupe and Julep of Roses, and of Violets is also much commended: and if so be that the long vse of Barly water went against him, then may he drinke Well water; as herebefore you haue seene further direction in a hot stomacke and liuer.

For to vse outwardly: Take Lettice, which is somewhat grossely beaten, and lay it vpon the heate of the swelling: or in the state thereof, take Lettice water. In like manner may you also vse this following, whether it be tempered, or each alone, being made wet with a sponge, and so laid vpon it, viz. water of Endiue, of Cozneroses, of water Lillies, of Violets, or the decoction of Roses.

Item, lay Creame of milke vpon it, tempered with Bran, or crummes of white bread steeped in milke; and in like manner also *Oxyrrhodinum*. Or take the iuice of Plantaine, and iuice of Houslecke, of each a like quantity, and temper some Vineger with it. Some do vse for it the right writing inke. Take Plantaine one handfull, Nightshade and Violets, of each halfe a handfull, Linsed and Fenegrake meale, of each halfe an ounce; let it seeth together to growte: Afterwards temper the yolke of an Egge amongst it, and vse it as the other.

Another: Take Barly meale two ounces, Linsed meale and Roses of each one ounce and a halfe, red and white Saunders of each one quarter of an ounce, fine Bolus, and Camfere, of each one dragme, the iuice of Nightshade and of Houslecke, of each two ounces, and a little Vineger; temper them all together with the oyle of Roses vnto a soft plaister.

This oyle following is also very good for to assuage heate, viz. oyle of Roses, of water Lillies, of Violets, and of Poppy heads. Nevertheless, there is here to be noted, that all oylie and fat things be not very meete for this; so that they are not to be used for this disease, but only for to mixe them with other things.

For to annoint withall, take small powdered litharge of gold, temper it vnto dough with oyle of Roses, afterwards put a little sharp vineger vnto it, and stirre it so long together vntill that the Vineger be well tempered amongst it: this is chiefly to be annointed vpon the Rose there where there be any blisters apparent, three times a day. The salve of Roses, and the cooling salve *Galen*, be very good for this, especially if there be a little Camfere tempered with both these.

Also this salve following may sometimes be annointed vpon it: Take the oyle of Roses, of Cammomill, of Egges, and iuice of Plantaine, of each a like quantity, temper them all together.

Or take this following: Take the iuice of Plantaine foure ounces, Rose water, and oyle of Roses, of each one ounce and a halfe. If you desire to make a salve thereof, then let it seeth vntill all the iuice be wasted, and then put some waxe vnto it: Otherwise may you dippe a cloth therein and lay it thereon, and as then, the last described pay ouer it, beginning, Take Plantaine a handfull, &c.

Item, take Barley meale, Honey, and the iuice of Apples, of each a like quantity, let them seeth together vnto grout, and vse them as the other. You may also vse fomenting, where Roses, Cammomill, and Houslecke be decocted.

Of the swellings of the Groynes, Armpits, and Eares. S. 13.



We haue here before in the common description of the impostume & swelling admonished, that there is also comprehended by the same name, the swelling of the groynes *Bubones*, as also the Carbuncles or plague sores. But because these swellings do commonly appeare in man & woman in the armpits, or in the groynes: therfore haue we in the third part, the second chapter, and first s. written thereof at large. And it is also so with all other anguishes, Byles, *Furunculis*, but that they be somewhat more tollerable.

Of the Carbuncle or plague-fore, a perillous swelling. S. 14.

This Impostume doe the Greekes call *Anthraxem*, which is a Cole; the Latinists call it *Carbonem* and *Carbunculum*, which name we haue retained in our speech, howbeit that some make a difference betwene *Anthrax* and *Carbunculus*. This impostume is described as followeth.

Anthrax is an hot impostume, by which the place where it appeareth is inflamed, burneth the grosse blood, and causeth a blacke cole or coze with an intollerable paine. And there is also in truth no worse impostume amongst all the rest than this *Anthrax*, as all wel learned Physicians do write thereof, and as daily experience bringeth with it.

The signes whereby these two impostumes be knowne, is first a rednesse of the member, with a small blackish, darke blew, or pale pussh, whereon a scale groweth, vnder the which there is some matter or corruption gathered. But by reason these hot Carbuncles, or plague-sores, for the most part, and most perillously make shew in the time of plague (where shall be written at large of this matter) therefore will we not deuide the matter: but all those that are taken with them at other times, we do remit to the first part of this booke, prouiding there to teach at length whatsoeuer shall seeme needfull for it; therefore we will be the briefer at this present.

First must they which be infected with this disease, cause a veine to be opened, and that on the contrarie side, if so be that he be full of blood, and of humors: afterwards vpon the same side: and if that cannot bee compassed, at leastwise there to set boxing cups; afterwards the patient is to be purged with the Whay of Milke, with *Epithymo*, with *Agaricus*, or with sowre Dates.

For to comfort him him withall may he vse Citrons, Limons, and Oranges. In eating and drinking is he to keepe himselfe, as one that is full of the ague, and according as the heate is great. Outwardly is he not to vse cold things, as in the Rose, for that the matter is somewhat thicker: But one may make a plaister of Gals, Plantaine, Lentils, of cruells of bread, or Bran, tempered with Vineger, Allume molten in Vineger, and then laid with clothes vpon it: for this are also good Pomegranates cut in peeces, and decocted mellow in Vineger, and laid vpon it as a plaister: for thereby will the heate and the paine be swaged. Now for to cause this paine to ripen, make a plaister of Figs, of Currans, of Puts, of Barly meale, decocted with Wine and oyle.

Around about the Carbuncle lay the salue of fine Bolus, made of Vineger and Rose water, to defend the parts adiacent from heate.

When as now this anguish is broken bp, then is it to be healed and cleansed with the mundificatiue which is described in the second part, the second chapter, and 9. S. and to vse drying things so long, untill that they be thorowly healed, which may be effected with the salue *Basilicon*, which is thus made: Take Ceruse five dragmes, Litharge of gold one quarter of an ounce, the Litharge of siluer one draine and a halfe, Dragagant one draine; make a powder thereof, and temper it with an ounce of white Ware, and three ounces of Oyle of Roses, vnto a salue.

Of all manner of old Vlcers and old Sores. S. 15.

These Vlcers or old Sores, whether they be caused of Impostumes, windes, or any other occasions, be alwaies called by the Latinists *Solutionem Continuitatis*, which is, a separation of continuity, which alwaies happeneth in all vlcers and sores, where the skin and the flesh parteth asunder: whereof there be found many kinds, as we also haue described many of them before, and shall doe hereafter againe. But this present s. shall tell onely of all old vlcers in generall: for which some of these rules following are to be obserued.

First, if one see that an vlcere or wound doe yeld much thinne matter, then is it a signe that one is to vse drying things. Secondly, if so be that the matter be tough and thicke, then are *Abstersiua*, which are mundifying things, to be vied. Thirdly, when these kindes of Vlcers be dressed, then is heede to be taken that the vlcere bee not blowne vpon with the South winde,

Salve Basilicon.

winde, that there come also no cold, no moisture into it, and that especially when the ulcer is moist and hote. Fourthly, for all wounds drie things be good, and that the rather if the same be deepe. Fifthly, because there can be no good flesh engendred, vnlesse that the wound bee first well dyed and cleansed, therefore such things must be vsed for it at times, otherwise would the matter be augmented in the wounds, and be vnpossible for to engender flesh. Sixthly, there will be no flesh at all engendred, if it bee not that the salve be like to the nature of the Ulcer: therefore in all dry parts of the body dry things are to be vsed, and in moist parts, moist remedies to be applied. Seuenthly, it must be looked too, that there be vsed no oyles in any ulcer, for that they bring a putrifaction in all deepe wounds and vlcers, and especially in warme time of yeare whether it be in dry or moist complexions. Eighthly, it is needfull, that in all qualities of the members which be hurt with any wound, or ulcer, where flesh must be engendred, the blood must be well cleansed, because that is the substance out of which the flesh must grow: and this not onely in the same member, but also ouer the whole body. Ninthly, the drying medicines shall be no higher than dry in the first degree, for that when the same dry too fast, then will the young flesh be consumed and dyed away. Tenthly, all drying medicines be very meete for all dry complexions: like as to the contrary, all moist medicines be most necessary for all moist natures: whence it then followeth, that dry bodies or dry parties will be cured with drie medicines, and moist with moist. Eleuenthly, if the wounds or sores be moist by nature, then bee drie remedies to be vsed for it. Twelfthly, if there be two kinds of vlcers, which be like one another in the matter, and the one were in a dry body, and the other were in a moist body, then in the ulcer in the dry body, are such things to be vsed which be moze dry, and in a moist body apply remedies which do dry lesse, for to heale the same: therefore is frankinsence, and such like to be vsed in moist bodies, because that it dryeth not forcibly. And on the contrary, Hartwort, Treos, and such like things, which do dry forcibly are to be vsed in dry bodies. Thirteenthly, the vlcers which yeeld a thicke matter and be swollen, are to be cured with such drying things which do not bite, as Pomegranate peeles, decocted Plantaine and such like.

Now concerning the cure, there shall be by each description especially declared, how that the purging, letting of blood, and such like shall be vsed: Here will we onely discourse, as much as concerneth all old vlcers, what plaisters, salues, and other applications are to be vsed for them.

Take old Barrows grease, Butter, Bucks suet, Hony, Ware, and Rosin, of each a like quantity, and a little Wine; melt the same by the fire: afterwards take Sallad Oyle as much as is needfull for a soft plaister: this being done, then wryng it through a cloth, and let it be cold. This salve and all other salues which here insue, may be freely vsed in all vlcers, obseruing alwaies the difference betwene heate and cold. Take Sallad oyle and Vineger, of each two ounces, Ware halfe an ounce, brused Litharge of Gold one ounce and a halfe, Verdigrease one dragme, let the Vineger be hot, & temper the other things amongst it, then seeth it together vntill that it be red.

This ensuing is very like vnto it: Take oyle and Vineger, of each two ounces, Ware halfe an ounce, the litharge of gold one ounce and a halfe, Pasticke and Verdigrease, of each one dragme: seeth the oyle and vineger so long till the vineger be all wasted, and vntill the salve ware red.

Item, take oyle of Roses three drag. oyle of Cammomill one drag. Ceruse one quarter of an ounce, Dragon blood and fine Bolus, of each halfe an ounce, Camfer one drag, litharge of gold halfe a drag. prepared Tutty one quarter of an ounce, Corall one drag. Wax as much as is needfull for to make a plaister; then spread it vpon a leather, and lay it vpon it.

But before that there be this or that laid vpon it, the ulcer is to be oftentimes washed with this ensuing: Take white Wine foure ounces, Rose water two ounces, the white of a hard sodden egge brused small, burnt Allume one quarter of an ounce, Verdigrease one drag. seeth them all together by a milde fire, and let it afterwards settle; then straine it, and keepe it well kept: and if it be too strong, then take moze wine and Rose water vnto it.

This plaister following is called at the Apothecaries *Basilicum*, and of the Chirurgians, the water plaister. The same is especiall good for all dry sores, which be without matter or moisture, and especially for the sinewes, for that it dryeth, cleanseth, and causeth the flesh to grow, and is thus prepared.

Take Wax, Rosin, Dre suet, Pitch, Turpentine, Frankinsence, Birrhe, and *Colophonium*, of each a like quantity: but first you are to melt the Ware, and then the Pitch amongst it: afterwards put the Turpentine into it, and then mire the Birrhe & the Frankinsence pounded small

Salve Basilicum
cum other
wise.

amongst it. Now when it is cold, so that it may bee handled with the hands, then must it bee wrought thoroughly with wet hands. Out of this will also a salve be made with oyle, like as befoze in the 14. s. you haue seene another.

Item, in the second part, the third Chapter, and 9. S. is there one more, which beginneth thus: Take clarified Honey &c. which may be used for all hot and cold vlcers.

The Chirurgians do vse this following vnder the name of the greene plaister: Take Dogs grease, Mare, Rosin, and Barrowes grease, of each one ounce, Nightshade and Hallowes, of each one handfull: seeth the hearbs to pap in Goats milke, vntill it be altogether thicke, afterwards powne it altogether, and temper it with another.

Wheresoeuer there be any Blisters which will impostumate or rankle, which the Chirurgians doe call *Coffos exulceratos*, thereto are these salues ensuing to be used: Take lytharge of Gold as much as you will, keepe the same the space of two daies in Vineger, and powze off the Vineger thre times, and powze fresh vpon it againe; stirre it oftentimes about, and then let it stand in the hot Sunne: afterwards stirre it and vse it the space of two or thre houres in a leaden mortar, putting vnto it in stirring it, now and then, a little Vineger, Violets, and oyle of Violets, vntill it be thicke: then at the last put two ounces of Ceruse vnto it, the iuyce of Plantaine and of Houseleke, of each halfe an ounce, Camfer halfe a dragme, and two whites of eggs, so make thereof a soft salve, and annoint therewith all Blisters which be caused of heate, and all other exulcerations of the skinne. The next day after is this disease to be washed with this water following: Take Docke roots, Hallowes, and Violet leaues, of each one handfull; seeth all together in faire wel water, and straine it thorow a cloth, afterwards temper it with Rose water as much as you please, and vse it oftentimes.

Of a stinking and running vlcer. S. 16.

These vlcers or stinking sores do come of grosse and tough humors. When one will heale them, then is the patient to eate none other but light meates, and to drinke thin drinke, and to purge the watery and melancholy humors, to the end that thereby all affluent humors may be taken away. In like manner is the patient to be let blood, if there be none other thing that letteth it: and to cut out all foule stinking flesh, or to bite or eate it out by some cautery, that there may grow new and good flesh in it, for the which these things following are very commodious.

First, for to cleanse the vlcers, is speciall good the salve *Mundificatium Apii*, which is described in the second part. Item, the salve of the Apostles, which may be found in the Register, and is marvellous good for all kinds of vlcers.

This following is also much commended: Take Plantaine water, wine of Pomegranates, and Honey, of each two ounces, Verdigrease and Allume, of each one ounce and a quarter: boyle them together vntill it become thicke, then apply it to the vlcers. Item, take vnripe Sallad oyle one ounce and a halfe, burnt lead thre drags, prepared Tuffty thre quarters of an ounce, Mastick, Frankinsence, and *Sarcocolla*, of each one drag, and a half, seeth all together in 6. ounces of water of Plantaine vntill the water be washed away: if you will make a plaister of it, then put as much ware vnto it as is needfull. This salve is to be laid with plegents in the vlcer. This ensuing doth cleanse and consume all bad matter of the vlcer: Take quicke lime foure ounces, oyle 16. ounces, Dære selwet 3. ounces, Ware as much as sufficeth for a plaister or salve: melt them together, and stirre it so long vntill it be cold. Another. Take small sifted Otemeale eight ounces, the iuyce of Parierom and of Nightshade, of each foure ounces, fresh Barrowes grease 6. ounces, temper them all together, and then lay it so thereon, the same doth ripen, coole, and mundifie. There is also well prepared a very costly plaister, which is called *Gratia Dei*, which is especiall good for all stinking vlcers, fresh wounds, and for all bad flesh; iron, glasse, wood, poyson, bones, and all that doth hurt in the wounds, doth it draw out and healeth it, which is made thus:

Take Turpentine one ounce, Rosin 6. ounces, white Wax 2. ounces, Mastick half an ounce, Nerueine, Betony, & the great Wimpernel, of each halfe a handfull: Stamp all the herbs, and seeth them in strong wine, vntill the third part be washed: afterwards straine it & wring it out. Then are you to seeth in this decoction the Ware, Rosin, & Masticke, stirring it alwaies about, vntill it be well mixed together, then set it from the fire, and put the Turpentine and the rest into it, then

The plaister
Gratia Dei.

then stirre it very strong, so long untill it be thow cold. The Chirurgians haue also a plaister which they do call the blacke plaister, which is very good for all wounds, vlcers, and fistulaes, and is thus prepared: Take Amber, Verdigrease, Sulphur, Lytharge of Gold, Lime, and Bay berries, of each a like quantity, pouned very small, clarified Hony, as much as is needfull for to make a plaister or a salve.

The blacke
Plaister.

The salve of Egypt called *Unguentum Egyptiacum* doth also cleanse exceedingly all fistulaes, stinking vlcers, and cleanseth them of the bad flesh, and is thus prepared: Take Verdigrease five drag: clare hony one ounce and three quarters, strong Vineger 7. drag. then seeth them together untill it be thick enough. It is an especiall good salve for al stinking sores, to cause the same to dry.

Salve of
Egypt.

Item: take Verdigrease halfe an ounce, salt peter one ounce, bruse them together vpon a stone and set it on fire with a paper, then will the Salt peter be burnt: all that remaineth on the stone are you to lay with the stone and all, in a moyst celler, and the stone lying awy, then in time will there be an oyle runne out of it; then temper this oyle with Rose water, or with the white of an egge; it is too strong alone, but it healeth passing well.

Item, these oyles insuing be also very good for such like vlcers, viz. oyle of eggs, of Dill, of Lillies, of blew flower-deluce, of Maltfloures, and oyle of Tyles.

Amongst the waters and such like be also good the two aforesaid golden waters, which wee shall describe hereafter in the last part, and M. Tristrams water, one of these, which one will, drunke or applied to the vlcer.

For this may also be used a certaine ley tempered with Sallad oyle, which hereafter shall be described against the burning with gun-powder.

Do make this following: take small cut Hartwort one quarter of an ounce, *Assa foetida* one drag, Centorie one dragme and a half, quick lime half a dragm; lay them altogether to steep in a pinte of Ley, afterwards seeth it untill a third part be wasted, wherewith the vlcer is to be washed luke warme. Item, poune Hony suckle to powder, and let it boile well in wine, afterwards lay this wine vpon the vlcer. The Chirurgians haue also sundry powders in vse; amongst which there is one very common, which they do call the red powder, and is prepared thus: Take *Colophonium* one ounce, Comfrey, Bloodstone, or Argall, Dragon blood, and Hony, of each halfe an ounce, make a powder of all these: the same doth heale all vlcers, woundes, and fistulaes, when they be cleansed from all soule flesh. You may also vse it in all wounds. Item, take Beane meale halfe an ounce, mill dust 5. drag. Masticke halfe a drag. Dragagant, Gum, Hony, fine Bolus, and Dragon blood, of each one scrup. temper them all together, and strew it in the moist vlcers. Of this powder may one make also a plaister putting ware and Turpentine vnto it, which most mightily doth dry all vlcers. It is also much commended that all they which be troubled with an old vlcer, ought to take one drag. of Nithidate or Treacle, more or lesse according to the ability of the person, and that with the water of fumitorie: the like may he also vse the stomachicall powder which is expessed in the first part the second chap. and 1. s. beginning thus: Take Sene leaues, &c. which powder if so be that the patient doe vse diligently, hee neede not feare at all of any bad vlcer. The Rosemary Wine is also much esteemed, for that it consumeth all excessive moisture of the body, and keepeth the body in good health: Item, if one wash the vlcer therewith, then will it both cleanse and heale it.

The red
powder.

Of the broken veines called *Varices*. S. 17.

Of these *Varices* or broken veines, is very much admonished in the fourth part in the beginning of the second Chapter. And although these broken veines doe appeare most in the hips, and in the legs: neuerthelesse the same do also happen in deed in other parts of the body, where they be seene knobbed, Greene, and blacke. These said veines of the brest, do sticke full of Melancholie blood, and are very ill to be healed.

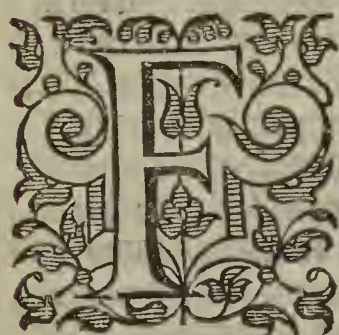
They which labour much with the legs, trauell much by land, doe beare heauy burthens, and do eate many melancholike meates; are for the most part troubled with these broken veines.

Concerning the meanes whereby these broken veines are to be healed, is that at first the *Basilica* be opened, and that the patient be purged with such medicines as expell melancholike humors, whereof there be sundry expessed here and there in this Book, and that is also oftentimes to be done, and he is to beware of all grosse meates.

When as this hath bene continued a long time, then are the broken veines to be opened, and the blood to be let runne cleane out of it. Some doe also vse the actuall cautery: yet must the vppermost veine be opened where it first beginneth, and afterwards to lay vpon it this salve or plaister: Take Ceruse, Antimonie, Litharge of siluer, and burnt Lead, of each one ounce, sheeps sewet foure ounces, Frankinsence, Omy, *Sandaraca*, *Sarcocolla*, burnt Allume, and Dragon blood, of each three dragmes, oyle of Roses, and Vineger of Roses, of each three dragmes, white Ware and Rosin, of each halfe an ounce: temper them together, and then make a salve or a plaister thereof: this is also good for all old vlcers, for it dryeth and swageth the paine. Item; Take Frankinsence, Basticke, Myrhe, and Omy, of each one dragme and a halfe, the iuyce of blew flower-deluce two dragmes and a halfe, Hartwoort, Southernwood, and prepared Earthwormes dyed to powder, of each one dragme, brused small, Lytharge of Gold halfe an ounce, burnt Coperas, burnt Lead, Bals, Cipers nuts, the rootes of *Curcuma*, white and red Corall, and Roses, of each two ounces, Dore sewet, and oyle of blew flower-deluce, of each one ounce: poune all that is to be pownded, but the Rosin, the Turpentine, and the oyle are to be molten by the fire, and so tempered with the rest to a salve. Some doe take Lupine meale, and make a plaister with water wherein *Tamariscus* is decocted, or with Goats dung and Wine. Also the vppermost members from whence this heauy blood falleth downe, are to be strengthened, and their disease cured.

The second Chapter.

Of depascent Vlcers in generall. S. 1.



As much as we be now come to write of those Vlcers which doe not continue in a place, but corode hitherwards and thitherwards corrupting the skinne, the flesh, yea sometimes the bones: therefore is it first to be knowne that these vlcers bee called *Phagedenas*: but for the more difference, such like vlcers haue their seuerall names: amongst which *Herpes*, *Phagedena*, and *Cancer*, be the chiefeest: the first whereof, to wit, *Herpes*, doth yeld much thinne and subtile moysture; the *Cancer*, grosse and tough matter; and *Phagedena*, middle betwene thin and thick matter; but *Herpes* is not alwaies an open vlcer, but crepeth in tyme hitherwards and hitherwards like a Snake, whereof this disease also beareth her name; the once place healing, and the other excoziating: *Phagedena* is a great vlcer, and corodeth very deepe into the place and on euerie side of it: *Cancer* (which is the Canker) shall hereafter haue his proper description. And albeit, these sores (as is said) do somewhat differ: yet are they for the most part comprehended all vnder the name of a Fistell, and it is thought that the *Fistula* is alwaies a cause of the other: therefore we will also first of all write of that.

Of the *Fistula*. S. 2.

This name of *Fistula* (or Fistell in English) haue the Latinists first of all giuen vnto this vlcer, which doth signifie a Pipe: for as a Pipe is long and hollow; so is the nature of this vlcer also, being deepe and hauing in the beginning but a small issue: for which cause it is described, as hereafter followeth. A *Fistell* is an vlcer, the which round about it hath a calous skin, deepe, and long, penetrating into the body, & very crooked, which be hard to close by or to heale: and the which sometimes also in steede of good matter, do yeld a subtile moysture.

It is found also that these *Fistells* do appere very little aboue in the skinne, and neuer thelesse do ly with their rootes deepe and hidden in the flesh, wherefore they be also the more dangerous to be healed, like as you may see in the seuenth chapter and eleuenth s. of the *Fistell* in the corner of the eyes. Item, where we discourse of the impostumes of the eares, and also of the *Fistell* of the gums which are all together described in the first part, & in the second part, the third chapter, and ninth S. In like maner also in the third part, the tenth chapter, and twelfth s. of the *Fistula* of the Arsegut. The causes of these *Fistells* may be precedent impostumes badlie cured;

cured; or for that one hath stayed too long from opening of them, whereby the matter hath eaten inwards, and so is turned into a Fistell. In like manner may also a Fistell growe of a wound which is not well mundified, also of fractures of bones, or any other bad humors of the body which ly hidden vnder the skin, and vnder the flesh, which do there corrupt the same, and be changed into a Fistell. The signes be these, viz. when one wzingeth them, then be they without paine, if it be not that they stand somewhere about a sinew, or had some corruption in them. If so be that this Fistell be onely in the flesh, then will the matter be white in a short space. Or if the Fistell be old, then doth it yeld a long space thick and troubled matter: or if the Fistell be in a sinew, then is the matter thin and black, and if one wzing it, then doth there runne out bloody matter. If so be the same be in the bone, then doth there runne out thin and yellow matter. And if so be that it pierse into the hollownes of the bone, then issueth a fat oily matter, whereby may easily be gessed that the marrow is spoyled, with other moe such like signes, which be discovered in the same places.

Now for to heale these Fistells, must certaine articles be noted: First, because all Fistells procede most of a waterish moisture, therefore are all drying things to be vsed vnto it, and the patient is to eate those thngs that make good blood. Secondly, by reason that the material cause is rooted in the body, it is necessary to haue the same prepared and expelled. Thirdly, in old and very deepe Fistells, it is surest of all (if one will heale the same) that they either by incision or by an actuall cautery be taken away euen to the bottome, as to the contrary, the potentiall cautery because of the sinewes is dangerous and hurtfull. Fourthly, all Fistells that goe into the bone will neuer moze be healed, if the bone be not first scaled. Fifthly, they that do go into the flesh, must of necessity be dilated and opened, to the end that they may be the better mundified and dried.

The cure of this Fistell is of great importance, so that the patient is to order himselfe in eating and drinking, according as the first rule giueth notice, and to vse all drying things for it: also he is to leade his life in a dry dwelling, and there to settle himselfe. Fish and such like things be noysome for him, good flesh rather roasted than sod is commodious for him: his drinke shall be good wine: but because of the sharp matter, the same is to be somewhat watered. And for to prepare the matter of the Fistell, take *Oxymel of Squils*, or *Diureticum* and such like, which may also be vsed in the Fistell it selfe.

These be then the things which may be vsed outwardly: Take Frankinsence and Aloe, of each one ounce, skummed Hony five ounces, seeth the Hony vntill it be thick. When it be ginneth to be cold, then temper the powders amongst it: at the last put one ounce and a halfe of molten *Assa foetida* vnto it, and rub it a good while in a mortar. This is a passing remedie to heale the Fistell, and also to cure all old blcers, for that it cleanseth the same, it consumeth all corrupted flesh, it separateth all scurffe and corrupted bones.

Item, take Turpentine which is oftentimes washed with Sozrell water, foure ounces, the yolke of an egge, temper them together, and put sixe ounces of the iuice of Smalage vnto it, let it seeth together till the iuice be consumed; then adde halfe a dragme of Saffron vnto it: this cleanseth and consumeth all that doth any hurt in blcers or wounds, and it maketh also flesh to growe.

Next vnto this plaister and salve may you vse the the water which not long since in the first Chapter and 16. s. is described, beginning thus: Take small beaten Hartwort, &c.

The Chirurgians haue also a kind of plaister which is not onely good for all Fistells, but also for all wounds, and is thus made.

Take Merwayne, Betony, *Herba vulneraria*, Buglosse, Agrimony, *Consolida Saracemica*, Parrotow, Pimpernell, the great and small Plantaine of each one handfull, powne them all together, and wzing out the iuice: afterwards seeth it in thre pints of good wine, and wzing it through a cloth, then put it into a Kettle, and put a pound of Turpentine vnto it, Ware foure ounces, *Colophonium* eight ounces. This being all done, seeth it sufficiently, and when it be ginneth to be cold, then stirre two ounces of powned Mastix amongst it.

For this is also very good the plaister of *Gratia Dei*, the foresayd water of Hartwort, the salve of the Apostles.

Item, take the vrine of a man child, and rub it a long time in a leaden mortar vntill it be thick, afterwards let it dry vnto a powder, and then strewe this powder on the Fistell. The

powder of Ireos strewed also thereon causeth flesh to growe: the powder of Hony suckles is also very good for this use. Rosemary wine, and such like moe that be discoursed in the 16. s. be very good. Celendine pouned small, and so laid vpon the Fistell: or the iuice of the same dropt therein, doth heale the Fistels. For this may also be vled the oyle of old linnen, as hath bene said in the first part. Item, make an oyle of water cresses, and spread it or lay it vpon the disease, wherewith it is mundified. Thus much be written of the Fistula, now will we procede to speake & discourse of the running vlcers.

Of the corroding vlcers, called *Herpes*. § .3.



The name of this vlcer is as much to say as a Snake, like as we haue admonished already, for that it creepeth forwards like as Snakes do, and remaineth not in one place, but windeth it selfe hither and thither, infecting most of all the skin only, without eating deeper inwards. The cause of this vlcer or soze, is the same with that of the other, to wit, superfluity of *Cholera*, if she mætelly remaine & abide in her proper nature, that is, if the *Cholera* be not mixed with any other humour: for that when this *Cholera* doth spread it selfe ouer the whole body, then doth it cause the yellow Jaunders, which by nature is of two sorts. When as now this *Cholera* is thick and grosse, then will the whole skin even to the flesh be thereby dammified, and this vlcer will be then called *Herpes exedens*, which is the corroding *Herpes*. The other sort of *Cholera* is subtiler, which remaineth (as is said) in the vppermost part of the skin, which doth singe the outside as if it were a fire, the which without any addition is called *Herpes*, or *Herpes miliaris*, as hauing the name of the Hilet seed, for that this exulceration is like vnto it.

The signes of these vlcers be these: the member loseth his naturall colour, and wareth black, soft, and stinking; also if the pulse and the paine diminish, and in the meane while the vlcer both so corrode, that if it be not looked to in time, the member must be cut off, or the party must looke for death thereby.

The remedies of these vlcers (saith *Galenus*) be these which are wont to be vled for the corroding *Erysipelas*, wherefore we may write so much the lesse thereof. But if it be perceiued that it begin to putrifie, then temper sealed earth and fine *Bolus* with Vineger together, and spread it round about the vlcer, and also in it. But if this will not help, then be the corners round about the vlcers to be scarified, or lanced, and also to set boring cups and horse leaches thereon, which may suck out the bad blood; and this plaister following is also to be laid vpon it: Take Bease-meale, or Beane meale and salt, temper all together with the sirupe of Vineger, and lay it as a pap vnto it: the scarified place must also be washed twice a day with Vineger, and then to annoint this salve following ouer it: Take *Assa foetida*, Pettie seed, and Hartwort rootes, of each halfe an ounce, Merdigrease one quarter of an ounce, temper it with vineger to the thickness of Hony, and annoint therewith the whole disease, and the places about it. And to the end that these vlcers may not corrode any further, then take Merdigrease, Allume, & Hony, of each a like quantity, and vse it as is before said. The selfesame taketh away all bad flesh, and sustaineth the new flesh. But in case that through these foresaid things the rotting ceased not, but daily did corrode more and more, and the stench increased, then shall you strew thereon this powder ensuing, to wit, pouned Hartwort and Gals, of each a like quantity. Or take Dragagant and Copras, tempered together with vineger, and if so be that this foresayd do not profit, then are the edges yea the whole accident to be cauterised with corrosiues or hot yrons: then take the rootes of Celendine, vnbleckt lyme, Copras, Myrthe, Hartwort, and Merdigrease, of each a like quantity, tempered with the iuice of Plantaine, or pouned Myrment alone tempered with the foresaid iuice. When as then the corrosiues haue done their worke, and the crustes or scales be yet hard, then must they be annointed with fresh butter vntill they do fall away of themselves, and afterwards those things to be vled which are wont to ingender skin and flesh.

The other sort of these vlcers is *Herpes miliaris*, whereof we haue admonished before. Some do call it *Formica*, that is, the Ant. This vlcer is also of sundry natures, and that according to the nature of the humour, whereof it is caused. It is also comprehended in three sorts or species: the one, which runneth hither and thither; which is caused of a subtile moisture, and is also quickly consumed: the second, that creepeth forward hither and thither, which is very hurtfull: the

the third is of a grosse and hot *Cholera*, which entreth somewhat deeper into the flesh, and is mixed with some *Phlegma*, and thence cometh the *Formica miliaris*, which is hotter and harder to be cured. Out of all these foresaid reasons be the signes apparant, and before sufficiently rehearsed and discovered.

Now for to remedy this accident, is this the briefest way; that first of all be prescribed to the patient a good order of dyet, like as is done in the Agues. For purging is he to vse some Dates, Cassy, *Euphymum* with *Rubarbe*, steeped in Endive water, or whay of milke. If it be *Herpes miliaris*, then take *Diatribith*. Further, you are to take Bals, Pomegranate pils, and fine Bolus, of each a like quantity: afterwards temper it with Rose water and a little Vineger, and then annoint it thereon with a feather.

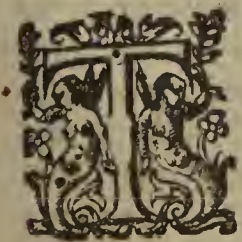
Item, take the heads of salted fish, rost them in an earthen pot upon the fire, untill they be almost burnt, and then mixe them with strong wine, spread it upon the disease: or take sheeps wooll, and frye it untill it be blacke, then powne it, and temper as much Rose water amongst it untill it be thicke, and annoint therewith the foresaid accident cleane ouer, twice or thrice a day, and then lay a white or blew cloth upon it. There be yet diuers other sorts of impostumes and vlcers, which be of the same nature, differing in names and causes: but because we doe comprehend them amongst the forementioned, therefore will we omit them, and especially because they may all be cured and holpen with these foresaid remedies.

Of the hard Tumor *Scirrhus*. §. 4.



Before we come to the third corrodng vlcer, namely, the Canker; we must first of all admonish of this tumor, which the learned do call *Scirrhus*, of some *Sclirrosis*, whereof we haue also made mention before in the third part, the twelfth chapter and the fifth §. and that by reason that this *Scirrhus* hath great alliance with the *Scirrhus* of the Liuer. This *Scirrhus* is of two sorts, and both those are of the vnnaturall tumors of the body, whereof one is so hard, that it yeeldeth not at any hand; yea it is without paine and feeling, which is also accompted for incurable. This swelling is of colour like lead or ashes, and is caused onely through Melancholy the which is (as it were) dregs of all humors. The second hath but a little sense, and also some paine: for it proceedeth out of *Melancholia* and *Phlegma*, which be tempered together, and is of colour like to the other. The same may also be cured, but not easily, as before we haue sufficiently written in the first chapter, and 11. §. This foresaid hardnes may be well caused of some former impostume, which is not well cleansed or healed: whereas the corruption remaining doth clod and harden. The difference betwene this *Scirrhus* and the Canker is, that in the compasse of the Canker there is heate, beating, and opening of the veines: whereof there is none with this *Scirrhus*: for that *Scirrhus* is without heate, without paine, and without any sense or feeling, and also incurable. But forasmuch as this *Scirrhus*, doth appeare as well in other places of the body, to wit, in the liuer, milt, and stomacke &c. and that we haue written sufficiently in sundry places thereof, therefore it is not needfull for to discourse here any further of it, but to proceede with the Canker.

Of the Canker. §. 5.



This corrodng vlcer, which is taken to be a kind of fittell, hath her name of the sea Crab, which men call in Latine *Cancer*, which the Italians call *Granzo*, and the Grecians *Carcinoma*, not onely for that it creepeth hither and thither, but also like as *Galenus* witnesseth, for that many times this Canker hath been sene, and especially in womens breasts, in all sorts like vnto the sea Crab, for the veines do reach into the Canker (being filled with black blood) no otherwise, but as they were the feet of the sea Crab. This Canker is in the beginning very easie to be healed: but if it grow old, and hath rooted in too long, then hath it neuer bene sene that the same could be healed without incision. The cause of this Canker is a superfluity of melancholicke humors. Other do suppose that it is caused of melancholick humors which be burnt by *Cholera*, or be partly tempered therewith: whereof the Physicians do make two kinds of tumors: the one being a melancholick and hard swelling, without any vlcer, and with a little paine, as before (in the discourse of *Scirrhus*)

Scirrhus) we haue shewed. The other sort is a corrodng vicer, as we haue before declared. The signes of a beginning Canker be these; the same beginneth first as a small beane, round, & darke of colour, being tempered with greene and black colours, & appearing with some heate and pain: it remaineth also immoueable in the same place where it beginneth: but herein hath the Canker a difference with the *Scirrhus*, viz. that the Canker is caused of burnt Melancholy, being tempered with burnt *Cholera*: and the right *Scirrhus* of a thick melancholick humoz tempered with *Phlegma*. Secondly, the Canker causeth also great paine and beating, whereof *Scirrhus* is free. Thirdly, the Canker hath blacke and not red veines about it, as the *Scirrhus* or the *Phlegmone* hath. Fourthly, the Canker beginneth first to grow of it selfe: To the contrary, *Scirrhus* doth alwayes come after some impostume. Fifthly, the Canker is very sensible, and the *Scirrhus* without any sence or feeling at all.

For this hard Canker, which is not yet exulcerated, be these rules ensuing ordained: First, the patient is to beware of all meate which ingendzeth burnt *Cholera*, of all spices, and of all things, which do heate the body. Secondly, he is to eate no meate, but that which maketh good blood. Thirdly, if at the first and in the beginning of the Canker he lay thereto all that which is necessary for it, then may the Canker be holpen; but the old Canker can be cured by no manner of meanes without incision. Fourthly, necessity requireth in this sickness, that the body is to be opened with the decocted *Epithymo*, which is also very mete for the lengthening of life, although that it cannot yeld perfect health. Fifthly, in the beginning is the Median to be opened. Sixthly, when a woman that is vnder fifty yeres of age, hath the Canker, and hath not her termes, then must it be indeauoured that she get the same. Seuenthly, if it be a man, then is he to open the Pyles. Eighthly, it doth not help to purge once or twice, but the same is to be done oftentimes; for that the humozs which cause this disease are not easily taken away. Ninthly, by this foresaid order, and through all meanes which be possible, you are to inueuour, that the hard Canker be not opened.

We must also ordaine an order of dyet. First, regard must be had, that the patient haue his dwelling in a temperate ayre, which is somewhat warme and moyst. Also, he is to take heed of all hot meates that may inflame the blood, and whereof heany thicke blood might ingender; as Coleworsts, Lentils, Bæse, Milke, Hares, Geese, salted or smoaked flesh, Beanes, Pease, hot spices, Onions, Garlicke, Leekes, Mustard, Cresses, Radish, and such like. Also the patient must beware of doing any kind of laboz in the Sun, or of ouerheating of himselfe by any meanes, and of drinkeing strong grosse wine. But to the contrary, he must endeuor himselfe for to eate and drinke none other thing but good hail meale, as Bullets, Hens, Lamb, Button, and Partridges: he may also eate all kinde of Riuier fish, which haue scales. Item, Parsley, Burrage, Purslane, Lettice, Pompeons, and such like, be also not forbidden him: fresh sodden Egges, Waton pap, and Barley pap is also very good for him. His drinke must be clære white Wine, which shall be alwaies somewhat watered.

In fine, his whole gouernment must be moistening and cooling: and if so be that there be any heate with it, then may he eate and drinke Buttermilke. And like as the first rule giueth to vnderstand, the Median is in the beginning to be opened, and to let out as much blood as the ability of the patient can suffer: and further to obserue all things that the former rules doe teach.

We haue not here to tell of any other remedies, because that we haue already witten, in folowe places of the Canker, viz. in the first part, the eight chapter, and 5. s. Item, in the second part, the third Chapter and tenth s. of the Canker of the bzeasts. Likewise also in the third part, the tenth chapter, and twelfth s. of the Canker of the Arseguet. Also in the third part, the 19. chapter and 13. s. of the Canker of the Patrix: In all which places one may most plentifully see, by what meanes these diseases are to be remedied. Neuertheles, all that which follo- weth hereafter is very commodious to be vsed, viz. the plaister *Gratia Dei*. But before you vse this plaister, some do aduise, that round about the Canker should be well and deepe scarified, or to set Leaches about it, and to wash the scarified place thræ or fowze times with a sharp ley, wherein Lentils be decocted, and afterwards to fill the vicer with flat plegents, which be annointed with the salue of Egypt. But you shall vnderstand that the foresayd salue, like as also pownded Agrimony, or the iuice thereof, (which be much commended for this disease) cause the good flesh to separate from the bad.

Take

Take Lupine meale, Linseed meale, and Barley meale, of each foure ounces, the iuice of Wormewood, and Salt, of each halfe an ounce, Sope and Ley of each a little; seeth them then together to pap. Item: Take poloned Allume, and the powder of Earth wormes, of each one ounce. Or take fresh Earth-wormes, powne them with the Allume, and so lay them vpon the disease.

Item: Take Wine lies, and Allume, of each a like quantity, and so lay it vpon the canker; and chiefly vpon the disease *Herpes*.

For this is also meet the salve of Roses, which is discovered before in the Introduction. Likewise also the salve of Tutia, which is called *Diapampholigos*, or this following: Take Lytharge of gold, and Ceruse, of each a like quantity, put them together in a leaden mortar with oyle of Cammominill, and Rose water, and rub it so long untill it be as thicke as salve: this is as meete for the hidden and secret canker, as for the canker exulcerated. This insuing doth also withstand the canker that it grow no further, whether it be exulcerated or not: Take sealed Earth, fine Bolus, and Ceruse, of each a like quantity: temper it with the iuice of Lettice, or with the iuice of Housleke, and then stirre it well together in a leaden mortar as before, and spreade it on the canker. The muscilage of Fleawoort is also very good being tempered amongst it. The oyle of Sulphure, the oyle of Juniper, whether it be distilled of the wood, or of the berries, tempered together or each apart, be very good for the canker. This powder following is also vsed to be strewd on this disease: Take burnt bones of a sound man, Cinquefoile, the rootes of *Mandragora*, and Orpiment, of each one quarter of an ounce, make a powder thereof, and bestrew therewith the open canker: The Orpiment is very venemous and sharpe; notwithstanding it is commended aboue all other for the *Woolfe*, the *Fistula*, Canker, and in the Ulcer *Herpes exedens*, if one know prouidently to vse it. This Orpiment was wont to be tempered with the iuice of Plantaine, or with the iuice of Nightshade, and to make a cloth wet in it, and with the powder of the same to bestrew the vlcere, and then afterwards to lay the wet cloth vpon it. But when you will vse this Orpiment, then annoint the canker round about with fine Bolus, which is mixed with the iuice of Nightshade, for to free the place from any inflammation. If so be that the soze be thereby distempered and swollen vp with heate, then lay one day or twaine the foresaid cooling herbs vpon it, and the paine will asswage therewith.

If you will know whether the roote of the canker be taken away, that is to be knowen hereby, viz. if it sinke no more, and if there begin any flesh to grow, like as is wont to happen in all other vlcers when they grow full of flesh, and be couered with the skin. It is a great abuse that some suppose that there is to be layd vpon the canker of necessity the flesh of Hens, Capons, &c. the which the Canker should eate vp, and should lessen the maladie.

There is also vsed in the exulcerated canker *Mercurius Precipitatus*, for that it is not so strong as the Orpiment. But the foresaid washing with Vineger, Ley, and plaisters, is much more surer and rather vsed. Item: take the rootes of *Verbascum*, and Docke rootes, of each halfe an ounce, the dyed ordure of a sound man one ounce, make thereof a powder, and vse that as the former. Or make a powder of Cheruill, temper it with Hony and lay it thereon, it healeth much. The water of *Carduus Benedictus* should haue a great vertue against this disease.

For the heate and inflammation of the vlcers. §.6.



Item, for this inflammation may those things serue, which before in the 1. chap and twelfth s. are ordained against the Rose. In like manner also all that which presently hereafter against the burning of fire and water shall be described, and especially this insuing: Take oyle of Eggs, and oyle of Roses, of each one ounce, Vineger halfe an ounce, black Helleboze ten graines: this being well tempered together, it is especiall good for all inflammations of all vlcers.

Other moe: Take Woolblade, pounie it very small and temper it with Vineger, then lay it vpon the heate: Or scrape Quince kernels in water and annoint the heate with the muscilage.

Take Corne Roses, and Water Lillies, of each a like quantity, beate them and lay them thereon: if you cannot get them, then take their water. For this is also good, the leaues of the Mulberry tree: likewise also Poppy leaues decocted in raine water.

In like manner also broad Plantaine, and *Bursa Pastoris* laid thereon after the same order. The herbe *Carduus Benedictus* decocted and laid thereon, is also good: the iuyce of Sloes spread vpon the heate, doth take away the inflammation. But if so be that the inflammation hath gotten the vpper hand already, then is this following very good: Take strong water one ounce, and put therein one quarter of an ounce of Quicksiluer, and let it stand so certaine houres together: afterwards take a feather and annoint therewith the disease once or twice a day, then shall the Canker begin outwardly, and in other places moe to separate, till that the foule burnt flesh will fall out: afterwards vse the salve *Apostolorum*, or the salve of Egypt with flat pledges therein, and that twice a day; afterwards lay some of the plaisters vpon it which bee described against the wilde fire.

Item, for the cooling of this burning, take the oyle of Elderne flowers six ounces, the oyle of Saint Johns wort one ounce, oyle of Turpentine halfe an ounce, let them so mixed the space of certaine daies, stand in the sunne, and then keepe it vntill the time of neede.

There be many moe sundry things which be very requisite for this, especially in the treatise of the plague, therefore we will not rehearse them at this present.

The third Chapter.

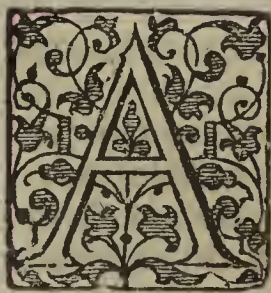
Of the Pockes, and of the lamenesse which
is caused thereby.



This sicknesse and infection of the whole body of man, is placed by good reason next to the aboue mentioned vlcers, because they excede all other vlcers, except the beforesaid in badnesse: the which now adaiies when I did write this, hath bene knowen about the space of threescore and ten yeeres, and from the time that King Charles of France, 1494. did besiege the Cittie of Neapoli; so that this disease vntill this present day is yet therefore called the French Pockes, and in Latine *Morbus Gallicus*. But the same sicknesse was knowne long before in Spaine, whither long before it had bene brought out of the Indies, and out of the New found lands, like as also vntill this time it is called by some *Scabies Hispanica*: so that before that any one could cure this disease, people were burnt, launched, and cauterised most miserably, and rather spoiled than healed: but daily experience brought by little and little moze helpe and amendment for it. And like as the Quicksiluer and such like meanes were not so sure, there hath bene found out at last the vse of *Guaiacum*.

Now concerning the remedies of this disease, I will first of all prescribe a processe of the ancient Phisitions (the which in those daies was found good) and is as yet not vtterly to be reiected, and afterward alledge three of the most famous Phisitions for this sicknesse, whereunto we notwithstanding shall at the last adde certaine good things moe, whereof each may chuse which one thinketh him to be most meete, and according to that the disease doth require.

An order and cure of the auncient Phisitions. §. 1.



As soone as a body can perceiue that he is infected with this disease, then is he to keepe himselfe warme, to sweat much in hot bathes, to vse cupping, to bee let blood twice: afterwards hee is to remaine in a close chamber, and to let himselfe be twice a day annointed with this salve ouer all his ioynts, & then to sweate vpon it the space of two houres: and because that every one cannot abide to sweat, then must heed be had to the strength of the patient, to the end he fall not thereby in any swooning.

Purging is also needfull for this patient, which may be done as hereafter followeth: Take white Turbith halfe an ounce, Ginger one quarter of an ounce, Galingall, Masticke, Cloues, and Cardamom, of each halfe a dragme, *Hermodytyli*, *Diagridion*, and Sene leaues, of each halfe an ounce, Sugar three ounces: take one dragme thereof, or one dragme and a halfe at once, and fast

fast five howres after it. They write that this powder may boldly be giuen, and that it may be used also in other sicknesses. It is neuertheless very strong, especially if one take one dragma and a halfe thereof: but in mine opinion two scruples is sufficient in weake men, and a dragma sufficient in a strong body for to purge sufficiently.

The foresaid auncient Phisitions do also advise, that one must take one quarter of an ounce of prepared black Hellebore, (viz. a strong body) steeped in Goates milke, and strained, and then drunken, for that it cleanseth and healeth the Rocks: it is very good, but for strong persons it is strong ynough.

For as much then as these foresayd medicines be very strong, therefore can I not omit to adde certaine things of the later Phisitions vnto that of the auncient, and to teach a safer meane, which all they which needes must vse Quicksilver, should obserue. For this you haue first in the third part the 11. Chapter and 20. s. the manner to make the infusion of Sene leaues, and how the same should be drunken with some kind of sirupes. These potions may one drinke three or foure times, every day once early in the morning: and afterwards (as the auncient Phisitions do advise) the patient is to purge with pills *De Fumo terre* one dragma, this is the common dose of them, but it may be augmented or diminished, according to the ability of the patient. You may also steepe Fumitory in Goats milke, or let them seeth together, and drinke thereof in the morning and euening: or you may drinke the water of Fumitory alone, for the Fumitory doth cleanse the blood maruellous much.

When as now the patient is well purged, then is this salve ensuing to be prepared: Take Frankinsence one ounce, Ceruse one ounce and a halfe, Lytharge of gold two ounces, Dragon-bloud one quarter of an ounce, powne them all together, and sift it through a Sieue: afterwards take 16. ounces of molten Barrows grease, and so powze it as hot as it is vpon cold water, and so let it stand: this being done, then temper therein one quarter of an ounce of Quicksilver, so long vntill you can see it no more. Some do kill the Quicksilver in Turpentine, or vineger of Roses, but it is needles: now then how this salve is to be used, that haue we shewed at the first. They diuide the salve in foure, five, or sixe parts, and they spend in the inunction every day one part, according to the ability of the person. But because that after this inunction the mouth will be sore, they do vse for it Allume, and Barly water, and let the patient wash his mouth therewith: Or they take a pinte of wine, and halfe as much vineger, halfe an ounce of Allume, two spoonfulls of Honey, and temper them together. With this do they gargarise the mouth when the tongue is excoziated, to wit, with a ragge which is tyed to a stick, which hath bene described in the first part, the first chapter, and 3. s.

Before times the sick persons which were infected with this disease, were wont to be more plagued with lamenes, and for that do they vse this bath following: Take refuse of iron, make them glowing hot, and then cast them into a closed tub, afterwards take Cammomill, Marjorom, and Thyme, seeth them, and make with both the vapors a bath: then dry off the sweat with warme clothes, continue this the space of eight dayes together, or so long, till that you be whole, at each time, the space of an howre.

Item, take small powdered Frankinsence, temper it with two ounces of *Aqua vite*, stirre it oftentimes about, and then annoynt therewith the members which be lame. If so be that the patient haue any vlcer, then take foure ounces of Barrowes grease, Quicksilver one ounce and a halfe, salt Lard, Dogs grease. Beares grease, and Wadgers grease, of each three quarters of an ounce, temper them all together. But note, that you must vse the salt Lard in no other salues, but when you haue old vlcers in hand.

For the foresaid old vlcers is this powder following to be used: Take Salt, and white Argall, of each a like quantity, burne them together in hot ashes.

Also stinking vlcers be made wet with this ensuing: Take halfe an ounce of *Mercurii Sublimati*, Allume three quarters of an ounce, Ceruse one ounce, bruse all together very small vpon a small Marble Stone, put a pinte of vineger vnto it, and make a cloth wet therein, and therewith wash the vlcer. Take *Mercurius Sublimatus* halfe an ounce, *Aqua vite* twelue ounces, the auncient the vlcers with it: this is very strong.

Of the lamenes, and of the extenuation of the members, hath bene spoken before in the fourth part, the seuenth Chapter and 2. s. for the lamed member of the Rocks. This is in fine the meanes whereby the auncient Phisitions were wont to heale the Rocks.

How

How to decoct *Guaiaicum*. §.2.The decoction
of *Guaiaicum*.

Before that we come to the curing of the Pocks which is vsed in our time, which hapneth for the most part by the decoction of *Guaiaicum*, called *Lignum guaiacum*, and *Lignum sanctum*, we will first of all teach how this dyet drinke is to be decocted and prepared of *Guaiaicum*, as followeth hereafter.

First, take small filed or shaven *Guaiaicum* 16. ounces, *Stechas*, field Cyper, rinds of the same beaten small 12. ounces, *Carduus Benedictus*, & Johns wort, yellow Lillies, and Betony, of each one handfull, first put the wood and the powdered rinds in a leaden earthen pot, and then powze thereon seuen quarts of water: let them stand in steape together the space of a whole night, being stoppt tight too: afterwards set the pot to seeth easily, when the fourth part is consumed adde the herbs vnto them, then put two quarts of wine vnto it, couer the pot close, and let them cole. The rinds, wood, and herbs, are to be dyed, and well kept for to haue the same vsed againe another time, as shall hereafter be taught.

The second manner: Take rinds of *Guaiaicum* eight ounces; *Guaiaicum* foure ounces, powdered small together, well water five quarts, let them stand and steape together about the space of 24. howres, then seeth it all together vntill about the thirde part be wasted. Take it afterwards from the fire closed very tight, and let it stand so asteepe the space of twelue howres: straine it throught a cloth, and wyng it well out, afterwards powze vnto it as much white wine (which is not swete) as the potion is, then cast two ounces of *Vermodactils* into it, and keepe this potion as before.

The third sort: Take foure quarts of Renish wine, and eight ounces of grated *Guaiaicum*, powdered rinds foure ounces, Betonie, and powdered Licorice, of each one ounce, then let it stand asteepe the space of 24. howres, and afterwards seeth it to the halfe: straine the potion throught a cloth, and drinke thereof morning and euening the space of forty dayes, each time foure or five ounces.

The fourth potion: Take three quarts of wine, rasped *Guaiaicum* eight ounces, powdered rinds foure ounces, Licorice two ounces; let them seeth well together, and afterwards powze foure quarts of wine vpon it, and let it seeth againe vntill the fourth part be wasted.

These be now the most vsuall manners to make this decoction, yet may the same be altered according to the importance of the sicknes, and according to the strength of the patient: now followeth here what order the Physicians now adayes do obserue in healing the Pocks.

Another manner to heale the Pocks. §.3.

Before the patient begin to drinke, he ought first to be purged, for which the Cassie is most meete: also he is to be let blood. But especially this is the most fittest meane: Take Sene leaues, Polypodie rootes, and Currans, of each three quarters of an ounce, seeth them all together in six ounces of Fennell water vntill the thirde part be wasted. In this decoction are you to steape the space of a whole night Rubarb and *Agaricus*, of each one dragma: afterwards wyng it out, and put vnto it one ounce of the hony of Roses, whereof you are at least euery morning to take one draught three dayes together, and afterwards to obserue this order following.

The next day after the taking of these potions, must he in the morning betimes drinke foure ounces of the decoction of *Guaiaicum*, as is taught before in the second §. and that as warme as he may abide it: then is he to steape or rest one howre. He is to drinke so much againe and rest, and do this the thirde time. But after the thirde draught, he is to arise, and shall according to the old custome breake his fast, and that of such meates which be light of digesture. His drinke that he is to drinke on day times, is thus to be prepared.

Take the wood and the rinds whereof the first drinke hath bene decocted, and then powze water and wine vnto it (as is sayd) and let them seeth together vntill the fourth part be consumed, and this must be his daily drinke, but this may be altered diuersly, according to the quality of the cause.

Against the euening he is to drinke of the first potion a good draught very warme, and an howre

howe afterwards he is to go to supper, and so continue this untill the fift day; but the first day is he to take the potion with Rubarb. The seventh day he shall take none other but a spoonfull of this composition following: Take small powdered *Guaia*c one ounce, Hare half an ounce, hony of Roses two ounces, temper them together. The eighth day he is to begin againe as before, to drinke of the first decoction, and so continue the space of ten dayes together, vnlesse it be found good to augment and increase it. The eighteenth day is he to take againe the infusion of Rubarb, and the two dayes following: Then is he to vse none other thing but Hony tempered with the powder of *Guaia*c. Afterwards he is euery day thre howes after euery meale tide, to take thre ounces of this potion ensuing.

Take Juniper berries, and Bayberries, of each two ounces, Mustard seede halfe an ounce, powne them all grosse, and seeth them in foure pints of water vnto the halfe.

As long as one doth vse these things, he must keepe himselfe out of the ayre, and remaine in a warme chamber, for that thereby the matter of the Pockes is expelled outwards towards the skin: and when you find that it breaketh out, then is he to wash himselfe with these things following: Take a quart of Vineger, Allumie, and Merdigrease, of each one ounce, eight well beaten whites of eggs: powne all that is to be powned, and then wash him with this vineger when he hath thus washed him therewith, and especially where there be any scales, then are they to be let dry, and the scales will fall off of themselves. Thus fareth it with this second cure, which is very safe, without any defect of the inward or outward parts, by which meanes there be a great number cured.

And as we haue said, his meate must be light of digesture, viz. young flesh, eggs, and all that is dressed therewith; also all other things which make good bloud: but Milke, Cheese, Fruit, and such like be very highly forbidden in this disease. For this may also be used the golden water, which standeth described amongst other in the last Part, whether it be drunken, or annointed outwardly vpon it. So is also Treacle highly recommended for the same.

The third cure of the Pockes. S. 4.



This cure ensuing haue I tried my selfe in a woman which had used many sundry cures, and could not be holpen: but by this meanes following she grew to be so healthy, that I knew her twelue yeares after alwaies in very good health, without any hinderance by the same disease. First of all in this disease (like as in all other such like) the patient is to be purged, and that according to the ability of the person and strength of nature. Further, in eating and drinking he is to order himselfe like a woman in Childbed.

After the purgation, he is to take a good warme draught of the first and strongest decoction, which is before described. Having taken the same, then is he to be couered warme, to the end he may sweate well, euen so much as his power may well permit. The sweate is to be dyed well with warme clothes: and it were very good that the clothes wherewith he hath bene once dried should be washed euery time, and that he put on a cleane shirt euery morning: for if the patient keepe him warme and cleane, then may the potion haue her operation the better.

At meales, and throughout the whole day may he vse this potion following: Take boyled rinds and *Guaia*c, lay them to steepe as before, and seeth them. This may also be done euent to the third time, and then to mixe all the thre decoctions together. When one hath about two quarts of the very strongest decoction, then must he set againe to steepe fresh *Guaia*c and rinds, to the end that one may betimes haue moze drinke in a readines. If so be that the patient haue any outward soze or scabbednesse, then is he to wash the same with the dregs of this potion, or lay it vpon it with a cloth: and if so be that the soze be somewhat deepe, then be pledgents to be layd into it, which be made wet in the dregs of this decoction.

This is so to be done in the morning after sweating, and in the euening one howe before supper.

And if so be that these pledgents were baked therein, like as it hapneth also, then are they to be wetted with a little of the warme potion, and then to lay fresh to it againe.

The clothes wherewith his sozes be once dressed, are not to be used againe without washing. Now when as these sozes be almost healed, and the flesh would grow too proud, there is then a

fine powder to be powdered of the rinds, and to be strewed oftentimes thereon; and also to be letten lye vpon it, vntill that there fall off dye scales: this powder dyeth much with all paine. But it so be that it be a rich person, that had need of the vse of this potion, then is he to take of the best Rhenish wine, for that it is moze penetrating than any other, and also not too hote.

Of the fourth cure of the Pockes. §.5.



It is first here to be noted, that in all these medicines ensuing, no proper or due rules are prescribed, for that they be not set downe by one Physitian only, but gathered together out of sundry mens works, according as the cause requireth: wherefore euery one is (as he thinketh best) to chuse that which liketh him best. And for that cause be all these remedie ensuing ordained most for them which could not be healed by the former decoction.

First, it is needfull that the patient aboue all things, and befoze he vse any sirupe or purgation, do take one ounce of well washt Turpentine, with a little flesh broth, or water of Fumitory made warme: for this prepareth the way for all other Physicke, to penetrate the tetter through the whole body. So that it hath bene found befoze times, that thereby the working of the medicine hath bene perceiued euen to the great toe.

Whereby it may be knowne, what a power Turpentine hath to open the way for Physicke. This Turpentine is also giuen with the decoction, or with Halimsey, and it may also be made much stronger.

Take Turpentine as much as you will, and put it in a glasse; afterwards set it in the warme Sun, and temper a little Sugar from day to day amongst it, then stirre it well about. This is especiall good for the head, for the breast, for the paine of the belly, for the grauell, and for the luration of the body.

And to come againe to our purpose: This sirupe following is especiall good for the Pockes: Take Sene leaues, *Epithymum*, yellow Diobalans, Sebestes, Licorice and *Rapontica*, of each halfe an ounce, field Cipers three dragmes, Polypody rootes, Fumitory or the iuice thereof, Hops or their iuice, of each twelue ounces, flowers of Burrage, of Violets, and Comin of each three drag. cut all that is to be cut, and let it seeth together in five quarts of wine, vntill about a quart remaine: afterwards take of this decoction a pint, and temper therewith the sirupe of Fumitory, and of Hops, of each two ounces, *Oxymel* of Squills one ounce and a halfe, sirupe of Violets one ounce, good Sugar as much as you please: then take thereof three ounces at once, and that with Endiue water.

You may also take this decoction with the infusions of Sene leaues, or water of Fumitory certaine daies together, augmenting or diminishing the same, according as you would haue it for to purge: this being done, you are to purge with Cassie or any other thing, according to the quality of the cause aforesaid.

You haue also in the third part, the 14. Chapter, and §.5. many kinds of things, which be all good for the Pockes.

Of the letting of blood we haue also spoken befoze, which also doth much good in this sickness, because that the bad blood is thereby diminished.

But therein is no certaine order to be giuen, but you are to order your selfe therein according to the qualitie of the cause and ability of the person. But it is alwayes especiall good that the Hemorrhoides be opened: for if they bleed not too much, then do they preserve one from the Pocks and Leprosie, as we haue taught in the tenth Chapter, in the beginning of the §.5.

Befoze that now the inunction or *Stricado* be vsed, it is first exceeding needfull that one foment the ioynts, and that he take for it, Calmus, Marjoram, garden Mint, Horehound, Bayberries, Southernwood, and Docke rootes, of each one lb. cut it all together, and seeth it in well water, vntill about the third part be consumed: with this decoction befoze and in the annointing, foment the members which are to be annointed, and afterwards with warme clothes dye by the sweate, and then annoint them: this is to be pursued, as long as the annointing endureth, which is commonly foure or five dayes, and vntill the paine doth come in the teeth, the mouth and the flesh of the teeth excoziate, and the phlegme doth excessively begin to issue and run, then is the inunction to be stayed. For this be many kinds of salues prepared, and chiefly

chiefly this following : take Barrowes grease sixe ounces, Quicksilver killed with the iuyce of Sage three ounces, blacke Soap three quarters of an ounce, Argall beaten small one ounce : make a salve thereof, and stirre it together in a mortar the space of halfe a day, that it may bee very well tempered together.

This salve ensuing is very much used at *Augusta* : Take fresh Butter halfe an ounce, Barrowes grease two ounces, Treacle and Nithzidate, of each one quarter of an ounce, mortified Quicksilver one ounce and a halfe, prepared Litharge of gold and Salt, of each one dragma and a halfe, oyle of Foxes, and good *Aqua vite*, of each one quarter of an ounce, Saffron five graines, afterwards temper them all together : This salve is called *Vnguentum Mercuriale*, and is by reason of the Treacle and the Nithzidate much safer than any other salve. *Vnguentum Mercuriale.*

Item, take Barrowes grease one ounce and a halfe, Turpentine and Quicksilver, of each halfe an ounce, powdered Bayberries one drag. and a halfe, oyle of Juniper one dragma, oyle of *Euphorbium*, and bzused Cinoper, of each one quarter of an ounce : temper it together. Item, take Barrowes grease foure ounces, Quicksilver two ounces and a halfe : seeth it all together in sufficient Vineger, and put vnto it the ashes of Beechen wood two ounces, oyle of Bay one ounce and a halfe, Masticke one ounce, Frankinsence one ounce and three quarters ; temper them all together so long, vntill that the salve be blewish : and then annoint therewith the patient but once a day, for that the salve is strong.

Note also that in case if any body be annointed too much with Quicksilver, then is the iuyce of the greater Pimpernell to be giuen him to drinke, wherewith some bee holpen, in whom the Quicksilver was seene to lye in the veines.

And because there appeare sundry accidents through the inunction, viz. Ach of the teeth and gums, rawnesse and swelling of the throte, excessive slabbering, weaknesse of nature, binding of the body, and such like, therein one must be prouident.

First, the paine of the gummes is to be remedied with the iuyce of Wormewood, wherein whites of Egges be bzayed ; to wit, if one wash the teeth and the flesh of the teeth with it, and cleanse the throte also with it. It helpeth likewise for this to cleanse the mouth oftentimes with Shepes milke.

Secondly, take Rose water, and Honie of Roses, or other cleare Honie tempered with Whay.

Thirdly, this ensuing is much commended : take the iuyce of Laurell, and cleanse therewith the mouth. Each one may try this that will.

Some do aduise, that the mouth must be cleansed with cold water, or with the iuyce of Nightshade, for that thereby will the fluxe of the mouth be stopt.

Fourthly, chew Linsæde, or the rootes of Woolblade.

Fifthly, this disease is to be eased with a kind of fomenting of the members, which haue bene annointed befoze with warme water, wherein Rosemarie and Sage is decocted.

Sixtly, it is needfull, that the patient liue very soberly, and doe vse good strong brothes, and other forcible things, and that all his meates and drinkes be also mixed with all that which doth strengthen and fortifie the heart.

Seuenthly, there is to be used for this, Conserues of Roses, of Buglosse, of Burrage, *Mannus Christi*, with Pearles, and such like things that strengthen the heart.

Eighthly, there is a common Clister to be set with Hen-broth, Sugar, yolkes of Egges, and with Salt, thereby to resist all accidents and obstructions of the body : and in great weaknesse of nature, is he to vse Sugar of Violets.

Ninthly, prepare this salve : Take Gum, Beares grease, and Oyle of Roses, of each a like quantitie : temper them together with a little oyle of Balsam : then is the patient to annoint therewith his face, both the temples of the head, and his hands : for thereby shall hee get againe his naturall colour. Now to present those foresaid accidents, giue the patient one ounce and a quarter of Cassie, to wit, after the fourth inunction. And when he beginneth to slabber, then hold againe from annointing, vntill two daies afterwards : then purge him againe after the third or fourth *Stricado*.

When you do prevent the matter in that manner, then will the putrifaction of the mouth not be so hurtfull.

For the soze and foule gums is this following very good : wash the mouth oftentimes with

Vineger, wherein some Allume is molten. In the euening and morning be the tæth to be annointed with the salue of Egypt: but beware of swallowing the same salue downe. For the rotting or putrifying of the gums, reade in the first Part, the 13. Chapt, and 7. §. what is written there against the foule gums.

Item, take Hony of Roses and the iuyce of Mulberries, of each one ounce, Plantaine water 8. ounces, Allume one quarter of an ounce, then temper them together, and vse it to the washing of the mouth. You may also set boxing cups vpon the shoulders.

For the Pockes that haue continued long. §. 6.

If so be that this sicknesse be so stale or old, that it be not well to be holpen, then giue the patient a Pill with Quicksiluer, which is killed with the iuyce of Limons, and with as much Rubarbe, viz. of each about one scruple: if the paine be very great, then temper therewith Opium, and Saffron, of each two graines. This is to be done alwaies about the second day, when he goeth to bed, or that he let himselfe be annointed the space of eight daies, where otherwise he ought to be annointed the space of three or foure daies. But alwaies after the fourth inunction is the patient to be purged, and to omit the same day the inunction, and afterwards to goe on with the inunction vnto the end of the same eight daies, and when the eight daies be compleate and ended, then is he to drinke the decoction of Guaiac, made after the common manner. When as the third part of this decoction is spent, then put vnto it two ounces of Rapontica, Turbith halfe an ounce, Cardus Benedictus halfe a ℥. Agaricus halfe an ounce, Sene leaues halfe a ℥. the rinds of Guaiac foure ounces, good strong wine one quart, then let so much thereof seeth away as there is wine put vnto it.

If so be that this will purge too strong, then giue him rather the potion of Sene leaues, which is described in the third part, the eleuenth Chapter, and 20. §. euery second day. These pills also ensuing may bee vsed for purging: Take Rapontica, Rubarbe, Manna and Aloe, of each one dragme, Ginger and Spica of Indie, of each sixe graines: temper them all together with the sirup of Fumitorie, and make sixe pills of one dragme waight, and take thereof euery euening twaine. The pills Aggregatina, and de Lapide Lazuli are also good for this purpose.

If there be great paine with it. §. 7.

If now there be great paine with it, then take Frankinsence, Litharge of Gold, Argall, Masticke, Ceruse and Allume, of each one quarter of an ounce, oyle of Bay and Aqua vine, of each one ounce, Barrowes grease five ounces, mortified Quicksiluer one ounce and a halfe, then temper them together vnto a salue. This Salue doth mellow all cozes, and cleanseth all vlcers.

Item, take Sallad oyle, the oyle of Foxes, or oyle of Costus sixe ounces, and seeth therein one drag. of Quicksiluer; the same flyeth away, but the force of the Quicksiluer remaineth still. This oyle swageth all paine of the Pockes maruellously.

Or take the spirit of Wine, which is foure times distilled, sixe ounces, Quicksiluer which is mortified in Coperas water, one ounce and a halfe, yellow Sanders three quarters of an ounce, Allume two drag. Lignum Aloes one drag. Muscus eight graines, Ambra five graines, steepe all these things together in the spirit of wine, and make a cloth wet therewith, and wash all the places, where the paine is: Or make a cloth wet, and lay the same vpon it, and especially vpon all the ioynts.

Another: take oyle of Roses foure ounces, washt Earthwormes and Turpentine, of each halfe an ounce, Salt two drag. let it seeth well together, and so lay a cloth dipped in it, vpon all the ioynts: you may also temper the oyle of Foxes amongst it, and then it is not onely good for the sinewes, but also especially for all paine of the Pockes.

Of the Byles in the Pockes. §. 8.

If there appeare any blisters or byles in this sicknesse vpon any, then annoint the same three times a day with a salue which is before described in the first Chapter, and twelfth §. beginning thus: Take small powdered Litharge of Gold, &c. But the expert Physicians for

for the Pockes do deeme that there is nothing better for the Byles of the Pockes, than vnleckt Lime tempered with blacke Sope, for that this openeth the skinne, and thereby will the paine also be taken away.

You haue also in the fourth part, the first Chapter, and second S. in the description of *Sciatica*, two very good & safe salues made of Hollihocke rootes, and Elecampane rootes, for to mollifie all hard nodes or knots. The gray plaister *Diachylon* may also be vsed very well for it.

But in case that the same be so hard, and so irremediable, that they must be opened by a potentiall cauterie: we will put a meet Chirurgian in trust with the same, yet we will here teach the making of a corrosiue to be vsed at neede.

Take Nine sticke, burne them to ashes, and ashes of Beechen wood, of each a like quantity, powre sufficient water vpon it, and then let it runne foure times through a bagge. Of this lye take thre quartes, and put vnto it blew willow ashes, vnleckt Lime, ashes of the Wine and of the Beech tre, of each halfe a pound: let this stand so the space of eight daies in a wooden vessel, stirring it about euery day thre or foure times; afterwards filter it so long untill it be very cleare. This lye are you then to seeth in an iron pan vpon a good fire, so long till it be sodden thicke enough. Now for to know whether it be enough, sticke a quill into it, and if the fethers doe fall off, then take the pan from the fire, and hold it on one side, to the end it may run all together, and may be hard. It is also here to be marked, that when as in seething it beginneth to make bladders, or bubbles (like as pap is wont to doe) then is it a signe that it is sufficiently decocted, and then cast it on a boord, and cut it parcell wise. When it is through cold and wahren hard, then keepe it in a glasse stopt very close and tight, in a dry place.

Another: Take vnleckt Lyme, Wine ashes, Willow ashes, Argall, and burnt Saltpeter, of each a like quantitie, powne it all small, and put it in a new pot: afterwards powre sharpe lye vpon it, and so let it stand thre daies space, but stirre it oftentimes about: filter this lye so often that it be very cleare, at the last seeth it and keepe it as befoze.

For all open sores in the Pockes. S. 9.



Take Ceruse as much as you please, and Sallad oyle as much as is needfull, and a little Vineger and Rosewater, bzuise them together vpon a rubbing stone, and annoint therewith the running sores of the Pockes, and other.

Item: Take oyle of Roses, Saltpeter, and paled Almonds, of each a like quantity, Camfere a little, then rub it altogether as befoze.

For this may you also according to the importance of the cause temper small bzuised Tutty, for that this healeth marvellous well all sores, and especially those which do stand about the thzoate: but if it be feared that they eate to deepe inwards, then are they to be annointed befoze and after meate.

For the scales and other spots. S. 10.

Take Oyle of *Camelina*, and Oyle of swete Almonds of each foure ounces, Butter and marrow of Dre bones, of each thre ounces, the grease of Geese and of Ducks, of each one ounce, white Waxe two ounces, make a salue thereof. This salue hath a marvellous vertue in mollifying all scales, impostumes, and other scirrhosities which procede of melancholie, and all hardened sinewes. Will you then haue this salue to assuage the paine more: then temper the bzuayed yolkes of thre egges amongst it, and one draine of Saffron. If you then desire to haue it pierce more stronger, then take *Bdellium* and *Ammoniacum*, of each one ounce; dissolue them in Vineger, and put them amongst it; then seethe them untill that all the moysture be consumed, and stirre it together one amongst another.

Now for to heale all cicatrices, markes and spots, vse this ensuing: Take a pound of Sulfure, beate the same grosse, and seeth it with water in a couered pot: but looke to it, that there goe no vapour out of it: afterwards hold the member ouer it, and receiue the vapour

thereof: afterwards annoint it with swäte Butter. You shall also find good things for this in the description of burning.

The fourth Chapter.

Of the Leprosie.



A famous Physicians do esteeme no disease vpon earth to be more terrible and hurtfull than the right Leprosie: for this malady doth so vehemently infect the body, that it not onely infecteth all the members of the whole body, but spoileth and putrieth also the same on all sides, that the members will fall parcellwise from the body: and it taketh away vtterly his whole naturall essence, for that his nose will be crooked, broad, and false downe, his lips great, thicke, and swolne, and his eares sharpe; so that these people besides that they be disdained and despised of all the world, as if they were the filthiest creatures on earth, they must liue and dye in misery. And to the end that we might partly learne to knowe the misery which is caused through the Leprosie, these are the most common signes; the falling out of the haire of the beard & the eybrowes, hoarse speech, a short, heavy and stinking breath, great continuall thirst, hardning and swelling of the spleene, vnnaturall heate of the liuer and of the kidneyes, wherewith is commonly grauell also: the patient will be vexed with terrible dreames, and will be much plagued (as it is commonly sayd) with the night-Mare. He will also be vexed with much wind of the belly, & with great binding. Also the fingers and toes do rankle and swell, the nailes do shiuer and cleaue, and spoile, that at last they do fall out. Wheresoeuer they haue any opennesse, there runneth out alwaies a black, loathsome and stinking matter. Otherwise they haue ouer the whole body a hote, itksome and itching scabbednesse with blisters and scales, which for the most part do appeare in the throte and in the nostrils, whereby they do take away the breath from the patient. He getteth thicke cornels or knobs on the skin of the thighes, legs and foete, which do get a numbnesse, whereby the naturall liuely colour is altered into a dead blacke and blew colour. The eyes do also get another forme or fashion, whereby their sight is darkened.

These be now (like as is sayd, and shall yet be sayd) the most common signes of the Leprosie, especially of that which the learned do call *Elephantiasis*, whereby all the foresaid signes do shew themselves not all at one time, but alwayes a good part of them. It hapneth also wel, that otherwhiles but one member only, or some part of the body is infected with this disease, and not the whole body.

We will also discover somewhat here of the causes of this sicknesse. It may be caused of a bad aire, as in time of the plague, by conuersing or dwelling besides Leapers, or by much speech with them; for that through their venemous breath may one be easily infected. And this is such a disease, whereby the one is not onely infected of the other, but the children also do inherite the same from their parents; so that whether the man or the woman be infected with it, the other will soone take it also. This miserable sicknes is wont also to be caused of great anger, long sorrow, feare and faintheartednes, whereby much melancholike blood is ingendred, and then out of it the Leprosie. Item, of the long vse of melancholick meates, as Pease, Beanes, &c. old chace, Goates flesh, Beares flesh, Fores, Asses, and measelly Swines flesh, all old salt flesh, grosse fish, milke and fish eaten together, and such like things more. Item through to hote a liuer, whereby the blood is burnt.

The Leprosie is deuided by the learned into foure parts, and each species of the same called after a certaine beast, for that it hath a little likenesse to the nature of the same beast: wherof the first is *Leonina*, of the Lions, the second *Tyria*, of the venimous snake *Tyro*: the third *Alopecia*, of the Fore: the fourth *Elephantiasis*, of the Elephant.

The first species hath her name of the Lion, for that they that be therewith infected, be raging and mad, as otherwhiles the Lions be. This species is caused through an overheated and burnt blood, whereby they also get a deformity of the face, which is horrible to looke vpon: they do crie out, and beate their bodies so vehemently that their owne skin doth thereby harden: they

they be also so hungry and thirsty, that they cannot be satisfied : they are also depriued altogether of sleepe, untill that at last they be very mad and distraught.

Concerning the second sort, it is well knowne throughout all the world, that the Snakes doe at a certaine time renew themselves, stripp off their skinne from them, and do get a new : the which also happeneth in this sort of Leprosie, otherwhiles ten or twelue times a yeare, so that their skin goeth off with great heate and sharpe paine, out of which runneth a subtil matter which infecteth the parts round about it : and this not only therefore, but also for that this kind of Leprosie doth infect and hurt all other people dwelling by. This Leprosie is also contagious, that all whatsoeuer he spoyleth doth sinke none otherwise than doe the holes of these sorts of Snakes Tyri.

The third species which is called after the Fore : it is very well knowne that this beast is subtil and rauinous, also frequenteth vnknowen and secret holes : also commonly twice a yeare commeth to cast his haire, and at last consumeth vtterly.

This species of Leprosie is also of this nature, that the patient can by no meanes be perswaded for to vse any counsell, but feareth alwaies that he shall be extenuated. At the first haue we admonished, that the parties beard and the haire of his eyelids will fall out : the same happeneth in this also, for that because his meate and drinke can alter into no naturall nourishment, therefore will not onely the nourishment of the haire be taken away, but also the sustenance of the whole body, whereby the patient must extenuate and consume.

The fourth species receiueth her name of the Elephant : the cause of this Leprosie commeth through the vse of all bad and melancholike meates, the which cannot sustaine a bodie, nor in gender sound flesh, but do rather spoile and destroy the same. In like manner do they also cleane change the naturall colour of the body, & make the same a darke gray, like as is the colour of the Elephant. Other are of opinion that this name proceedeth of a lothsome sight, for that this disease hath a lothsome sight. In like manner also for the altering of the voyce, which seemeth like to the voyce of an Elephant, with other moe such like things. But for that at the first in all such leproous people the head oftentimes and the whole body do swell so, that one may say very well that he is like to an Elephant : their face is sometime so terrible to looke vpon, that one should be affrighted of the same, as of a terrible beast ; for that their face, fingers and toes be full of sores, and those so great as a Nutmeg or Beane, and of the colour of a Mulberrie, which is not as yet thoroughly ripe. When as these come to impostumate, then do they yeld (as is said) a stinking matter : the eyelids doe also swell sometimes so thicke as a finger, afterwards they do split and cleaue. But this is not all, for they do hurt also the mouth, the throte and the nose so wonderfully that the patient can hardly get his breath, and do alter afterwards commonly into the canker, and into all such perill, that he commeth to little thereby. The eares be also commonly full of sores and scales, and be also sometimes eaten vp that they fall off, yea do so eate inwards that they make the patient vtterly deafe. The arteries and other veines of the necke will be apparently filled full of thicke and clotted blood, whereby the voyce wil be hoarse, and blcers & blisters do appeare in the ioynts with a great hardnesse of the spleene, and is almost a generall numbnes of all the members, so that they cannot vse them. Lastly (which is most of all to be wondred at) this sicknesse doth commonly cause the great rupture *Buris*, wherof we haue written in the third part, the first chapter, and 8. s.

Out of these foure species of Leprosie may each expert man well gesse, that the first species is caused through a burnt cholerike melancholie : the second species out of a phlegmaticke melancholy : the third out of melancholy which is mixed with blood : and the fourth of a burnt melancholike matter : therefore this last kinde of Leprosie is much worse than any of the rest. This may suffice of the nature and causes of the Leprosie. Now we will come to the Physicall meanes which may be vsed against it.

For this aboue all are these generall rules to bee obserued : First, although the Leprosie hath settled her roote, yet letting of blood is good, but very little, like as also no strong purgations be good : for when this sicknesse is confirmed, then is the matter without the veines & in the outward members, out of which it is not to be expelled. Secondly, this sicknesse is not to be driuen away, but onely at the first through the purging of the melancholike, and other bad humours. Thirdly, I take that there be much spoiled blood instant, then is a veine to be opened, whether it be in the arme or vpon the hand. But if there be not much blood instant, then is letting of blood

to be omitted. Fourthly, both the veines of the throat (whereof we haue written in the Introduction) are to be opened in great hoarlesse, and that especially if one be afraid of stifling. Fifthly, there be in the beginning no strong medicines (especially Hellebore) to be giuen, for that this matter is not to be purged, but it is rather to be put in practise with mild things which do purge melancholy. Sixthly, each one that is infected with this disease shal beware of venery. Seventhly, neither bathes nor salues are to be vsed before and vntill that the patient be duly purged, for the grosse matter doth obstruct the pores. Eighthly, the flesh of the Snake of *Tyrus*, and all things wherein the same shall be tempered, are very meete for leproous people, and aduised to be vsed by all learned men.

Of meanes and medicines against the Leprosie. §. 1.

THE famous Physitian *Galenus* doth write thus: the Leprosie is an alteration of naturall warmth, which appeareth with terrible & itching sores. And yet in another place he doth admonish that (in the beginning of *Elephantiasis*) he hath healed it through letting of blood, and through strong purging of melancholy: therefore must these sicknesses at the first (and as soone as they can bee perceiued) be remedied; for which one is to imitate this processe ensuing: and although the same be more inclined to the healing of *Elephantiasis* than to any of the other kinds, neuerthelesse the same is meete to heale all Species of Leprosies.

An order of dyet. §. 2.



As much as melancholie is of a dry and cold nature, therefore must (to the contrary) warme and moist things be vsed for to mitigate the matter according as the humor is waighy, meane, little, and venemous. First, then concerning the ayre, the patient is to keepe himselfe in a meetly warme and moist ayre, and that especially about rocks that are lying towards the East, the South, or towards the South, and also about some springing fountaines. But if the wind cometh to blow ouer some odoriferous trees or flowers, then is it the better: but if one cannot get such an aire, and that the time of the yeare be very hot, then sprinkle the chamber with fresh water wherein Violets, Waterlillies and Lettice be decocted. Also lay these Trociskes insuing vpon hot coales, therewith for to fume the chamber: Take Violets and Waterlillies, of each one ounce, the seeds of Lettice, of Endiue, and of small Endiue, of each halfe an ounce, the seeds of Melons, of Pompeons, of Gourds and of Cucumbers, all together, peeled, of each one dragma and a halfe, Starch halfe an ounce, Camfere one dragma; make Trociskes therof with the iuyce of Lettice, each about halfe an ounce in waight. When the same be dyed, then powne them to powder, and let the patient therewith fume his dwelling, viz. in the morning, at noone, and in the euening.

Although now his dwellings were situated towards the South, and towards cold winds, yet is this fumigation very requisite for him, but the leaues of apple trees, or of sweet Pomegranats, or of Almonds, or such like decocted amongst them are to be put vnto it: also all his linnen, and especially his shirts are to be washed with the same water. In like manner also are his clothes to be fumed. Further, this bag insuing is to be prepared for to smell vnto it.

Take sealed earth and fine Bolus, of each one quarter of an ounce, the flowers of Burrage, of Buglosse, of Basill, of each one dragma and a halfe, Violets and Waterlillies, of each one quarter of an ounce, Camfer halfe a scruple, wilde Vine leaues, Brome flowers, and Lettice seed, of each three quarters of an ounce, powne each alone, temper them very well one amongst another, and then binde it in a fine cloth. He must also beware of all such clothes as doe tying the head and the breast too hard, or be too narrow. The hands and the feete are in sommer with linnen, and in winter with good warme shepes pelts to be kept warme, and also the head preserved from all cold.

Concerning his meate, it should be very good that all his bread were kneaded with water of Purslaine, of Lettice, of Endiue, or with some such like waters, a little salted, but meetly baked, and not eaten before it be two daies old. All his flesh must be light for to be digested, as namely
Pullets,

Bullets, field fowles, fat Ducks, Partridges, Pheasants, Finches, wood Pigeons, and such like. Amongst all other flesh is good for him the flesh of yong Goates, Lambs, Calues, yong swine, of yong Buttons, Harts; and especially of yong Conies, yong houle doves and Hares, shal he not eate, because that the melancholicke humors by them are ingendred. All riuer fish which is not slimy, is very good for him, rather sodden then roasted. All fruit that is swete, as Cherries, Cresses, hasell nuts, Almonds, Muscadell grapes, and other swete Grapes shall not onely be permitted, but much rather be aduised for to vse them. In like manner fresh Figs, and water drunken vpon it, Peaches, swete Apples, and swete Pomgranates are very good in this sicknesse: but all sowre fruite is to be forborne, for that vineger and all whatsoeuer is sowre doth harne much the melancholicke persons. Walnuts, Chestnuts, Quinces, Seruices, and such must he forbear. The decoction of red and white pease, and these greene herbes, viz. Spinage, Lettice, Beetes, Endiue and Purslaine be very good for him, and especially if some fennell be chopt amongst them. Item, ripe Melons, because they coole and moisten, are not ill for him. Milke is also for this sicknesse not discommended, All hot spice, as Pepper, Cinnamome, Galingall and Ginger are hurtfull vnto him, for that the matter thereby is the more burnt. But for to preuent the consumption, this powder following is to be prepared: Take Saffron one dragma, Cinna-
momi two dragmes, Mace three dragmes, the seed of Violets, of water Lillies, of Sozrell, and of Endiue, red and white Coral, red and white Saunders, of each one dragma, powne each alone, and temper them together. Item, he may also vse Hens grease, Duckes grease, Calues seluet, Button seluet, if it be not much salted, for all these seluets be much better in this sicknesse than butter. Leekes, Garlicke, Sines and Radishes are to be refrained, or at leastwise vsed very seldom. In like maner also salted fish, salted flesh, and such like. The stomacke, the liuer, the heart, and chiefly the spleene of what beasts soeuer they be, he is not to eate, howbeit the braines of beasts being sodden are not ill.

As concerning his drinke, he is to beware drinke of all kind of red thicke wine, and also of all white wine which is strong, and ascendeth or climeth into the head, but a milde, white, and swete wine which is not strong. And if this kind of wine cannot be had, then is his wine to be tempered with good well water or fountaine water. When it is cold weather, then may he vse Hony water, which from twenty quarts of water and one quart of Hony is decocted vnto the fourth part. When the Grapes be ripe in the forepart of winter, then is alwayes this wine following to be prepared: Take one hundred quarts and a halfe, or two hundred quarts of swete Must, and steepe therein twelue ounces of greene small Endiue cut very small, Clecampane roots eightene ounces, the seede of Docke and of Sozrell, of each one ounce, then put it all together in wine, and let the wine stand other a yeare and be very clere. If the wine be now too strong, then temper in the drinke good well water with it, or let it seeth together. Of this wine is he to drinke all the whole winter euen to the end of March: but from the moneth of March vntill the end of the moneth of September, then take Must and fountaine water, of each one hundred quarts, Liuerwort, water Cresses and garden leaues, of each five ounces, greene Citron leaues twelue ounces, cut them very small, and let it seeth all together. When this potion is cleansed, then drinke it as befoze.

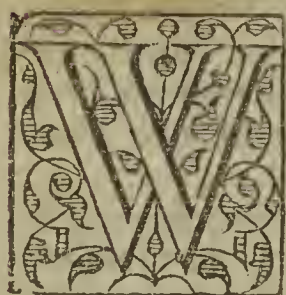
The patient is also to see to it that he eate not without hunger, nor drinke without thirst, and especially if his stomacke be not well framed. To the contrary, he is not to fast any longer than till he feeleth that the meate in his stomacke be cleane spent. Many dishes or messes be not good for him, but all sporn meates that are thin are very meete for him. He is to beware of all dry meates. He is also to hold him sober in drinke, that the meate come not to swim in the stomack. If so be he find after meate that that his meate do trouble him, then is he to take this following to parbake it out againe: Take three ounces of water wherein Radishes be decocted, white sugar and hony, of each halfe an ounce, Sal gemma three graines, Comin five graines, Vineger two ounces, temper them together and drinke it luke warme. But in case that the vomiting will not yet follow after it, then thrust your finger or a feather in your throats as deepe as you can, which is made fat with oyle. If it will not yet be, then must it be looked to, that the meate come not to rot in the stomacke, and there ingender an ague of it, which is to be done with this potion following: Take fresh prepared Gall which is prepared with water of Violets one ounce, water wherein the herbe Mercurie hath bene decocted three ounces, then make them warme together, and drinke it at one good draught.



They that be burthened with this disease, ought to sleepe the space of eight houres at the least, and to go to bed one houre after meate, and to turne oftentimes about from one side to the other. The head is to lie very high, and to sleepe halfe sitting. When it is cold weather, then is he to couer his whole body, & especially his head very warme. Reasonable exercise is very good for him, if so be that he can exercise himselfe. His head must he let be oftentimes and softly rubbed. Last of all he is to beware of all motions of the mind, as from anger, sorrow, and such like, for that these things do augment the burning of the melancholy.

Let this suffice to be spoken of the order of diet, whereof we shall hereafter discourse moze at large, and teach also how this matter might be diminished and expelled.

Of letting of blood. §.4.



We haue befoze expessed in the generall rules how that letting blood in the confirmed leprosie may not auaille, except it be seene that the patient be very full of blood: for which, setting of bores is also very commodious, whether it be in the necke, the shoulders, the thighes, or vpon the calves, and vpon other places mo according to the importance of the cause. But if so be that the Leprosie be not rooted, then is first the letting of blood to be vsed, and that for an vnburthening of the noisome matter.

But if now the patient be very plethorick, and the veines be full of blood, then must one open the patients Median in the left arme, and let out thre or foure ounces of blood. Or if there appere such fulnes of blood about the liuer, then is the liuer veine to be opened in the right arme. But if there be any fulnesse in the veines about the head, then is the head veine to be opened, and that vpon the hand about the great thomb. This letting of blood is in the beginning of the Leprosie, one of the most principallest medicines and meanes, because that the burning blood can thorough no moze commodious way be expelled.

After letting blood (or if it be not esteemed needfull) do all learned commend the potion of *Epithymo*, whereof there be thre sorts in the first part, the twelfth Chapter, and eight §. described, whereof the patient shall take in the morning betimes foure or fife ounces very warme, and then to sleepe one houre vpon it, for it is a very milde laxative, and afterwards he is to fast fife houres after it. But if you desire a weaker potion, then take fresh rootes of *Polipody*, powdered *Sene* leaues, *Thymus* and *Epithymus*, of each one dragma, *Mirobalani Indi* one quarter of an ounce, *Whay* fife ounces, *Annis*, *Cinnamome*, wild yellow *Kape* seede and *Mace*, of each halfe a scruple, and beate it small, and steape it the space of 24. houres in warme *Whay*, afterwards wring it out, and so giue it to drinke. Item, take the confection of *Sene* leaues thre quarters of an ounce, and temper it with whay of *Goates* milke: this is a safe and elected medicine. This following is somewhat stronger: Take *Sene* leaues one dragma, *Indy* salt, prepared *Azure* stone, and fine *Bolus*, of each two graines, then giue it warme with thre ounces of the water of *Hops*. Or take two ounces of the iuice of the leaues of *Polipody*, temper it with one ounce of good wine vnto a potion. If you will haue this moze pleasant, then take the distilled water which is distilled out of the leaues and rootes of *Polipody*.

Had you rather take pilles: then let these following be prepared: Take *Polipody*, *Thymus* and *Epithymus*, of each fife graines, prepared *Azure* stone, and fine *Bolus*, of each halfe a scruple, *Annis*, *Mace* and *Ginger*, of each two graines, *Indy* salt thre graines, then make thereof seuen or nine pilles, and that with the iuice of *Roses* for to be taken at one time. After this, may one bring together many purging things, but these besozesaid be sufficient for a patterne and example.

The clisters may be made thus: Take *Burrage*, *Buglosse*, the vttermoost of the *Agaricus*, *Clecampane* rootes, and fresh *Polipody*, of each one handfull, then seeth them all together in sufficient water vnto the halfe, then take thereof twelue or sixtene ounces for a clister, without any other addition.

Another.

Another. Take of this foresaid decoction twelue ounces, Butter halfe an ounce, then temper them all together: Take good sweete Wine wherein Wallowes and Violet leaues haue bene decocted foure ounces, confectiō of Sene leaues and Cally, of each half an ounce, Indy salt one scruple, temper them well together, and then set it very warme as a clister. Here followeth a stronger: Take Coloquint, *Mirobalani Indi*, *Emblaci*, *Epithymus*, *Thymus*, *Fumitory* and Sene leaues, of each one handfull, seeth all together in sufficient water euen to the halfe, and vse them without any other addition for a clister. There may also be taken sixe ounces of the decoction wherein an Hedgehog is boiled, and putting therto foure ounces of the oyle of Violets, Indy salt one dragma, confectiō of *Hamech* thre quarters of an ounce, and temper this together vnto a Clister.

But this following is the mildest, and notwithstanding the most commodious: Take whay of Goates milke 12. or 16. ounces, Cassie one ounce, and set it warme.

If it be seene that the matter doe annoy more the head than any other member, then is this laxatiue potion to be vsed: Take the confectiō of *Diasena* and *Hamech*, of each thre dragmes, the decocted or distilled water of Betonie, water of Violets, or of the Sauiue tree, of each one ounce and a halfe, temper it all together. If so be that the breast be most of all infected, then take *Agaricus* one dragma and a halfe, *Mirobalani Indi* one quarter of an ounce, fresh Polipodie, and the huskes of the Sene leaues, of each one dragma, Fennell water, and water of Hyssop, of each two ounces; make it warme, and steepe the rest the space of 24. houres in it: afterwards drinke it warme in the morning early.

Or if so be that these melancholicke humors do bzuise the Liuer most of all, and the rest of the intrailles, then is this following to be vsed: Take Annis, *Spica*, Violet seede, *Cuscuta* seede, Soxrel seede and Basticke, of each also a dragma, Roses, and the leaues of the wilde Vine, of each foure scruples, seeth them all together in sixe ounces of water euen to the halfe: Take of this decoction and temper therein of the confectiō *ad melancholiam Auicenna*.

These be now the things whereby all such noysome humors may be diminished. First it is to be considered how the grosse melancholike blood might bee drawne from the vitall parts to the outside: for this is very good after the vse of the former purgation that the patient do forcibly sit and exercise himselfe, viz. to go a foot, and to clime vp to the mountaines, whereby natural heate might be prouoked, and the matter consumed.

Secondly, it is very good that he be rubbed from the necke along the backbone downewards, and from the shoulders to the hands, and from the thighes to the fete with hote clothes, vntill the skin be very red.

Thirdly, he shall bathe in this bath following morning and euening: Take fresh or dry *Fumitory* twelue ounces, the Elecampane leaues, Violet leaues, and small Yonckie, of each sixe ounces, Cammonill, Delilot, and *Spica Romana*, of each eight ounces, seeth them together in so much water as is needfull: in this shall the patient bathe, and be softly rubbed.

Fourthly, prepare this salve following: Take oyle of *Sesamum* sixe ounces, Cammonill, Dill seede, Burrage flowers, and *Fumitory*, of each one dragma, flowers of Elecampane & Dock seede, of each one dragma and a halfe; powne them all small, steepe them, and seeth them all together in the foresaid oyle vnto the halfe: afterwards annoint therewith the bodie twice or thrice a daie, and especially the whole backbone, and also all other parts which are infected.

There is also vsed for this hote and blistering hearbes, viz. powdered, wherewith the members may be rubbed, whereby the bad humors be drawne outward toward the skin: these herbes be *Parierom*, *Pennitroyall*, wild Thyme, *Pepe* and *Crowsote*, which haue an especiall power for to draw out the melancholike humors towards the skinne, changing them into water, through the blisters which appeare after this chafing. Some doe vse *Cantharides*, but they are too strong, for they expell vrine very violently, yea that the blood followeth with it, and doe excoziate the conduits of the vrine if the same be vsed at any one time in many places.

For this is also good boring cups set on the outward members, and the skin picked. If so be that there be any other sozenesse or impostumation with it, then haue you before in the second s. how the patient is to parbake, the which is very meete for this.

But in these cases there is nothing better than to open the hemorroides, which may be effected by the rubbing of fig-leaues, or by the rubbing with the leaues of Comfrey: also with rubbing with an hairen cloth which is steeped in an Oxe gall.

There

There may also a small boring cup be set vpon the fundament, and when as the arsegut doth appeare and come forth; then may the veines which doe as then appeare be opened with a lancet, and to let them bleed so long, vntill that the thicke and grosse blood doe alter into cleare and thin blood. This is also to be done foure times a ycare, for it is very commodious.

For to expell the matter of this sicknesse by vrine. §. 5.



Afterwards it is also very meete, that this noysome matter be drinen out thorough the vrine, for which you are to vse one ounce or more of the potion of *Epithymo*, or of the water wherein *Epithymus* is decocted, whereof the patient is in the morning and also at afternone to drinke, for that it driueth out a blacke and melancholike vrine.

Or take in the morning early one ounce of the iuyce of *Smallage*. Item, take three ounces of y^e iuyce of *Pease*, or the decoction wherein pease be boyled.

There is also a yure stone sodden in the water of *Pillet*, and take thereof three ounces: Take *Indie Spica* one quarter of an ounce, *Mirobalani Indi* three dragmes, seeth them in nine ounces of *Fennell* water euen to the halfe, afterwards straine it through a cloth, and wring it out hard, and then drinke it. The floures of *Brome* be also taken for this, *Madder*, *Valerian* and *Mel*, of each one handfull, let them seeth all together in eightene ounce of waters vnto the halfe, and then drinke thereof foure or five ounces with powdered *Licozice* and *Gromell* seede, of each halfe a dragme tempered therewith.

Wherewith the Mouth and other parts are to be washed. §. 6.

Take the decoction of *Linsede* foure ounces, and *Oxymel compositum* two ounces; temper them well together, and wash the mouth oftentimes with it alwaies twice befoze supper, and two houres befoze dinner. You may also after the same manner chew *Swines* bread and spit it out againe: or in stead thereof chew *Agaricus*, which is moze forcible and moze safe.

Item, prepare this gargarisme ensuing: Take *Mirobalani Indi*, *Violets*, *Burrage* floures, and *Buglosse* floures, of each one dragme, the rootes of *Polipodie* one quarter of an ounce, *Indie Salt* one dragme, the Huskes of *Sene* one quarter of an ounce: seeth them all together in twelue ounces of water euen to the halfe, and vse it warme alwayes one houre befoze none, and an houre befoze supper: to wit, ten or twelue times together. This ensuing is also much commended for the Leprosie, if it be often washed therewith in the beginning: Take *Birthe* and *Sarcocolla*, of each three dragmes, *Treos*, rootes of *Fumitorie*, of *Mel*, and *Hartwort*, of each three quarters of an ounce, blacke *Helleboze* two ounces, the seeds of *Hallowes*, of *Hollis* hockes, of *Fumitorie*, and the leaues of *Elecampane*, of each three handfuls, cut them and stampe them together, afterwards let them seeth in two quarts of water vnto three pintes.

In like manner there is also much commended for this the golden water, if that one do take a little and oftentimes thereof, and do annoint the Leprosie therewith. The oyle of *Liles* is also much commended in the beginning of the Leprosie.

But because the most principal cure of this Leprosie consisteth in consuming of the melancholike matter of this sicknesse, and that the blood must be well cleansed: therefore will we to that end describe certaine good things, beginning first with the least.

Whereby the blood in the Leprosie shall be cleansed. §. 7.

Take the water of *Hoppes*, and of *Fumitorie*, of each one ounce and a halfe, temper them together, and giue it in the Sommer cold, and in the Winter warme. Item: Take the Whay of *Goates* milke, or of *Sheepes* milke, and drinke thereof in the morning like as is said befoze. This following is also moze forcible: Take foure ounces of *Chese* whay made of *Sheepes* milke, and the iuyce of *Fumitorie*, temper them all

all together, and so drinke it warme. These three things haue an especiall property with the breast, with the liuer, & with the stomack, and do consume all burnt humors of the same. Item: Take the sirupe of *Epithymo* one ounce and a halfe, the water of *Elecampane*, of *Sorrell*, and of small *Endiue*, of each one ounce and a halfe, temper them together, and drinke it certaine dayes together: the same expelleth the grosse matter. This following is also meete for the same: take *Syrupum de Thymo*, *Acetosum compositum*, *de Byzantiis*, of each halfe an ounce, water of *Smellage* and of *Fumitory*, of each one ounce and a halfe, and vse them as befoze.

This ensuing is especiall good for the melancholy which is caused through burnt blood, and where it may euidently be seene, that heate of the Liuer, of the breast, and of the heat of the body: Take the seedes of *Belons*, of *Cucumbers*, of *Pompeons*, and of *Gourds*, of each three drag. flowers of *Violets*, of *Burrage*, *Buglosse*, and of small *Endiue*, the seede of *Sorrell*, or small *Endiue*, and of *Waterlillies*, of each one handfull and a halfe; *Fumitory* flowers; *Elecampane* rootes, red and white *Saunders*, burnt *Iuory*, red and white *Corrall*, of each one dragma, the iuice of sweet apples sixe and thirty ounces, fresh *Hallowes*, *Endiue*, *Sorrell*, *Hops*, *Flaine*, and *Lettice*, of each three handfulls, *Dock* leaues, *Elecampane* rootes, *Bistorta*, *Swines* head, and *Gentian*, of each one handfull, wild *Vine* leaues, small *Houssake* and *Liuerwoort*, of each three handfulls; seeth this all together (except the iuice of Apples) in foure quarts of water vnto the halfe, afterwards wring it out hard and straine it: this being done, then put to this decoction the iuice of Apples, and three ounces of *Sharpe Vineger*, white *Sugar* sixe and thirty ounces, then seeth them all together (alwayes skimming) by a mild fire, vntill that about the third part be wasted: if you are to keepe the one halfe, and the other halfe are you to seeth to a sirupe; for that first is euery day to be taken sixe ounces, and of that which is sodden to a sirupe two ounces with water of *Agrimony*, and *Fumitory*: to wit, of each one ounce and a halfe. This he done maruels, but it must be continually vsed the space of sixe weekes or two moneths.

This sirupe (as also all other) is alwayes to be taken when the meate is digested in the stomacke, and afterwards to sleepe an houre or twaine, and then without doing any great labor, to fast sixe houres after it. In Sommer it is to be taken cold, and in Winter lukewarme.

For to consume the remanent matter. §. 8.

Vhen you do perceiue that this matter is much diminished, then giue the patient during the space of a moneth, alwayes early in the morning one dragma of powdered *Pepe* with *Shæpes* whay, for it is a safe remedie. In like manner you may giue vnto this patient some dayes together one ounce of the iuice of *Marsh mints* or of white water *Mints*, and that especially in the beginning of this sicknesse.

The powder of burnt *Hedgehogges* flesh hath an especiall power for to consume this matter, if that one take the waight of a dragma oftentimes with *Whay*, or giue him oftentimes halfe a dragma of *Treacle* with decoctions of *Hedghogs* flesh. These be now sufficient and sure things chosen out of diuers others.

It so be that there remaine any bad matter in the ioynts, then must the same (if one will haue perfect health) be also consumed, to the end that thereby (the same there remaining) the whole body be not infected againe. For which these two bathes are to be vsed at the first: take *Mariozam* twelue ounces, *Bayberries*, the seedes of *Licebane* and *Mustard* seede, of each sixe ounces, *Sulphur* sixe ounces, the Earth called *Sinopida* two ounces; then seeth them all together in much water vnto the halfe, then bath therewith the space of sixe or seue dayes twice a day. When the patient cometh out of the bath, then is the whole body to be annointed with *Treacle*, and the same to be rubbed in well. Afterwards he is to go to bed, and to sweate well vpon it: and although he could not sweate well at the first, yet giue him after bathing halfe a dragma of the *Treacle Diatesaron*, with a little water of *Violets*, and then couer him close. When he hath thus bathed, then is he to vse this bath following: Take *Fenegræke*, and the seedes of white *Sesamum*, of each twelue ounces, the rootes of *Lillies* sixe ounces: then let them seeth together to a bath as befoze, yet in bathing is the body to be rubbed with black *Sope*, and then to ly abed as is said.

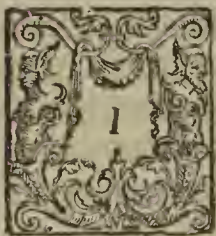
When as nowe the matter is sufficiently prepared through bathing, and draloue towards

wards the skin, then doth the cause require that it might be consumed, whereto stronger medicines be necessary, like as this ensuing may be prepared: Take Verdigrease, Opiment, Coperas, and white *Cadmia*, of each five ounces, vnstiekt lime twelue ounces, the roots of Crowfoot eightene ounces, Allume foure ounces, Salarmoniack eight ounces, powne them all together, and then distill them in a helme, as strong water is wont to be made, and annoint therewith all scales and blisters euery where.

The third day are you to annoint them with this following: Take one ounce and a halfe of Starch, and washed litharge of gold two ounces, vnstiekt lime one dragme and a half, Dragon's blood halfe an ounce, Vineger as much as is needfull for to temper together, afterwards temper them together in a leaden mortar.

Other do vse this following: Take the sweet soote of a chimney two ounces, lytharge of gold one ounce, Frankinsence halfe an ounce, Mastick five dragmes, oyle of Juniper, and oyle of Wheate, of each foure ounces, yelloe Ware two ounces, powne all small that be to be powdered, and then temper therewith two ounces of the oyle of Violets, afterwards put vnto it the gold lytharge, the Masticke, and Frankinsence, and at last a little Vineger, yet stirring it alwayes about. Other do temper amongst it five ounces of the iuice of Cuccopit rootes.

What is to be vsed for the Scales. §.9.



If that there be any scales vpon any sores, then are they to be annointed with this salve following: Take the oyle of *Sesamum*, Alles of each five ounces, the yolke of an egge, Camfer halfe a dragme, then temper them all together with sufficient whites of eggs, it is also good against all heales of the ioynts, it healeth and causeth the flesh to ingender.

If so be that these foresaid scales will not fall off of themselves, then do some take them off with Rasors, euen to the roote, yet not altogether at one time, but one before, and another afterwards. The blood do they stanch with powdered litharge of gold. They do make also a salve with fresh Hares blood, or with a young mans blood, which is very meet for this. The annointing with this salve is to be done but once in three dayes, and then to wash the party with some water wherein Bran is decocted. You haue also more at large of these things in the Chapter where the Pockes be discoursed of.

When as after all this the matter proceedeth well the space of two or three moneths, then is one not to foresew purging in the meane whiles, but to take good heede to these two things ensuing.

First, to the stopping of the nose, which maketh an vnseemely speech, and for to let that, make a long taint of Cotton, annoint it with the salve of Citron (which one findeth commonly ready at the Apothecaries) strew thereon small powdered lytharge of gold, or Hartwort, or in the stead thereof take the confectiō of *Aurea Alexandrina*.

Further, you are to spout in the nose some lukewarme wine, amongst which a little Vineger of Squills is tempered.

Secondly, because that the haire of the eyelids fallen out do giue a great deformitie, therefore it is to be looked to, that the same be made to grow againe, whereof you may reade in the first Chapter and 8. §. But this ensuing is especially commended in the deformity: to wit, that the eyebrowes be rubbed vntill they be red, and then are Leaches to be set vpon it: and when as they be fallen off, then haue this salve following prepared: Take fresh Venus haire, and *Laudanum*, of each a like quantity, seeth the same in oyle of Bayberries, and a little wine, afterwards wzing them out, and therewith annoint the eyebrowes, and all other infected places.

If so be that there euer appeare any new matter, or any new impostume, then must one begin to bath with the last foresaid decoction, and in like manner also to annoint with the foresaid things, for that in such lingering sicknesses, must the remedies so oftentimes be reiterated as the diseases make returne.

For to strengthen the Heart, the Liuer, and the Braines in
the Leprosie. §. 10.



Because that by the foresaid parts and other moe this Leprosie taketh her beginning, therefore are the same to be strengthened: for which this following is very good: to wit, the confectiō of *Latificans Almanforis*, whereof giue euery day (halfe an houre before noone) one quarter of an ounce with Endiue water, the water of Water Lillies, or with water of Agrimony.

Secondly, the great Treacle is very forcible, for it strengtheneth the naturall heate and the vitall spirits, that it may the more mightier withstand all venime, if one take halfe a dragme thereof with any distilled water.

Item, take the confectiō *Diambra*, *Diamoschu*, and *Manus Christi* with Pearles, likewise halfe a dragme of *Lignum Aloes*, tempered with two ounces of water of water Lillies, and drunk in the euening when one goeth to bed.

There is also highly commended to take oftentimes one scruple of Pearles with one ounce of Basill water.

What concerneth the skin. §. 11.



When as the skin through great vnnaturall heate is annoyed and hurt, which be perceiued by the corroding and by the sharp matter, then is the same to be annointed with the iuyce of Lettice, of Purslaine, of water Lillies, and also with vntipe Sallad oyle: but if it be caused through cold, that thereby the naturall heate be extinguished, then is there no better thing than to bath the place with strong red Wine warmed. But if the disease of the skin doe not import any thing, then is it better that it be bathed with a milde Lye, with *Pep*, or garden Mints; and if this corroding do increase, then vse this precious salve ensuing: Take litharge of Gold and Ceruse, of each two ounces, oyle of Roses two ounces and a halfe, the iuyce of Rue foure ounces, Starch as much as sufficeth, then stirre it the space of certaine houres in a leaden mortar, at last temper one quarter of an ounce of small bzuised Camofere amongst it.

Of the actuall and potentiall cauterie. §. 12.

These actuall and potentiall canteries are both of them commended by the Phisitions in the extreamest neede, to wit, vpon the head, and in the necke, and in moe other places, but because it may not be effected without danger of some other parts (like as also they themselves do acknowledge) therefore we will not write any ampler thereof at this present.

If any one be so hardly assailed of the Leprosie, that he be no otherwise to be holpen but by cauterization, he may take the aduice of those men that haue experience in it. And because that all which we haue hitherto written is moze meete for the *Elephantiasis*, (like as we haue declared at first) notwithstanding it is also good for all species of the Leprosie, therefore followeth hereafter all that which is commodious for all species of this sicknesse.

What is requisite for euery sort of Leprosie. §. 13.



Of this, hath Treacle the highest commendation; in like sort the confectiō of *Hiera* and Hedgehogs flesh (whereof we haue admonished before) whether it be roasted, fryed, or sodden. Also the flesh of the venomous Snake *Tyrus* is commended by *Galen* and of other famous Phisitions moe. But because that we (God be praised) haue not this Snake here in this Realm, it is not needfull for to write much thereof, but to speake rather of those things that are to be gotten in this countrey, and may doe ease, as the powder of burnt Hares one dragme and a halfe, with foure ounces of wine drunk thre daies together. Take in like manner as much powder of Squils, or the iuyce of the same, with the sirupe of Squils, and then temper

per halfe a dragme moze oꝛ lesse of *Assa foetida*, with Hony amongst it. Item, take pownded Comin fine dragmes, with clarified Hony.

There may also be moze wꝛitten; yea, a whole booke full of the Leprosie, and how that euery accident of the same is at the beginning to be eased; but if so be that the foresaid remedies will help the sicke person, then be the accidents the easier to be holpen: for which we haue also in many places wꝛitten much of the foresaid diseases, which altogether may and ought to be vsed for this, and therewith we will conclude.

Of the bad vlcꝛ *Cacoete*. §. 14.

For a conclusion of these coꝛrodings, impostumes, and vlcꝛs, we will also bꝛieflý wꝛite of those which the Grecians do call *Cacoete*, which is a species of the Canker, and so venimous, that it continueth with a body all his life time: for notwithstanding all the counsell which may be done for it, yet is it all in vaine, and it doth remaine incurable, and mozeouer (like as is said) is very long continuing: yet doe some commend this ensuing for some especiall thing.

Take *Soldonella* halfe a dragme, powdered *Rubarbe* two scruples, giue the same to drinke oftentimes with white wine: when this is taken, then giue to the patient the next day after ward the sirupe of *Mozmelwood*, and of *Cicozie*, with *Rubarbe*, of each one ounce: and so continue euery other day. Afterwards annoint the place of the disease with oyle of *Roses*, oꝛ oyle of sweet Almonds.

The fift Chapter.

Of outward infection and woundings of the Skin.

In the beginning of this fift Part we haue befoze declared many things whereby the skinne is infected and annoyed within. Now doth our methode require, that we should wꝛite some what of the outward accidents of the skinne, which be hurtfull to the same, and also to the flesh vnderneath it, and we will also begin with the least, which is of burning oꝛ scalding.

Of burning or scalding with fire, hot water, and of burning with Gunpowder. §. 1.

If there be any burnt with fire oꝛ scalded with hot water, then haue the things oꝛ medicines whereby both these are to be coled and healed, small difference: but concerning the burning with Gunpowder, of that wee will wꝛite after another manner.

Of the burning of fire, oꝛ scalding with hot water, there cometh at the first an excessive paine, and diuers blisters whereout water doth run.

Secondly, if one will heale these soꝛes, then is there first to be spread there on a pap of the powder of *Saunders*, with Rose water, and tempered with a little Camfere, oꝛ with the water of *Nightshade*.

Oꝛ temper fine *Bolus* with Vineger, with Rosewater, and with water of *Nightshade*: these things are to be laid vpon it so long, vntill the paine be almost gone. For this may also be vsed the salue of *Poplar*, mixed with the white of an egge. And if so be that the blisters do not breake of themselues, then are they to be opened with a needle, to the end that the flesh next vnderneath be not harmed thereby.

This is now a necessary and common manner of doing, viz. at the first: but what is moꝛe to haue moze done in it, that shall hereafter follow.

And because that such kind of diseases may be rather healed with salues than otherwise, therefore will we first of all begin with them.

These

These things following are to be used immediatly after the burning, and untill the paine be at the extreamest: Take oyle of Roses and vnripe Sallad oyle, of each thre ounces, white Ware, washed Litharge of gold, and Ceruse, of each one ounce, Starch thre quarters of an ounce; melt the oile and the Ware together, and then powze it hote vpon cold water: afterwards wash it thre times, and that with Nightshade water: at last temper the other things amongst it. But if you will haue it more drying, then may you mixe powdered Cipers nuts amongst it, as many as you please.

Item, take Butter, or Swines grease, eight ounces; let it be hote, and powze it vpon cold water: afterwards let it be stiffe againe, and then put it into a dish: stirre it well about, and powze of the water vnto it vntill it be thozow white: at last stirre one ounce and a halfe of Peter oyle in it, and therewith annoint the burning.

But if so be that the burning be two or thre dayes old, then take of the foresayd salve, and spread it vpon linnen as a plaister, and lay it fire or seven times a day vpon it, according to the importance of the burning, so that how much the oftener it is refreshed, so much the better and sooner is the same also to be healed. If so be that the burning be great and deepe, then do not bind it tight, to the end the heate may passe out the better.

Item, Take Butter wherein an egge is baked and burnt, powze it vpon cold water: when it is stiffe, then wash the same eight times with cold water, and at the last twice with vineger: now take two ounces and a halfe of this Butter, put thereto the whites of two eggs wel beayed, Linsæde oile halfe an ounce, then annoint it on the burning.

Commonly the oyle of Roses is good for burning being tempered with salt, Linsæde oyle, Inke, and Oxyracron.

Item, take oyle of Roses one ounce, thre yolkes of eggs, mixe them well together: you may also adde fowze or five graines of Saffron vnto it.

Another. Take oyle of Roses thre ounces, Bolus one dragma, make it very hote: afterwards dip a cloth in it, and lay it thereon as hot as the patient can abide it. But if the paine be abating, then is there a salve to be chosen of this Lime ensuing: Take vnsted Lime, powze water vpon it, but thrust not the hand into it, but stirre it well about with a spoone vntill that it scum: afterwards strike it off with a feather, and temper it with Sallad oile: at last annoint it on the burning: the same is very highly commended. Or take vnsted Lime, & with Sallad oyle make a salve of it as thicke as pap, and annoint therewith.

Item, Take oyle of Roses two ounces, vnripe Sallad oyle one ounce & a halfe, white Ware halfe an ounce, let it seeth a little all together: afterwards powze it on cold water, and wash it therewith. This being done, temper small beused Ceruse amongst it thre quarters of an ounce, Frankinsence and Sarcocolla, of each one dragma, prepared Lyme half an ounce, Saffron halfe a scruple, washed litharge of gold thre quarters of an ounce, then temper them all together. This following is a well approued salve for burning: Take quicke lyme which is slaked with good wine, let the lyme dry well, and put in as much Linsæde oile vntill it be as it were a dough: afterwards annoint the burning with it, and then lay none other vpon it.

But if so be that it were drie and hard, then spread more vpon it and take it not off, for that the burning will be suddenly whole, and when it is healed, then falleth it away of it selfe. This is thus by some to be assured: neuerthelesse it is perillous not to looke to it in long time, for that there might some other thing sticke vnto it.

For this is also fit, the oyle of Saint Johns wort alone or tempered with washed lime, and so spread vpon the burning, for it cooleth marvellous much. Item, take oyle of Roses thre ounces, white Frankinsence one ounce, Ceruse thre ounces, the whites of thre Eggs, Camfer one dragma, make thereof a salve.

Another. Take oyle of Oliues foure ounces, powdered Frankinsence halfe an ounce, the innermost rinds of Elderne one quarter of an ounce: seeth them all together with a little Vineger, vntill that the Vineger be thoroughly wasted, then straine it thozow a cloth and vse it as before.

Item: Take old candle tallow, Goates suet, and Linsæde oyle, of each a like quantitie: let them melt together, and put thereto the whites of Hens dung, as much of the one as of the other things: let it seeth well together, and then straine it thzough a cloth, afterwards lay it vpon the burnt place, and let it lye thereon a day or twaine: then wash it off with lukewarme water, and lay againe a fresh plaister vpon it.

For this is also good all the white salues which are described in the fourth part, the ninth chapter, and first s. Item, yet another salue which is to be found in the first part, the seventh chapter, and 17. s. This salue following is also very good for all sorts of burning: Take oyle of Roses two ounces, the yolkes of five Egges stamped well together, and temper some Saffron amongst it, afterwards spread it on a cloath and lay it vpon the burning: it healeth verie speedily.

Another. Seeth Mustardsæde in the creame of milke, then powne it to pappe and wring it through a cloth, afterward annoint therewith the burning. After the same manner is Linsæde also to be sodden, strained and vled. Or take Dafen meale, boyle it in Creame, and vse it as the rest: this is especiall good for scalding with hote water.

Item, take the iuyce of Rapes or of Onions, each apart or mixed together, and annoint the burning oftentimes with it, and lay the leaues of the Cherry tree vpon it.

Take the iuyce of an Onion, and oyle of the kernels of Abzicookes halfe an ounce, temper them together. The sirupe of *Oxyracaton* doth coole much the burning. Inke tempered with the water of *Cardus Benedictus* is much commended for this, if one make a cloth wet therein and lay vpon it.

Item, the leaues of Waterlillies laid vpon the burning do coole and also heale. Of the inflammation and heate of the vlcers which is caused within, you haue heard befoze in the second chapter and sixth s.

Of burning with Gunne-powder. S. 2.



If any haue a shotten pellet cut out of his bodie, then is this oyle following to be laid vpon it: Take oyle of Elderne flowers twelue ounces, oyle of S. Johns wort one ounce, Turpentine halfe an ounce; temper these together, and set them certaine daies in the sunne: this hath a maruellous efficacie and vertue.

Another. Take oyle of Roses, Nightshade water, Rose water, water of Lillies, and oyle of Saint Johns wort, of each a like quantity, and wash therewith the wound oftentimes. Item, for to coole the inflammation, take the water of Nightshade and of Saint Johns wort, of each eight ounces, Allume halfe an ounce, Ceruse, Litharge of siluer, and Verdigrease, of each one dragme, powne them all small together, and temper them well together, and then lay it as warme vpon it as may bee suffered thre or foure times together.

Or take Linsæde Oyle, vnleckt lime, fine Bolus, and Rie meale, of each a like quantitie, stirre them well together, and then spread them on the burning: it draweth out the heate and the powder.

Item, take good Hony eight ounces, let it seeth and be well scummed, then put thereto halfe as much sharpe Vineger of Roses, and seeth it all together vntill it be browne: afterwards put a spoonefull of beaten Allume vnto it, and keepe it well; for the elder it is, so much the better it is.

There is also prepared for this two kindes of Ley; the one which is made of quicke Lime, and laid vpon it with a wet cloth; the other is, if one temper strong ley, with sallad oyle, and lay it thereon: this ley is very good for all heate, whether it be through burning with Gunpowder, or otherwise for all inflammation which doth appeare outwardly.

For all scalles of burning. S. 3.

Take Ceruse one ounce and a halfe, Camfere halfe a dragme, Rose water thre quarters of an ounce, Starch halfe an ounce; bruse it, and temper it well together in a mortar with the white of an Egge vnto a thin salue; spread it thereon and round about the scalles, and they will drie and fall off.

Befoze in the third Chapter and tenth s. you haue yet moe other fit remedies for it.

The sixt Chapter.

For to draw Splinters and Thornes out of the Skin.



If that any Splinter or Thorne doe sticke in the skin, then must one looke to pul out the same immediatly: otherwise it must ranckle out with great paine.

Thus for to remedy this: Take Dre suct, Ware and Rosin, of each a like quantitie, Pirola, Beetes, Louage, Lady mantle, and Sanicle, according to the quantity of the former: powne them together, and wyng out the iuyce: afterwards put it amongst the molten Ware, Rosin, and suct, and then boyle it untill all the iuyce be wasted, and there become a salve of it.

Another. Take two parts of Sallad oyle, and one part of Rosin, or Turpentine, and as much Ware, let it melt together, and stirre it well untill it be cold.

For this is also good, the plaister *Apostolicon* and *Gratia Dei*, that are described before.

Item, the iuyce of Barberries tempered with Barley meale, is also good for it. *Sief de Thure* draweth out the Arrowes, like as before is shewed.

The rootes of Beetes, of Polipodie, decocted with their leaues and laid thereon, draw also much.

If so be that any bodie in spinning get a shiue in their finger, then take picked Plantaine leaues, wyng out the iuyce, and lay it vpon it, it will quickly draw out the shiue that sticketh in the hand, and heale it.

The seventh Chapter.

Of wounds and all that concerneth them.



Amongst all outward accidents which harme the skin and the parts adiacent, are the wounds also to be accounted: for which you haue before (in the common description of vlcers) certaine rules which be also necessary for all wounds, and may be applied vnto them: therefore they are to be added here.

In all wounds (whereof soeuer they be caused, whether it be of pricking, cutting, shooting, or falling) the Chirurgicalian must first looke that he cause the blood to be stanchd: but if that be not performed, then doth the patients strength and power weare away, and at last his life also. Therefore will we first of all write and discourse thereof.

For to stanch blood. §. I.



Take Gum of Arabia, and Dragagant, of each one dragme, red Cozall, Bloodstone, burnt Iuorie and Camfere, of each halfe a dragme, make this powder with water of Plantaine vnto a dough, and lay it vpon the wounds. Some do also temper it with Bolearmoniack and Omy, which is not amisse.

Item, take Frankinsence, Masticke, and small cut Hares haire, of each a like quantity; make a soft salve thereof with the white of an Egge, and lay it vpon the bleeding.

Or take Dragon blood, vnbleckt Lime and Frankinsence, of each a like quantity: this are you to vse if there be any great veine perished: but if the great veines be hurt the long way, then vse burnt Coperas with it.

Item, Take the white of an Egge, fine Bolus, Dragon blood, Bloodstone, and Frankinsence, of each a like quantity; make a plaister of it, and then spread it vpon Tow, and so lay it vpon the wound.

Do stampe Peach kernels, and make a plaister of it with the white of an egge.

Item, take yellow Rose seede, powne it to powder, and temper Vineger therewith vnto a pap, and so lay it vpon the bléding wound, it will stop it.

Resolue Coperas in Vineger, and set it certaine daies in the hote sunne, or let it séeth, afterwards wet a cloth therein, and so lay it vpon it.

The parings of Parchment boyled in Lime, and laid vpon it, are also very forcible for to staunch blood. Burne a hat to ashes and strew it into the wound.

Dryed Swines dung powned to powder, doth also staunch blood. Item, take Egshels, and lay it so long in strong Vineger to steepe, vntill that they be very soft, and then let them be hard againe: afterwards powne them small, and vse them as the other.

Hans haire also burnt, and beaten to powder, stauncheth much the bléding at the nose, and all other manner of bléding.

The iuyce of Shepheards purse stauncheth and cooleth all hote blood. In May are you to take Comfrey with the leaues, and shred it small; this being done, distill it like other water, and drop in the wound.

The same do the Chirurgians ascribe to Maiden milk, which is in the first part, the fift chapter and 1. s. described.

Item, for to staunch the blood at the nose, hold vpon the forehead a cold flint stone, blood stone, Calcedonie or Carnoyle stones, or put in his hand the rootes of Cozne roses: a man is to hang his priuities in strong Vineger, or a cloth wet therein and laid thereon, the bléding will cease immediatly.

For to staunch the blood you may also looke into these places following, as of the bléding of the Eares in the first part, the 9. chapter, and 4. s. of the bléding of the gums, in the first part, the 17. chapter, and 7. s. Item, of spetting of blood, in the second part, 5. Chapter and 11. s. to staunch the bléding of the Hemorrhoides, in the third part, the 9. chapter, and 4. s. of pissing blood, in the third part, the 16. chapter, and 11. s. and of womens tearmes in the 3. part, the 19. chapter, and 3. s.

Of the clotted blood in the body. §. 2.

If so be that a wounded man, or one that hath taken a fall, hapned to bléed inward, then are all meanes to be sought to expell the same with all speede: for otherwise it must inwardly corrupt and putrifie, whereby very perillous agues and other deadly diseases might ingender, whereof in the second part, the fift chapter, and 17. s. (of the spetting blood) is sufficiently written. The common people do aduise, that in this disease one is to drinke his owne vyne, whereby the clotted blood should be expelled. The same doth also the wine of Harts tongue, and al other vulnerall potions which hereafter shall be described.

This plaister following is much commended: Take Goates Milke and Honie, as much as you please, let it be very warme together, and stir fine Bolus therein vntill it be a salve, and bind that vpon it, whereby the congealed and clotted blood will be expelled.

Of the stitching of wounds. §. 3.

This stitching of the wounds is committed to the Chirurgians charge, according to the importance of the cause: but I will onely adde this vnto it, and speake of those things that do heale the wounds together without stitching: Take Masticke and Dragon blood, of each one quarter of an ounce, Frankinsence one drag. Will dust and Beane meale, of each one ounce and a halfe; make them all to powder, and temper them with the brayed whites of Egges and Rose water, vnto a pap. Afterwards spread it vpon two long clouts which bee somewhat strong, and that are as long as the wound is, and lay one vpon each side of the wound, vpon the whole flesh: this being dry, then sew the wound so close together, as you please, the needle not going thorough the skin, but thorough the clouts onely.

The golden salve (is also much commended) called *Vnguentum Aureum Mesue*, which is made thus: Take yellow Wax 3. ounces, Sallad oyle 12. ounces, Turpentine one ounce, Rosin and Colofonie of each one quarter of an ounce, Frankinsence & Mastick of ech half an ounce, Saffron halfe

a drag. let the Ware, Turpentine, and oyle melt together, and afterwards put the Rosin vnto it: and when it beginneth to be cold, then temper amongst it the Gallicke, Frankinsence, and Saffron: this ioyneeth the wounds together, and healeth them. In the first Part, the 7. chap. and 10. S. there haue you a water described, beginning thus: Take Litharge of silver, &c. which is very much renowned for this purpose. In like sort D. Tristrams water, and other golden waters, with foure kinds of Balmes which are to be found in the last part.

Of fresh wounds. S. 4.

These forementioned things be verily the chiefest, which may be vsed without any delay for all fresh wounds. When as now the blood is stanch'd, and all finished that is needfull to be done, then are these things ensuing commended highly: First, D. Tristrams water is thought meet to heale all fresh wounds, which may also be done with al golden waters, whether it be that one take them inward, or lay them outwardly vpon them. The oyle of Tyles should not only heale, but also preserve the wounds from all putrified flesh; this is also ascribed to the oyle of Linnen. The oyle of S. Johns wort is also much commended, and the oyle of Roses; for that they haue an astringent vertue and efficacie. Likewise the oyle of Spike, and oyle of Lead. It is also streightly commaunded, that all new wounds shall be washed with Wormwood or with Rosemary: for that both these keepe the fresh wounds cleane, and saue from all putrefaction, and are also healing.

But if any one be but a little wounded, so that it be not needfull to goe to a Chirurgian with it, then vse this salve following: Take Turpentine which is three times washed in Wine, and stirre the yolke of an egge amongst it, Barly meale one quarter of an ounce, Saffron 5. graines, temper them together: This salve is good for all paine, although it be also in a sinewie part: it maketh flesh speedily to grow. It is also not vnlike to *Unguento Mandicatio*. This plaister following will heale the wound in 20. daies, without matter and without paine: Take Wax halfe an ounce, white Corall 3. drag. Colofonia and Romy, of each 7. drag. Myrthe 2. drag. Camfere, Loadstone, of each half a drag. oyle of Eggs as much as is needfull for to mixe amongst all the rest. This salve is thus to be vsed, if any one be cut or thrust, and if this plaister be laid vpon it within 24. houres, then shall the wound within 20. daies without any corruption or any other addition be healed. If so be that then it be a thrust that goeth quite thorough, then is one to haue 4. plaisters in a readinesse, and to lay 2. vpon it before none, and 2. at afternone, without putting any thing else vnto it. But if so be that it be but a wound, then are two enough: to the end that there remaine no clotted blood within, is this powder following to be giuen to the patient; take Romy one quarter of an ounce, fine Bolus and Dragon blood, of each one dragme, giue thereof to the patient euening and morning, the quantity of an Hasell nut.

Many kinds of vulnerall potions S. 5.

Every Chirurgian will shew his cunning in this; for each one hath a seuerall potion which he kepeth as a *secretum secretorum*. Also it is indeed of great importance, when as the inward parts be perished, or if there be any blood inwardly congealed, it can in no better way be holpen then by this meanes: wherefore we haue here rehearsed certaine of these vulnerall potions, whereof the Chirurgians do much esteeme. Take wilde Beets (which is *Pirola*) with their roots one D. *Consolida saracenic*, the rootes 2. D. Mugwort without rootes 4. D. and powre thereto one quart of Wine in a new leaden pot: then stop it tight, to the end there flye no vapo: out; afterwards let it seeth together by a small fire, vntill about the third part be consumed, drink thereof morning and euening, according as the disease is great, and according as the body is hot or cold, take strong or small Wine. But in winter when the hearbes be dry, then take one ounce of Mugwort, *Consolida saracenic* halfe an ounce, wilde Beets two drag. and seeth it as before in a quart of wine: this is an approued potion for blcers, wounds, and all other diseases, being vsed inwardly, and also outwardly. This plaister following is also to be vsed with it: Take clarified hony eight ounces, Wheate flowre two ounces, Linsede oyle three ounces, fine Bolus one ounce and a halfe, then make thereof a plaister, and lay it thereon. Item, take *Consolida saracenic* with yellow flowers, Mugwort, wilde Beets and Ladimantle, of each one D. seeth all together in a quart of Wine, whether it be Palmsey, or any other good Wine. This potion hath bene approued oftentimes, and was found very good.

Another: Take wilde Bêtes, wilde Tansie, Sanicle, and Agrimonie, being all gathered at a full Moone, dyed in the ayre, and then stamped to powder: when as you will vse thereof, then take an earthen pot which will hold a quart of moisture, and put therein of this foresaid powder, as much as you can gripe at two or thre times betwene your two fingers, and according as the wound requireth: afterwards powze vnto it a pint of wine, and couer the pot very tight with a slice of bread, then let it stand the space of a good houre in a warme place vntill it be cold, and giue thereof to the wounded person twice a day. You may also strew of this powder in the wounds. Yet another: Take *Consolida saracenica*, Agrimonie, wilde Tansie, Mugwort, Cicoze, Southernwood, and wilde Bêtes, of each a like quantity, dry the hearbs in the shadow and stamp them to powder: afterwards take a quart of wine, and put thereto an ounce of this powder, then seethe it in hote water, vntill the breadth of thre or foure fingers be consumed: afterwards put thereto a spoonefull of *Asarabacca* powdered small, and giue thereof to the patient when he goeth to bed thre or foure ounces at one time. Another: Take Sanicle, Auence, Agrimony, Buglosse, Verueine, Cicoze flowers, *Consolida saracenica*, Betonie, Hyssop, Sage, Mugwort, wilde Tansie, wilde Bêtes, and S. Johns wort, of each a like quantitie: seeth them all together in wine, and giue the patient thereof twice a day, at each time thre or foure spoonefulls. Item, take *Consolida saracenica*, Agrimonie, Sanicle, wilde Tansie, Plantaine, and Bêtes, of each a like quantity, let it seeth together in Wine, and giue thereof warme. Divers such like potions are described in the third part, the third Chapter of the fractures of bones.

Of the Plaisters for thrusts and wounds. §. 6.

First, to write of the Plaisters for thrusts, there be many kinds prepared for it, as hereafter followeth: Take Ware one ounce and a halfe, Colosonie and Romie, of each two ounces, Frankinsence one ounce, Camfere one ounce and a quarter, bruse it small, and afterwards melt the Ware and the Colosonie, temper then the rest amongst it, and worke it well together, annointing the hands well with oyle of Egges. Another which is approued: Take Turpentine foure ounces, Colosonie and Rosin, of each two ounces, white *Cadmia* one ounce, Loadstone one ounce, Frankinsence two ounces, Basticke and Romy, of each halfe an ounce, Juniper oyle one quarter of an ounce, oyle of Egges, and Camfere, of each halfe an ounce, dissolve the Gum in Wine or Vineger, and straine it through a cloth into a pan, afterwards let it seeth together, then put thereto the *Cadmia* and Ceruse: when it hath sodden well, then put the Loadstone vnto it, and let it wale once againe: afterwards adde the Frankinsence, Basticke, and the Gummie vnto it. This being done, let it seeth a little more, and when it is waren lukewarme, then put the Camfere well brused vnto it, and then worke it further well together vnto a plaister.

Item, take Ware, Rosin, Turpentine, oyle of Egges, and Sallad oyle of each foure ounces, oyle of Roses one ounce, seeth it all together vnto a plaister, and then at last put vnto it one dragme of Camfere: but if it be too hard, make it softer with oyle of Roses. Another: Take Ware and Colosonie, of each one ounce, Romie one quarter of an ounce, Frankinsence, Myrthe, and Basticke, of each half an ounce, white Corall thre dragmes, Loadstone one dragme, white *Cadmia* one quarter of an ounce, Dragon blood one dragme, Camfere one ounce, make thereof a plaister. For this, is also very good the plaister of Maister *Flackenstone*, which is described in the second Chapter, and the 1. s. Item, take Ware two ounces, Turpentine, and *Gummi Heleni*, of each one ounce, Dragon blood, and Hartwort, of each halfe an ounce, *Gummi Ammoniacum* one ounce, Ceruse one ounce and a halfe, Frankinsence, Romie, Basticke, and Juniper berries, of each one ounce, Allume one ounce and a halfe, make a plaister thereof.

Another: Take Ware foure ounces, Romy, Colosonie, Basticke, and Frankinsence of each one quarter of an ounce, white Corall thre dragmes, Camfere halfe an ounce, oyle of Eggs one ounce, melt the oyle with the Ware vpon a milde fire, and then let it be somewhat cold, afterwards temper all the other things (beaten very small) amongst it. This being done, let it seeth softly, stirring it round about, at last temper the Camfere with foure spoonefulls of the Oyle of Juniper amongst it.

Item, take oyle of Roses and Ware, of each foure ounces, Vere sewet two ounces, Frankinsence and Myrthe, of each half an ounce, *Galbanum*, Bastick, and Turpentine, of each half an ounce,

ounce, make a plaister of it. This ensuing is not onely good for wounds, but also for all vlcers: Take Turpentine and Ware, of each foure ounces, Mastick two ounces, Rose leaues 16. ounces, browne Betony, the greater Pimpernell, spiked Plantaine, Nightshade, Diuels bit, Verueine, and Stokes bill, of each eight ounces, adde a quart of wine vnto it; seeth first therein the Roses alone: this being done, powze it thzough a cloth, and wzing out the iuyce well: afterwards take the other hearbs, and put them also into a kettle, with two quarts of Wine, afterwards let them seeth together euen to the halfe, then wzing it well out, and let the decodion bee very hote that the Ware may melt in it, then put the Rose wine with the Masticke also vnto it, then seeth it to a plaister, and worke it very strongly with the hands, but you must first annoint them with Butter, This foresaid plaister is not onely good for wounds, but also for all vlcers. Also you haue in the first Chapter and 15. §. many things which are also very mete for to cure the wounds. The Chirurgians haue yet a blacke plaister in vse, which is made thus: Take Frankinsence halfe an ounce, Hony halfe an ounce, Colosony thze quarters of an ounce, oyle of Eggs halfe an ounce, Camfere one dragme, white Ware thze dragmes: melt the Ware and the oyle of Eggs with the powdered Colosony, and then temper the other things powdered amongst it. If it be too hard, adde a little Turpentine vnto it. Item, take clarified Hony eight ounces, fine meale two ounces, Linseede oyle thze ounces, fine Bolus one ounce and a halfe, make a plaister thereof, and lay it vpon the wounds: for this also is requisite the plaister *Gratia Dei*.

*Black
plaister*

Vulnerall Salues. §. 7.



Here be also many kindes of vulnerall Salues prepared, amongst which this ensuing is one of the principallest, which is called *Vnguentum Fuscum*, and is made thus: Take oyle of Violets nine ounces, Ware two ounces, Colosony one ounce, plume Allume thze quarters of an ounce, Pitch, Saggapenum, and Gummi Arabicum, of each one ounce, Mastick, Galbanum, Ammoniacū, Bdellium, Opopanacum, Frankinsence and Turpentine, of each thze quarters of an ounce, the oyle of Violets and Ware are you to melt, and to let it seeth thzoughly: afterwards temper the Pitch and the Colosony with the dissolved gums amongst it, and when it beginneth to be cold, then mixe the rest with it. This salue is somewhat attractiue, cleansing, and also healing.

*Vnguentum
Fuscum.*

This ensuing is said to heale all wounds: Take Turpentine thze ounces, Ware seuen dragmes, oyle of Cammomill, and oyle of Roses, of each one ounce and a quarter, Frankinsence and Masticke, of each one ounce, Myrthe and Rosin, of each halfe an ounce, good red wine and vinegar, of each thze quarters of an ounce: let the gum be steeped the space of 24. houres in the Vineger and Wine, afterwards melt it vpon the fire with the ware and oyle, then let them seeth vntill the wine be almost all wasted, when it beginneth to be cold, then temper the rest amongst it, and worke this salue with your hands, yet the same being first annointed with oyle of Masticke. This salue cleanseth all wounds, it causeth the flesh to grow, and healeth also very much. Another, which is also very good: Take Louage, Bistorta, Sage, Plantaine, Parrow, Elecampane leaues, wilde Tansie, Sanicle, Cinquefoyle, wilde Beets, Hallowes, Betony, Agrimony, Verueine, and *Consolidas aracenica*, of each a like quantity: Chzed all these hearbes, and then put sufficient sweet Butter vnto it, afterwards stamp all these hearbs together, and let them so stand certaine daies. This being done, make it afterwards warme, and presse it out hard, and then let it seeth so long together vntill the iuyce of all the hearbs be consumed, then put vnto it Dre suet, Harts suet, Bucks suet, the marrow of an Dre, Ware, Rosin, and Turpentine, of each a like quantitie, according to the quantitie of the Butter, and afterwards melt them all together: when it beginneth to be cold, then put vnto it Frankinsence, Myrthe, Fenegreake meale, Allume, Verdigrease, and Masticke being beaten small all together, then stire it much together. Another which is briefer: Take Dre suet, Harts suet, Ware, Turpentine, Hony, Louage, Violets, Betony, Agrimony, and wilde Tansie, of each as much as you please, stampe the hearbs and wzing out the iuyce, afterwards seeth it in the suets vntill it be as thicke as a salue: Item, take Rue, Sulphur, *Chamaleon niger*, of each a like quantity, and Dre suet, as much as will suffice for to make a salue.

For to draw matter out of the wounds. §. 8.

Take Ware one ounce and a halfe, Rosin thre quarters of an ounce, Harts sewet one ounce, Turpentine and Sallad oyle, as much as is needfull for to make a salve or plaister: or take clarified Hony, and Turpentine washed with wine, of each halfe an ounce, oyle of Roses two ounces, let it sath together untill it be thicke. This cleanseth the wounds of al kind of matter, and withstandeth all afflurions. But if there be any heate with it, then take in stead of common Hony, Hony of Roses, but temper not the same with it, untill the other be first boyled.

Of the Taints. §. 9.

If you thinke that the wounds will heale too soone, then cut a dry roote of Gentian for a taint as big as you please, and vse the same in stead of a taint: for when the same wareth moyst, then doth it swell, and holdeth open the wounds as long as you please, and it is very hole some of it selfe. Annoint also the taint with the salve *Apostolorum*, or *Egyptiacum*, which be both very meete to keepe open all wounds and blcers, and also to cleanse them.

For foule flesh. §. 10.



By these two be contrarie: of the first mentioned salve the plaister *Gratia Dei* letteth no foule flesh grow in the wound; so also doth the oyle of Eyles,

Item, take burnt Allume, and fine Bolus, of each a like quantity, and strew it therein.

Or take Verdigrease, and Trociskes de *Chelidonia*, of eace a like quantity; make a powder thereof and strew it therein. For this is also very meet, burnt Harts bones two parts, Salt one part, and vse them as before. Take the iuice of *Narcissus*, of Plantaine, and garden Mints, and the iuyce of Rue: all these iuyces or those that you can get may you take and vse. Item, burne Birchen rinds to powder, and temper it with burnt Allume, or vse each alone. If so be that then there grow any woymes in the wounds, then temper the iuyce of Rue with Vineger and drop it therein.

To staunch the *Synovia*. §. 11.

Take the white of an Egge and put a little Saffron amongst it, afterwards beate them wel together with a piece of pownded Allume the bignesse of a Hasell nut, and lay it vpon the place whence the *Synovia* issueth.

Another: Take the white of an Egge, and mingle therewith Allume, and Salt, of each one draine beaten small, and then vse it as the other.

Item, burne Lentils to powder and strew it therein: afterwards take Turpentine and Sallad oyle, let them heate together, and then mire therein the burnt Lentils vnto a salve or plaister: or take Hempseed, powne it untill it yeelde oyle, afterwards lay it in a fine cloath over the disease and bind it vnto it. Item: take the water of the greater Pimpernell and drop it therein. Item: take Strawberry leanes, and apply them vnto the place. Or take the fruite of Roses, dry them, stampe them to powder and strew it therein.

When a wounded member is lamed. §. 12.

If this doe the Chirurgians vse this ensuing: Take Cow dung and Goates dung; make a plaister of it with the oyle of Earthwoymes, and so lay it warme vnto it: by this meanes doe the shrunken sinewes ware loose. But looke in the fourth part the seventh chap. and 2. §. what is wrytten of the lamenesse and extenuation of the members. The like also in the 3. chap. of the Pocks, where you shal find good direction of this matter.

To cause the flesh to grow in wounds. §. 13.

The Grecians and the Phisitions do call the things which cause the flesh to grow *Sarcotica*, which be for the most part drye in the first degree: for if they be ouermuch drying, then will they not onely drye the humors which do fall into the wounde, but the blood also, and the whole substance of the part. This salve following is very requisite for it: Take Honey six ounces, seeth and skum the same untill it be a little thicke; afterwards temper therein Myrre, *Sarcocolla*, and Aloe, of each one dragma and a halfe, pownded all together to powder. Item, take the Lytharge of silver, refuse of Iron, Centoory, Aloe, Frankinsence, and Masticke, of each a like quantity, make a subtile powder of it. For this is also mete the plaister *Album coctum*, *Triapharmacum*, and *Apostolicum*, which all together ingender flesh, and are prescribed for the same intent. For this also be these plaisters following to be used, viz. *Emplastrum griseum*, or *de lapide Calaminari*, which is thus made: Take prepared *Calaminari* half an ounce, Lytharge of gold one ounce, Ceruse one quarter of an ounce, Turky halfe a dragma, Masticke one dragma and a halfe, Myrre one dragma, Camfer two scruples, make therof a plaister; if it be too hard, put more Turpentine vnto it: this plaister dryeth, causeth flesh to grow, healeth and cicatrisseth all wounds. The other: Take prepared *Calaminari* foure ounces, Masticke, Frankinsence, and Dragagant of each one dragma, the Lytharge of silver halfe an ounce, Ware three quarters of an ounce, Rosin halfe an ounce, prepared Turky two scruples, and oyle of Roses, as much as is needfull, this is somewhat weaker than the other. The salve of Turky, *Diapampholigos*, is very mete for this vse; so is also the salve *Apostolorum*.

Of that which causeth the Skin to grow. §. 14.



At last if you perceiue that the flesh is growne so high, that there wanteth onely cicatrisation, then are things to be used which haue an astringent vertue; and which do drie exceedingly without corrosion. For which be most fit all the salues of lime which be described in the first Chapter, and first §. In like manner also the five white salues which be discovered in the ninth Chapter, and first §. and the last mentioned *Diapampholigos*. This powder following is exceeding good for it: Take Lytharge of silver, burnt Allume, washed Lyme, burnt Lead, Bals and Pomgranate peeles, of each a like quantity, strew it vpon the wound: for this also it is very fit that the wounds be washed with Wormwood wine, or Rosemary wine. Concerning the wounds of the head we haue written somewhat in the description of the skull in the first part, the fourth chapter, and 1. §.

The eight Chapter.

Of the Cicatrices and spots of the Skin.



When there hath bene any body wounded, or hath had some other exulceration healed, then will there remaine on the same place some cicatrice or mark. For as hath bene admonished at the first, the skin doth neuer more heale of it selfe, but there must grow a new skin. Also it happeneth otherwhiles that newborne children do bring spots into the world. And because that the same are placed in the face they do make a great deformity: therefore we will also discourse of them.

Amongst the Grecians be those spots that be called *Leuce*, and by the Latinists *Vitilignes*, which be white spots of the body. Item, there be also blacke spots of the Leprosie. Of the spots which appeare in the face we haue written in the first part, the first Chapter, and first §. which remedies may also be used ouer the whole body. But because there be so many kind of spots, we are to write the more at large of them:

Of the moles or markes that children are borne withall. §.1

It hapneth also many times, that newborne children do bring with them into the world certaine spots or moles, which are caused by some frighting, strange lusts, and such like, which women (being with Child) may get, as by experience hath oftentimes bene sene. Chew in the morning fasting Mustard sēde, and annoint therewith the spots, do this oftentimes, then will the spots weare away: but looke diligently vnto it, that it come not into the childs eyes: also breathe not into his eyes.

There come also otherwhiles certaine markes and other red spots on the skin, for which, the *Basilica* is first to be opened, and afterwards some cooling sirupes, and other cooling potions, but we will write and discourse seuerally thereof.

Of red spots through heate. §.2.



If these spots we haue before admonished in the first Chapter, and 4. §. that all that may be vsed for it which is ordained for the Rose, or *Erisipelas*. But if so be that this be caused through some uncleannes of blood (as it commonly hapneth) and that notwithstanding there be no speciall heate instant, then can no better thing be vsed for it than the sirupe of *Fumitorie*, and all that may be made of that herbe; for that herbe hath an especiall vertue to cleanse the blood, and to take away the itch of the skin. Afterwards are you to vse this salve following: Take vnsted lyme, and prepared *Tuy*, of each one drag. oyle of *S. Johns wort* two ounces, and a little ware, temper them all together. Or take Camfere, and bruse it with an Almond, then temper the same with Rose water, and annoint the spots therewith. Take oyle of Eggs as much as you please, and temper amongst it a good part of brused lytharge of siluer, then annoint therewith the spots; this driueth them away how loathsome soeuer they be.

For this, is also very fit the oyle of Juniper, and the oyle of bitter Almonds, and of each alike, or each apart. Also you may vse for this maydens milke, *Lac virginis*, which is described in the first part, the fifth Chapter, and 1. §. Item, take Hellebore two ounces, stampe it to pay, and put thereto as much of the iuice of Agrimony, and a little Rosewater, then rubbe the spots with it. Or take lytharge of siluer, burnt Allume, burnt Lead, washed Lyme, Gals, and Poingranate blossomes, of each one dragme, and make a powder thereof.

Of spots which come by falles. §.3.

Before in the first Chapter and 6. §. is a salve described, beginning thus: Take the caules of Goats, &c. which is especiall good for all spots, and very safe.

Of spots by stripes or falles. §.4.



Or this, you haue in the first part, the fifth Chapter and 5. §. two good remedies, without which, you may vse these ensuing, which may be rather vsed vpon the whole body than in the face, because that Orpiment is somewhat venomous: Take the iuice of *Mariozam* gentle two ounces, Orpiment halfe a dragme, oyle of Caminomill one ounce, make a salve thereof. Item, take *Wormwood* three handfuls, *Asarabacca*, and Plantaine, of each two handfuls, Saltpeter, and wilde yellow Rape sēde, of each one dragme, Comin, and Sulfur wise powdered small, of each three dragmes; Saffron one dragme, two well brayed yolkes of Eggs; make a plaister of it with the iuice of *Solidago media*, vntill it be decocted hard enough. But if the foresayd spots be without heate, then are to be vsed for it all kinds of fat of beasts, and of all fowles, or the plaister *Diachilon* molten amongst it, and so vsed. Item, take fresh Butter, and the decoction of Malloves: temper the gals of Capons with the white of an egge, and vse it as the other. In the fourth part, the seuenth Chapter, and 3. §. is a salve beginning thus: Take Sage, and Malloves

lowes, &c. which is also very good for all kind of spots.

These things following be also much commended; as the oyle of bitter Almonds, of Juniper, Citrons salve, the fatnesse of an Asses necke, and P. Tristrams water.

And to conclude, we will describe a strong salve, which taketh away all spots, and softeneth all hard swellings, and doth also consume the same. Take the rootes of wild Cucumbers, the roots of white Behen, the Lytharge of gold, and Argall of each one drag. and a halfe, *Sagapenum*, and Pigeon dung of each one scrup. oyle of *Sesamum* three ounces, oyle of Juniper, & oyle of wheate, of each two ounces and a halfe, white Ware one ounce and a halfe, seeth them together in foure ounces of the iuice of Oranges, untill that all the iuice be spent: take afterwards the white of an Egge, small bruised Camfere one dragme, Vineger twelve ounces, wash the rest with it, after that all is well tempered together: and afterwards vse this salve.

The ninth Chapter.

Of inward things which spread themselves ouer all the body.



We haue taught before of all outward accidents, which outwardly do infect the skin: but now will we write of those things and parts which are spread within through the whole body, which hold the same together, binderprop it, and sustaine the bodie vpight: these are the bones, veines, and arteries, with the blood that is in them, and all that concerneth them; how the same is to be cleansed, and when it runneth ouermuch, how it shall be stopped; how it shall be lettten out, and his naturall heate cooled. There shall also be discoursed of the sweate, as a superfluity of all humors. Afterwards we shall discourse of the sinewes, of the tendons and ligaments. Item, of the flesh, and chiefly of that which we do call the muscles. Forasmuch as wearisomnesse, fatnes, leanness, sleepe, paine, *Phlegma*, or slime, with many other cold diseases, as well as the blood, *Cholera* and *Melancholia*, may be dispersed in the whole body, and that the blood hath no certaine place in the body, as the *Cholera* in the bladder of the gall, and *Melancholia* in the milt: (of which two hath bene written in other places) therefore we must not pretermitt to write of the nature of *Phlegma*, and must first begin of the bones.

Of the bones. S. 1.

The bones of the whole body, be (as it were) the foundation and stay of the body, and also the hardest parts which be in it. These are engendred of the heate of the body, which drieth the moisture, and hardeneth the bones. *Plato* supposeth that their beginning is of the marrow, which should be so dried away, and hardened through heate: wherefore *Empedocles* doth ascribe the most part of them to *Vulcano*, that is, the fire. By nature they be drye, earthy, cold, hard, without blood, and also without feeling. They do get their beginning of the vppermost part of the backe bone, which stretcheth it selfe euen to the thighes. They be also hard knit together, and bounden through the sinewes and ligaments, that there is not one amongst 248. (or as *Albertus* reckoneth, amongst 276.) that are in mans body, the which is not fastened to another bone. When these bones be broken, then do they not grow together againe in their owne substance, but by a certaine liqor, which the Grecians do call *Poros*, the which hardeneth there so sore, that therewith the whole fracture groweth together againe. But whensoever that these bones do breake, or get any other disease, then loke what we haue written thereof in the fourth part, the ninth chap. and 2. s.

Of *Napta*. S. 2.

It happeneth also sometimes that in certaine places of the bodie such a matter is gathered, that doth so harden and grow out of some bone, that it seemeth to bee a right bone, which in Latine is called *Napta*, and although this ought to be cured by chirurgerie, we will neuerthelesse ordaine this for it: Take Frankinsence one

one ounce, Mastick fine drag. Ceruse thre quarters of an ounce, quicksilver half an ounce; temper them all together with foure ounces of Swines grease, and rub therewith the *Napta*, at the fire very hard, not regarding what paine soever it doth.

The tenth Chapter.

Of three kinds of Veines in generall.



He Veines are described by *Galen* in this manner: The Veines (saith he) are a sort of the blood, tempered and mixed of blood and naturall spirits, moist and warme, with great sensibility. And vnder this name are comprehended thre sorts: to wit, blood veines (called by the Latinists *Vena*) Arteries and pulse veines, *Arteria*, or *Vena pulsatiles*, for that they beate continually.

Secondly, the nature of these veines is warme and moist: what difference there is betwene both these sorts of veines, besides the beating, that shall appeare in this description following: the Anatomists do accompt 365. veines in a mans body.

Thirdly, there be sinewes, which be also comprehended vnder the name of veines, which haue no fellowship at all with y blood veines, but only that they do lie spread ouer all y body, whereof in case that one lose her motion and feeling, then will forthwith the whole body, or some part of it (according to the quality of the disease) be without might, and and depriued of all motion.

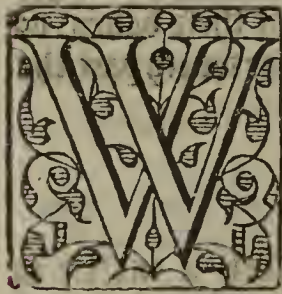
Of the blood veines. S. 1.



Now for to describe these thre sorts of veines, we will first of all admonish of the blood veines, which are called of the Physicians and Anatomists *Quieta*, which are still veines, and that by reason they be naturally quiet and without motion; for when they be moued, that is done by some outward cause.

Albertus and *Aristoteles* would maintaine and defend against *Galenus*, that these veines did take their offspring from the heart: But according to the opinion of *Galen* and *Hipocrates*, haue they their beginning in the *Lyuer*, which question we will leaue to the Anatomists to be decided. But we will shew here in brieue what hath moued *Hipocrates* to ascribe the beginning of these veines vnto the *Lyuer*, viz. for that in all creatures (which haue blood) there is no greater veine than the *Lyuer* veine, which appeareth none otherwise but as the body of a tree, which is thickest beneath in the ground, and at his beginning, and besides his roote stretching forth wide and broad, and the branches aboue do spread themselves againe in many sprigs or twigs. And thus it is also with the arteries, wherefore the foresaid authors haue also affirmed, that the *Lyuer* is none other thing but like to a roote and fountaine of all other veines, so that she both impart her blood first of all to the heart, as to the most noble part of the body. This is now sufficiently spoken in generall of the blood veines, whereof we will speake and discourse moze at large hereafter.

Of the Arteries. S. 2.



Hereof *Galen* writeth thus: the Arteries are vessels of the thin & clean blood, wherein are moze naturall spirits or ayre, moze heate, dryth, and feeling, than in the blood veines, which remaine alwaies panting and beating.

They haue their offspring of the left concauity of the hart, & the first branch a little off from his roote is parted in twaine, whereof the one part goeth vppwards, and the other downewards, where (in both places) the foresaid blood veines are spread abroad, with diuers small veines; so that there be few arteries without veines. This altogether is most diligently described by *Aristotle*, *Galen*, *Albert*, and also of *Walter Ruf*, and at last with liuely figures it is apparant to the eyes.

These arteries or pulse veines be by nature (as is said) much hotter, drier, thicker, sensibler, and

and harder, than the blood veines: Partly like vnto the nature of the sinewes they also receiue some blood, but it is subtiler and fairer than the blood of the veines: they be also much more replenished with vitall spirits than the veines, which is also a cause of their continuall panting and mouing, which hapneth so forcibly, that the same is outwardly felt ouer the whole body, and especially on the hands, feet, temples of the head, and on other places mo may be sene and felt. All Phisitions may deeme thereby, whether the nature be strong or feble, and all according as the pulse beateth, swift, slow, hard, soft, steddye, or very trembling.

The auncient Phisitions haue bene of opinion, that both these sorts of veines, and especially the arteries (if they be cut or chopt off) could not be consolidated againe, yea that the heart veines be vtterly incurable. But *Galenus* acknowledgeth verily that the same could hardly be effected in men that be old, but in young people otherwise. Of women and young children doth he admonish that one should not be discouraged; for that he had (saith he) healed inough himselfe that were wounded after that manner. For this be also before many good remedies in the second part, the first Chapter, and 18. s. if a veine be broken in the breast or any other place, which may also be vled inwardly and outwardly for this purpose.

In like manner you may also vse for it this confectiō insuing: Take Henbane seede, and white Poppy seedes, of each one ounce and a quarter, Sealed earth, and red Corall, of each five dragmes, old conserue of Roses, the older the better, foure ounces: temper all together, and take thereof in the morning and euening each time halfe a dragme and no more: this is very good and also forcible for all kinds of bleeding. When as now the veines do swell, be it of whatsoeuer cause it will, then annoint them with Treacle or Mithridate.

Of the Blood. §. 3.

It is sufficiently knowne that mans body is ioyned together of foure kinds of humors or complexions: to wit, of Blood, *Cholera*, *Melancholia*, and *Phlegma*; but amongst these is the blood one of the best, partly, for that it is the matter of the vitall spirits, wherein life it self hath his being, or for that it is to be compared with the beginning of life, because it is by nature warm and moist: or because it hath more vertue to nourish and to sustaine, than any of the other humors.

In fine, it is such a Jewell of nature, that if the same be taken away, then death doth ensue.

Cholera and *Melancholia* haue their proper places or residencies in the body, wherein they do gather themselues, as we haue of late declared, from which places they do also shew their power in the ingendring of sicknesses.

But the blood and *Phlegma* are so diuided into two parts of the body, that one cannot so sone open the skin in any place, but immediatly the blood doth issue forth, and that the veines be the vessels and habitation of the blood, hath bene declared before; without the which there can also no blood be found, except in the least concauitie of the heart. Therefore *Albertus* hath bene of none other opinion, but that the veines do begin there, and not in the liuer.

The nature of the blood is hot and moist; yea so hot, that in the whole body there is nothing hotter; and to the contrary nothing colder than the *Phlegma*.

Therefore this hot and moist blood is giuen to all liuing creatures, not onely for a nourishment of all members of the bodie, but also to maintaine them by their naturall warmth, and no otherwise. For example, good wood is laid vpon the fire for to warme a whole chamber with it; in like sort also, as the fire is abated and his burning taken away, if the same be overcharged with too much wood, or if the wood be too moist: also if the wood be pluckt away, or too little laid vpon it: so is it with the heate of the heart, that if the same be too much, or too little: likewise over-cold, vnnearurable hote, or is too feble. When the heart shall feele these kind of diseases, then will all other members of the bodie be partakers thereof.

It is also the opinion and censure of all learned, that the blood is the most principall meanes in the mothers body, whereby the heart as the chiefe part of the body, hath his beginning.

Concerning his nature and property, then is this not a small miracle of nature, that it hath no feeling of it self: neuerthelesse it is cause of the same and of life also. And it is found by daily experience, that if there run much blood from any creature, that thereby come swoonings, yea the life

life it selfe runneth out with the blood.

Neither is the blood alike in all men, noz in all members; it getteth also thzough age many kinds of nature. In childezen it is thin and waterish, in youth hote and sharpe, in men at the fullest and best of all, and in all these aforesaid, very much and abundant.

In age there is but a little, thicke and blacke, and clotting very sodainly as well inwardly as outwardly vpon the body.

In like manner it is also sure, that how fatter a body is, so much lesse blood hath he, for that it is thzough y fatnes consumed, as is seene, that all fat hath no blood in it. Contrarily, how much the leaner, so much the blacker is the blood. Besides these is also womens blood much grosser & blacker than mens blood, & women haue also lesse blood in y outward than in y inward parts.

Moreouer, there is no creature fuller of blood amongst all them that haue receiued life, than women, wherefore nature doth vnburthen them euery moneth of all the superfluties of the blood, and they are lesse subiect than men vnto all sicknesses which proceed of blood.

Albeit it hapneth (yet seloome) that they bleed at the nose, or by the Hemorrhoids, then do they quickly find, that they haue their termes the lesse.

Secondly, the blood also in the Heart, Lights, and arteries, is much subtiler than that in the veines. The grosse blood is drawne away by the flesh, whereby the foresaid blood is more subtiler, thin and scummy. The vpright good blood, which is without any disease, is light red, swete in taste, and not too thicke, and in that estate it may be sustained and augmented by good meate and drinke, if one take abundantly thereof: but to the contrary, it will be diminished thzough want of those things. The blood doth especially increase by good strong wine moderately drunke, it maketh the same also faire and fresh, and especially the wine which is thick red, for that wine behoueth not to be much digested.

In fine, according to that the food is good or bad, thereafter is the blood qualified: for the farther it is ingendred from this proper nature, so much the blacker it is. If the same spoyle thzough abundance, then will in the broken veines be knots called *Varices*, whereof we haue witten in the first chapter, and seuenteenth s. of the fift part: or it will be expelled thzough the bleeding at the nose, or thzough the Hemorrhoids: also it is oftentimes altered in imposturations and corruptions. What diseases are caused of the corruption of the blood, that shall hereafter be taught and declared.

Amongst all liuing creatures is the blood of man the most subtiler: as to the contrary, the Asses blood the most grosse. So long as it doth remaine in the body, it doth keepe his warme and moist nature: but as soone as it is out, then doth it thicken: yet one mans blood more than anothers, whence afterwards you may separate the litle hairens or *Fibrae*. The blood of a Steere is so hard, that being drunke it is a deadly poyson.

Contrariwise, certaine beasts blood doth not thicken at all, viz. Hares blood, Conies blood, Harts and Hinds blood, the blood of Hoes, of Swine, of Goates, and such like moe. The Philosophers opinion is, that all grosse thicke blood doth giue strength, subtiler and thinnier blood wittinesse, litle blood feare, and very litle wit.

But for conclusion, this ensuing is a marvellous property of the blood, that Nature hath placed such power therein, that the countenance of a man is altered in the twinckling of an eye, as happeneth in great anger, shamefastnesse and such, thzough the concourse of blood.

Contrarily, if the same depart from the face, it sheweth feare and fright. And in these alterations of palenesse and rednesse, doth keepe such a difference, that thereby may be adiudged and knowne, how the heart and mind of man is disposed within.

Whereby the blood may be cleansed. §. 4.



Albeit that we haue taught enough for all sicknesses, which be caused thzough the vncleannesse of the blood, by what meanes the blood may be cleansed, yet can it not but be necessary to discouer certaine things here which be meete for the same. And first, what things they be: the confected Putmegs are especially commended for this, because they make very good and haile blood. Neuerthelesse it is not advised, that they which be of hote nature should vse the same vnlesse it be very seloome.

We haue also declared in other places, that there is nothing that clenseth the blood moze than *Fumitorie*, and all that is made of *Fumitorie*, as conserue, sirupe, iuyce, water, and especially if the same be decocted in the *Whay* of *Goats milke*.

Rosemary is also highly commended for it. In the first part, the second Chapter, and first §. is a powder described, beginning thus: Take *Sene* leaues, which is also maruellous good for this purpose.

Concerning the drinke, we haue told befoze that there is nothing better than good red wine.

Amongst herb-wines, the *Burrage* wine, wine of *Buglosse* and of *Tamariscus* is commended: for this may you looke also into these places insuing, where there be diuers and sundry thinges described, whereby the blood may be cleansed, as in the third part, the eleuenth Chapter, and first §. Item, in the first part of the *blcers* & of *scabbednesse*, which be commonly caused of vncleane blood, as also of the *Pockes* and the *Leprosie*, hereafter shall be spoken of it in the description of *Phlegma*.

How the abundant bleeding is to be stanchd. §. 5.



Also there is nothing to be witten of this abundant blēding, but onely to alledge certaine places where diuers and sundry remedies are set downe for to staunch blood withall, as in the first part, the eight chapter, and seuenth §. Item, in the first part, the ninth chapter, and fifth §. Also in the first part, the thirtēth Chapter, and seuenth §. Item in the second part, the first chapt. and seuentēth §. Item in the third part, the eight chapter, and fourth §. Yet again in the third part, the eleuenth chapter, and sixtēth §. Item, moze in the third part, the fourtēth chapter, and 11. §. And if so be that this blēding come vpon women in childbed too fast, then looke for it in the conclusion of the third part, and befoze in the seuenth chapter, where certaine precious vulnerall potions are described, in which places there may good meanes be found, according to the importance of the blēding.

How to let out superfluous blood. §. 6.

It is no lesse needfull in many men to take away the superfluous blood, whereby nature is ouercharged, and many sicknesses caused, than in others to increase it, and this hapneth most conueniently through letting of blood, through application of boring cups, or through fastning of leeches.

Of the letting of blood wee haue spoken at large in the Introduction, and also witten of the sixtēne veines of the bodie which are wont to be opened, and likewise in what sicknesses each of them is to be opened, whereby each one that readeth it, shall finde a good direction.

The second meanes whereby this noisome blood may be taken away, are the cups, whereof we haue discoursed at large in the foresaid Introduction. Also in like sort of the setting on of the Leeches, thither doe we direct the Reader, and so conclude this Chapter.

The eleuenth Chapter.

Of the naturall warmth of mans body.



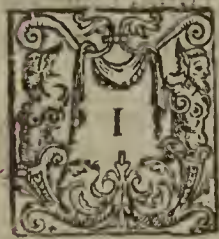
Because we haue now witten of the veines, and also how the same doe spread themselves throughout the whole bodie, and other things concerning this, therefore we will admonish of the naturall heate, which with the blood is imparted vnto all parts of the bodie, for that the blood and the naturall heate be so linked one with another and befriended, that one cannot continue without the other, but death must presently insue. For there is also none other thing that giueth shape in the beginning to all liuing bodie, and afterwards causeth them to increase to the houre of death, but this naturall heate which is bozne with vs.

This

This is the onely cause of all working: and it is knowne, that all that groweth and increaseth, yea also all herbes and plants must haue their nourishment thereby, and each according to the right property of his nature which giueth to each thing according to his need, both moisture and drought: but how were it possible that the same may be concocted and altered for the sustenance and increase of mans body, if there be no naturall warmth with it? This naturall warmth doth maintaine all health, and consumeth all bad humors, it consumeth also meate and drinke; whereby all inward parts do receiue their power and strength, and also are made apt to do all things whereto they were created.

The hardened skin will be mellowed and made thin through this vnnaturall heate, all wounds and vlcers be brought to naturall matter, it swageth the paine, it looseth and softneth all contracted sinewes. Item, this naturall heate is that which causeth the wounded head to heale, and freeth it from all his heauy accidents, dryeth the moisture of the same, expelleth all corrupted bones, and taketh away the venime of all corroding vlcers. This naturall warmth doth warme all frozen members, it helpeth all diseases of the Matrix and priuities, &c. The same naturall heate doth heale all broken bones. But how may that be better scene then by daily examples, which we haue daily before your eyes, and as it appeareth in old folkes? for it is scene that how much the naturall heate abateth in them, so much the weaker and the more incurable do they ware of all diseases: and most manifestly in the dying, where it is clarely scene, that how much the more the naturall heate doth abate, so much the nearer is death at hand. Therefore must heed allwayes be taken that it be kept in his naturall being: for if so be that the same be too great or too small in any body, then can follow none other but heauy sicknesses, and at length death it selfe. The like may be scene in the palsey, and in the plague. Therefore we will here discover certaine things which sustaine this naturall heate, and do increase and strengthen the same, and afterwards shew what is to be vsed against vnnaturall heate. First, there be certaine spiced wines, Claret wines, Hypocras wines, and such like commended for it, but they must be vsed with prouidence, to the end that according to the quality of nature and of the age they may be prepared, that they heate not ouermuch; for that the right nature of wine is, that it being moderately drunken, doth preserve and sustaine the naturall warmth, and strengtheneth the powers of men. The same doth also Clerampane wine, and confected Putmegs used morning and euening after meate. The conserue of Rosemarie doth warme all those which be halfe dead. But what need is it to write so largely thereof, seeing there is no sicknesse, which cometh through cold described in all this booke, wherein hath not bene taught how this weake naturall heate might be holpen? Hereafter also shall be spoken of the *Phlegma*, and by that meanes also of cold, and what is to be done for these cold diseases, where further aduertisement may be sought for.

Of vnnaturall heate. §. I.



All hote diseases which haue bene discovered hitherto, be meanes euery where declared, wherewith this vnnaturall heate might be quenched and slaked. But we will here not onely alledge the passages where the same is taught, but also declare what may be meete for it. For this are sundry things described, as the cooling salve *Galen*, the salve of Roses, the salve of Saunders, and the Pomade. For this is also good the Poplar salve, all which you may mixe as you please, or vse each alone. In like manner these oyles following, as of Poppy heads, of Roses, of Violets, and of water Lillies, which do coole more than the oyle of Roses, or oyle of Violets. For an outward application, take the water of Cozne Roses, and of Nightshade, of each two ounces, sealed earth, and fine Bolus, of each one dragma, Camfer ten graines, temper them all together, and lay it vpon the forehead, or where the heate is.

One may vse inwardly the conserue of Buglosse, of Burrage, of water Lillies, of Violets, of Cicorie, of red and white Roses, confected Cherries, and conserue of Barberries. Item confected rootes of Cicorie, Framboys, confected Peaches (which one may vse in all hote sicknesses) and Prunes that be confected. Item, fresh Cassie is very necessary in all vnnaturall and sharpe heate.

The solwe Dates do coole and purge very mildly, and they do also quench the thirst. The simple

simple things be Lettice, Endiue, Cicozie, and bread that is steeped in cold water, Fishes, Limons, Oranges, Pompeons, Melons, Sweete wine, Peares, Apples and Cherries, &c. These foresaid things are not only to be vsed in hote sicknesses, but also to take them moderately being in health in hote times. There is also a sirupe made of the iuice of Oranges, of solwe Pomgrates, of white Roses, and of Sozrell, the which do coole much in time of the Plague, and in all pestilentiall sicknesses, which do inflame the heart and the stomacke.

The sirupe of Roses laratiue doth especially coole all heate of Agues: likewise also the sirupe of Meriuiue, of Violets, of Endiue, and of Vineger.

In like manner also *Oxycraton*, *Oxyfacchara*, Iulep of Roses, and of Violets: the hony of Roses hath a meetly cooling nature, therefore the same may also be vsed in hote Agues.

When the patient desireth to drinke in great heate, then be some of these foresaid sirupes to be tempered amongst it, for which the sirupe of Violets, of Burrage, and of Roses, be the most principall, if the same be tempered with well water, or any cooling potion. The same doth also fresh well water alone.

Item, Barly water, or Henbroth dressed with Endiue, watred wine, Henbroth with Sugar and Barly, and the water of Larks spur drunken three or foure times aday; these beforesaid do take away the vnnaturall heate, whether it be in the Plague, or in any other hot agues.

Take water of Larks spur and of Buglosse, of each two ounces, Cicozie water one ounce, drinke twice thereof morning and evening: it strengtheneth and cooleth also the heart in all hote things.

Take a handfull of Raisins, stampe them to pap, and polwe vpon it eight ounces of water of Buglosse, Cinnamome one dragme, then wying it through a cloth, and afterwards take it, or giue it to drinke with Almond milke.

But if so be that some vnnaturall heate do assaile you without any speciall sicknesse, then is this ensuing to be vsed for it: Take a blacke Cockrell of a yeare old, chop it alike one part from another, take the Liuer, and stampe it very warme in a mortar, then temper with it womans milke of one that giueth sucke to a boy, afterwards wying it together through a cloth, and giue thereof to the overheated body two or three spoonfulls. Some do commend this very highly, and it may be tried without perill.

Item, the Juice of greene Nutshells be very good against all accidents which may be caused of heate.

The twelfth Chapter.

Of the Sweate in generall.



After the description of vnnaturall heate, we are to write somewhat also of the sweate (which is contained in the corrupted blood) and pierceth through the whole body. The same is thus briefly described of *Galen*. Sweat is a cleansing and an excessive moisture which is mixed with the blood as the whay is with the milke. Other do expound it more at large. The sweate (say they) is a moisture, which is caused of the vapors of the body, which spreadeth it out to the vttermost parts of the body, and penetrateth out through the skin, whereby the blood is vnburthened of much vncleannes, whereof there be two sorts, the one naturall, which in great sicknesses is a good signe or *Crisis*, which kind of sweate doth breake out also vpon men through great labour, or in Sommer time, and is a wholesome and healing sweate, which bringeth great ease and lightening with it. The other kind of sweate is vnnaturall and also hurtfull, as is scene in them which suffer great paine, or that lye a dying: therefore it is not vniustly said (as also the truth is,) that sweate is a signe of all the moistnesse which reigneth in the body. For when as the sweate breaketh forth excessively, then is it a signe of great abundance of subtile moistures, and of the strength of the expulsive vertue. Like as to the contrary, a little sweate giueth knowledge of the toughnesse & thicknesse of the same, or debility of the expulsive power. If so be that the sweate be red, then is it a signe that the blood hath the mastery: but if so be that the sweate be yallow, then hath *Cholera* the preheminnence; or if it be white, *Phlegma*; and if it be blackish, *Melancholia*. And if so be that the sweate stinke, then must the blood also in the veines whence the

the said sweate commeth, thinke also. Item, these differences may be perceiued by the tongue, that when one will proue his sweate and the same be swete, then is it a signe that the blood reigneth; and if bitter, then *Cholera*, &c.

The causes of the sweat be ouer hot ayre, great labour, warme weather, bathing, to goe too hot clothed, and a moyst body. But commonly it is caused thzough great rioting which is lately committed: the first cause will be taken away, if one beware of labour, and tary out of warme aire, &c. The second thzough purging: but the sweate may come of whatsoeuer cause that it will, it is alwaies very profitable for a moyst body, and healthfull: therefore is the same to be required in many sundry perillous diseases, viz. in franticknes, *Phrenitide*, in which the sweate is especially very mete if the same be excessively expelled.

The Physicians which be very expert haue taken thzough the sweate no small signification of life or of death, and especially in those dayes which they call *Criticos*, which be these insuing, that do yeld also a good prognostication of health. The 3. 5. 7. 9. 11. 14. 20. 21. 24. 27. 30. 31. 34. & 40. The other which cometh betwene these foresaid daies do signifie to the contrary a long continuing sicknes. This sweating is also euery where common with all agues, and especially in all hot agues, but after a senerall or different manner: for if the sweate be cold, and that it be onely about the head, in the face, and in the necke, then it is a very bad signe: if it come with a sharp ague, then is it a signe of death, or cometh it with a mild ague, then doth it signifie a lingring sicknesse: by which it also signifieth that where the sweate doth breake out, there the disease and the sicknes is.

Moreouer, we will adde this vnto it, that when the blood is vnmeasurable moyst, thence springeth alwaies a very greuous sicknes, for that thereby it will be waterish (like as the whey of milke) retaining neuerthelesse the red colour, whereby it cometh also that a body sweateth blood otherwhiles.

For sweating be also these rules insuing prescribed. First the sweate is not to be mooued before, and yer that the matter be purged whence that this is prouoked, and so long as the patient seeth ease thereby, and be not ouer much weakened. Secondly, in consuming maladies, as *Hectica*, and *Phthisis*, sweating is not mete. Thirdly, if the sweating get so much the mastery, that a body is thereby weakened, then is the sweating to be caused to cease by vncouering or taking away the couerings. Or doth it come thzough ouer much heate: then is the patient to liue soberly, and to fast. But if so be that it do come thzough repletion of the body, then is the same moisture or humour which causeth the sweate, to be purged. Afterwards is the bodie to be annointed with this salve following: Take Roses one ounce, red Saunders, blossomes of Pomegranates, Galles, and Mirtle leaues, of each halfe an ounce: seth all together in solwe and twentie ounces of water untill the third part be spent; afterwards straine it thzow a cloth, and put vnto it fixe ounces of the oyle of Roses, and then let it seth so long untill all the water be consumed, afterwards straine it thzow a cloth. With this salve is the patient especially to annoynt the side and the breast. He is also to drinke oftentimes Iulep of Roses, and of Violets, and to moysten the breast sometimes and the sides with cold water, and also to sleepe alone, but vpon no bed which is filled with feathers, and that but light couered.

The sweating causeth also sometimes swooning which is not without danger. This patient is not to be bounden, rubbed, nor to keepe in his breath, like as is done to others which fall into a swooning by some other cause: for that the foresaid things doe drine out more matter and sweate out of the body. For this also is wine to be eschued, for that it expelleth also sweate: but the face is to be sprinkled with Rosewater, and with well water. The patient must also refraine from ouer hot labour, and not to couer himselfe too much. He must set his bed in a cold place, and hang the same with cold odoriferous things, as Roses, Saunders, Camfer, Quinces, Waterlillies, and such like.

Whereby the Sweate is prouoked. §. I.

At the first are the pores to be opened, as doth the oile of Cammomill, and of Dill, if one be annoynted therewith: or take Pepper, Cinnamom, Calmus, *Rapontica*, *Pieretrum*, *Uubarb*, *Costus*, Cassie wood, Balsam fruits, *Parieroin* gentle, and the iuice of white Vints; temper some of these foresaid things together and seth them with Sallad oile in wine, and annoynt you therewith, it causeth a man to sweate.

Further,

Further, these things following are to be vsed before one go to bed, therewith to expell the sweate, to wit, halfe a dragma or a whole dragma of Treacle or Bithridate. Item, take an Onion, and put good Treacle into it, afterwards rost it soft in hote ashes, and eate a good deale thereof, then lay you in bed to sweate therewith, and afterwards dry your selfe cleane with dry clothes.

For bathing, he is to take the quantitie of a nut of conserues of Rosemary, or conserue of Summitory, both of them do expell sweate: the conserue of Elderne berries is the common peoples phisicke for this purpose.

Item, take Rose water, Wormewood water, and Rue water, of each a like quantity, and vse thereof euery morning a good draught: or take one ounce of Ginger, and seeth it in a pint of red wine, afterwards straine it without wringing, and then drinke five ounces thereof: it causeth also to sweate well, and that especially in quartaine Agues. Now to the end to abate the heate, then temper amongst it iulep of Violets. *Oxymel compositum* doth also moue sweate.

But if one cannot sweate, then take two or three bricke stones and make them very hot, and wrap them in a wet cloth, and lay first one, and then another to the fete, vnder the arme-pits, or the sides of the patient, or betwene his legs, then will the vapor cause the patient to sweate. And it so be that there be a stinking sweate instant, like as the stench of the arme-pits, whereof we haue written in the fourth part, the first chapter, and the second §. and in the second chapter, in the third §. then may one with the foresayd, vse this ensuing: Take white Coperas halfe an ounce, let it boyle so long in a pint of water as one would seeth an egge hard, or somewhat longer, and wash you therewith. Also the sweate will be expelled by annointing with oile of Quinces, or by taking of Parmalade made with spice.

Of the sweate-bath and others. §. 2.

It is very common that sweate is usually prouoked by bathes, which is attempted after diuers manners, and must be done for many kinds of malapies, as we haue declared in many places: for which now that bathing is noisome and bad, we haue also taught here and there, as the same may be looked for in the Table.

The thirteenth Chapter.

Of the Sinewes.

IT is a question amongst certaine learned men whence the sinewes (which the Latinists call *Nervi*) haue their beginning. *Aristoteles* was of opinion that they came from the heart, although it cannot be perceiued that therehence any should come: but *Galenus* with his followers do say that the sinewes take their beginning in the braines & the backe bone. And this opinion is not without a foundation and sure ground, because that as soone as the sinewes be inflamed with an vnnaturall heate, the braines thereby are so infected, that commonly these men be distraught of their wits and vnderstanding, yea ware childish, and as the Phisitions name it *Delirium*. *Albertus* doth reckon to be in mans body 77. sinewes, as well great as small, hard, soft, and other, and therein do all learned agree, that they be all of a cold nature, yet the one lesse than the other, and also without blood, wherefore some call them the white veines. Amongst these be three principall sorts: the first which we chiefly call *Nervi*, which is sinewes: the second *Tendones*, which be the tendones: the third *Ligamenta*, which be ligaments or binding sinewes. The first sort haue their beginning in the braines, of both the skins of the braines, & in the backe bone, the which *Albertus* calleth the vicegerent of the braines, for that they be both almost of one nature. These *Nervi* or sinewes, the which by the Grecians is as much to say as bending, be by nature a little warmer and also drier than the veines or any other sinewes, they are also more sensible than the arteries, and of such power that they franke and freely impart vnto the whole body all motion and feeling.

These foresayd sinewes are by nature so placed in the backe bone, and his holes, which be 60.

in number, and that they be spread ouer the whole body, giuing each part his sence and action; so that each may adiudge what is hurtfull for him, or paineth any whit. They do spread themselves abroad ouer the whole body, to wit, out of the backbone; as it were a spring, which with many sundry spouts or gutters is deriued hither and thitherwards, in a pleasant garden, for to moisten the same, & to impart her water vnto it: So is also our body naturally nourished with these sinewes and all other veines, which (like as is sayd) receiue their beginning out of the braines, and so descend euen to the fete beneath. And although this dispersion be so bountifully and pleasantly perfozmed, notwithstanding there come no sinewes into the bones, except the teeth, neither yet in the gristles nor in the fatnesse, nor in the ligaments (which be the knitters of the members or ioynts:) therfore all these foresaid parts haue no feeling or motion, neither need they any.

When as now the foresaid sinewes are spread abroad euery where in the muscles or lacerts, which (as is sayd) are instruments whereby we haue all our motion, yet in other places, where need requireth, the other sort are, to wit, the tendones. These be of a tight compacted substance, easily cut in the length, onerthwart very hardly or scant at all. When as they also (like as is oftentimes aduised) be wounded, then are they healed with great trouble. They can also abide no fire, like as the sinewes do; for whensoever one is wounded or hurt, then doth the same member lose his accustomed action, or will at the least be much weakened. It is also much to be wondered at, to wit, when a sinew is hurt, that then there followeth much paine and mishap after it; and being hewed or cut quite asunder, that then the patient knoweth not of any paine.

The tendones or lacerts be amongst these three sorts of sinewes the most hardest: contrariwise, the ligaments be the most softest, as shall be shewed hereafter. These tendones be also not so sensible as the right sinewes, and be also much bigger.

The third sort of sinewes the Grecians do call *Syndesmos*, the Latinistes *Ligamenta*, (which be bonds or knitters) *Albertus* doth call them *Cordas*, that is, cords: these haue no feeling where they hold fast in the muscles or bones, but they bind onely the muscles and bones together.

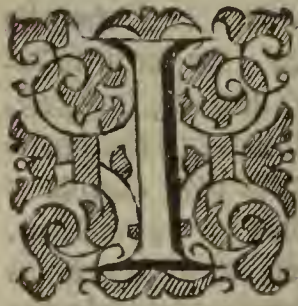
Let this now suffice of the nature of the sinewes, and they that desire to haue ampler direction thereof, let them looke into *Aristoteles*, *Galenus*, *Albertus*, and other *Anatomici*, which haue written thereof very largely.

Of hurt and wounded sinewes. §. 1.



Commonly the perished sinewes do require such remedies as are wont to be used for the increas of the infabled warinth, and do dye hard and draw, yet without any corrodng and bad propertie. The wounds are also to be kept open long, and if so be that they be too narrow, then make them wider, to the end that all bad matter may run out. Besides that, all diligence is to be used for to assuage the paine. If now there be any sinew pricked in letting of blood, or otherwise, then take oyle of Cammomill, of Roses, and oyle of S. Johns wort, of each one ounce, three well brayed yolkes of egges, and Saffron one scruple, temper them all together, and lay it thereon.

For the paine. §. 2.



If so be that there be any great paine in the wounded sinewes, then vse these salues *Anodyna*, whereby the paine may be asswaged, whereof you may find sufficiently written in the first part, the 4. chapt. and 12. §. in the second part, the 7. chapter: in the third part, the 16. chap. and 4. §. also in the third part, the 17. chap. and 2. §. This ensuing is also very meet for it: Take oyle of Lillies, one ounce and a halfe, oyle of Dill and of Cammomill, of each one ounce, white Ware as much as is needfull for to make a salve.

Another *Anodynum*. Take Mallozwes three ounces, oyle of swete Almonds, and oyle of *Sesamum*, of each one dragme and a halfe, fresh Butter one ounce, Saffron halfe a dragme, white ware one dragme and a halfe, oyle of Dill, of Cammomill, and Duckes grease, of

of each one quarter of an ounce, one wel bzaied yolke of an egge, then temper them together vnto a salve. For this you haue also befoze in the third chapter, and 7. §. a salve, beginning thus, Take oyle of Roses &c. and other things moe, which do much asswage the paine.

Item, take the marrow of Calues bones, and very old Sallad oyle, of each foure ounces, Earthwormes washt in wine two ounces, seth them together in water meetly well, afterwards straine the broth thowow a cloth: it is maruellous good for the sinewes, for that it asswageth all paine, and mollifieth the sinewes.

These foresaid things be not only good for the paines of the sinewes, which be caused thorough wounds, but also for all other paine of the sinewes, as this following is also: Take Benbang seed halfe an ounce, black Poppie seed one quarter of an ounce, Saffron one ounce, *Hermodyli* two ounces and a halfe, small bzuised crums of bread foure ounces; temper them all together, and so lay this warme vpon it, and that thrice in foure and twentie houres: afterwards annoint the place with oyle of Foxes, or with any such like oyle, which shall hereafter be discouered: After that strew the powder of Earthwormes vpon it; or temper the powder with Honie, and vse it as befoze. It is also good for all paine of the members, and hardning of the sinewes. There may also a plaister be made of the foresaid Earthwormes, and apply it. Cow dung tempered with oyle and laid warme vpon it, is also good.

Item, take oyle of Foxes thre ounces, Sallad oyle foure ounces, Earthwormes washed in wine two ounces: let them seth all together, like as is said befoze, it strengtheneth maruellous much all bzuised sinewes, and warmeth also the same, when they be wounded. Oyle of Bricks is good for all paine, and all diseases of the sinewes. In like manner the thre sorts of Balsam oyle which be described in the last part.

When the Sinewes be resolued and limber. §. 3.

Take Turpentine which is many times washed with Rosewater two ounces, pounded Frankinsence, and Cornes of the same, of each two dragmes & a halfe; make a salve thereof. This doth also a salve which is made with washed Lyme and Sallad oyle, or oyle of Saint Johns wort. Item, there is also good for this all vitall waters.

For Sinewes that be shrunke, or for the Crampe of the Sinewes. §. 4.



Item, take one ounce of the plaister *Diachilon*, *Ammoniacum* and *Bdellium*, of each one quarter of an ounce, steepe these two gums foure and twenty houres in Vineger, and afterwards let them seth vntill all the Vineger be spent, then mixe the playster amongst it, and also five dragmes of Beares grease: when it is now sufficiently boiled, then worke it well together with the hands, the hands being first made wet in Vineger. This Plaister doth mollifie and digest: Or take the seeds of Wallhocks, of Flare, and of Fenegreake, of each two ounces, oyle of Lillies, and of Olives, of each one ounce, Ware as much as is needfull for a salve: this salve softeneth all manner of hardnes of the sinewes and of the ioints, it asswageth the paine, it strengtheneth the extenuated members.

Take oyle of Behen two ounces, *Ammoniacum*, *Bdellium*, of each two dragmes, Saffron two scruples, white Ware as much as will suffice for a soft oyntment: at the last adde one ounce of Peates foote oyle vnto it. Item, take oyle of Spikenard, oyle of Saffron, of each five dragmes, Beuercod, *Ammoniacum*, *Sagapenum*, Badgers grease and Beares grease, of each thre dragmes, marrow of Dre bones halfe an ounce, Ware as much as will suffice, besprinkle them all with Vineger of Squils. If you would haue it digest and dry stronger, adde vnto it Bellitory of Spaine, Beuercod, *Euphorbium*, and rootes of Costus, of each two dragmes, Saltpeter halfe a dragme; make it all into an oyntment: This oyntment is good for the Palsey, and coldnes of the sinewes, but especially for the shaking in the fit of an ague. The salve *Dialba*, is very good for the contraction and shortning of the sinewes.

¶ 3

Item

Vnguentum
Neruium

Item, take Cammomill floures, sprigs of the Juniper tree, Sage, Malloves, Southernwood, and Pettie rootes, of each one handfull, shread and beate them very small, and put vnto them 16. ounces of fresh Butter, Dogs grease 12. ounces, boile the together vntill all the iuice of the herbs be consumed, then straine them, & adde vnto them molten waxe three ounces, *Ammoniacum*, *Gambanum*, of each one ounce, dissolve the gums in Vineger, and mire them with the rest: when it be ginneth to coole, stirre amongst it oyle of Beuercod 6. drag. oyle of Cammomill 2. ounces, oyle of Bayes 8. ounces, lastly, temper them well together. The Apothecaries do call it *Vnguentum Neruium*, but it is not vsed euery where. Item, take Ware, Pitch, and marrow of Dre bones, of each one ounce, oyle of Roses two ounces, mire them all together, and put vnto them the powder of Earthwormes, and so annoint the place agréued with it. As concerning the Cramp (which is nothing else but a contraction and conuulsion of the sinewes) hath bene spoken in the first part the 12. Chap. and 15. §. where also I shewed what might be vsed for it. And this following is very mete for the same: Take the iuice of broad Plantaine, boile it with strong wine, and binde it vpon the place where the Cramp is. Item, take the rootes of water Lillies, cut them in round slices, and so apply them, it hath bene approued oftentimes. When the Cramp cometh in one foote, then bend back one of your toes, or bind it hard with a whipcord: but the best counsell is, to arise presently and walke, and to keepe the foote warme. Cramp rings are also woyn for it, but I find no great good in them. These oyles following are very commodious for the Cramp, to wit, oile of Lillies, of Rue, of Wallfloures, and of Turpentine, which is made as followeth: Take Turpentine 3. pound, put it into a body, make fast the head and the receiuer vnto it very close, distill it in sand or ashes with an easie fire. First, there cometh ouer a cleare water with the oyle, next, a yellow oyle, lastly, a darke and grosse oyle, keepe each apart, for they are good for all cold griefes, and especially for them of the sinewes. There is also good for it the oyle of Tyles, oyle of Quinces, which also comforteth the sinewes. The oyle of Cammomill is not only good for the sinewes, but also for all the ioynts. The oile of S. Johns wort is especiall good for the same. The ridge in the back being annoynted with the oile of Juniper, restoreth motion into all parts. Oyle of Bayes, of bitter Almonds, and of Beuercod, haue an especiall vertue to losten the hard and contracted sinewes.

Now follow those things which may be vsed inwardly.

Both the kinds of Treacle, and the Nithzidate are maruellous good for the infections of the sinewes. Item, take *Calamus*, floures of Stechados, of each three ounces, Currans, Fennell rootes, Parsley rootes of each one ounce, Centory, Coloquinte, *Hermodactylis*, of each halfe an ounce, boyle them in a quart of water vnto the halfe, and straine them out hard, then put 12. ounces of Hony vnto it, and let them boyle together againe vntill they be reasonable thick, afterwards put vnto them fine powder of prepared Agarick one ounce, Turbith halfe an ounce, Ginger and *Diagridion*, of each one drag. and a halfe, Spike of Indy one drag. make an Electuary of them. This Electuary purgeth all phlegmatick, tough, Greene, and waterish matter from all the parts of the body both inward & outward. It asswageth all paines of the ioynts, sinewes, and such like. Giue of it at once foure or fixe dragmes with the decoction of Ginger, if phlegme do abound. Contrarywise in a cholerick body giue it with the water of Succory very warme, & let him fast fixe houres after it, and befoze he be set downe to dinner, let him drinke a good draught of Meade. For the same purpose also serueth the confection of *Diacorum*, and especially the first of them which are described in the last part. Likewise the conserue of Lauender, of Spikenard, of Sage, and the preserved rootes of *Eringus*.

This common drinke shall be Meade, or Hony water. Amongst the herbed wines are these commended, the wines of Elicampane rootes, of Rosemary, of Sage and of Wormelwoode. These wyne are all very good for the sinewes not only taken inwardly, but also the infected places chafed and fomented outwardly. Common clifters are sometimes vsed for to comfort the sinewes, whereof there be diuers described almost euery where, and such as may be vsed according to the place infected. But a little Coloquint is for the most part added vnto them all.

This contraction and induration of the sinewes doth in time turne to a perfect lamenesse, whereof hath bene spoken befoze in the fourth part, the seuenth chapter, and second §. and after that in this fift part, in the second chapter, of the Pockes, in which places you may find sufficient

cient store of remedies to content your selfe.

These things following are very hurtfull for the sinewes; the continuall vse of strong wines, venery, idlenesse, slothfulnesse, warme water, and especially in them that are wounded in the sinewes.

The fourteenth Chapter.

Of the flesh and Muscles or Lacerts.



We must now speake of the flesh of the body which couereth the bones, veines, sinewes, and in fine, all that is comprehended in the skin. First, in respect of those parts which we call Muscles or Lacerts, the flesh in Latine called *Caro*, is very little in quantitie; for the number of Muscles is so infinite, that it hath bene impossible for the auncient Phisitions to name them all. Some did take them to be in number five hundredeth, *Albertus* 529. The flesh and muscles are ingendred of the blood; they are warme and moyst by nature, and soft in handling, and those that are coldish by nature (without any euident heate) they haue much and very soft flesh. That which we call flesh, is placed euery where betwene the muscles, only differing in this, that the muscles are contained in a thinne subtile membrane, to the end that the sinewes with their small twigs might the better passe through it, and impart their motion vnto the muscles. This flesh is otherwhyles changed into fat, to wit, in fatte men, or in them that liue delicately; or else sometimes it decreaseth and the muscles also vpon diuers occasions. They that are very fleshy haue also big veines, full of black blood, with great entrayles, and a big belly. These persons are especially commanded by all learned Phisitions, that they shall not purge themselves in Sommer time.

The other kind of flesh, namely Muscles and Lacerts, are peraduenture so called, because they are not vnlike to the Cuets: for *Lacerta* in Latine is a Lizard or Cuet in English. *Aristotle*, *Albertus*, *Galenus*, with diuers others haue witten very curiously of the beynes and sinewes, and haue shewed how they are dispersed and spread abroade ouer all the body, and how by the Muscles they moue and stirre euery member seuerally, whereof we neede not at this present make any further mention. But to speake of them in brieft: the body of the muscles is made of three seuerall kinds of substance, for their beginning and the verie head of them is full of sinewes. Their middle (which is called the belly of the muscle) is flesh. Their tayle, or the ends of the muscles is harder and moze sinewie than the head, whereof the Tendons are made. In fine, these Muscles do consist of sinewes, of flesh, of ligaments, and belmes, so that by the multitude of these sinewes, are all the parts of the body moued inward and outward, vppwards and downewards, quickly or slowly, too and fro, all as a man will himselfe. Besides this, they are according to their situations of diuers proportions, as long, thick, broad, &c. and so strangely coadunated and conioyned, that their vse may easier be perceiued by their motion, than by sight, or by any other meanes whatsoever, but especially, in the face, in the forehead, and in the lips. These muscles may not be wounded without great danger, for by reason of the sinewes which passe through them, by those wounds very great and heauy accidents must needs ensue. But the greatest danger is wounding, hurting, or in any way harming them of the back, for then can the patient neither make water, nor go to the stoole, nor do any other business at all aright. By these meanes cometh the Cramp, the falling sicknes. I will not speake of the great misfortune that might follow if the same doe putrifie. Because therefore the muscles are very sensible, they do finde by ouermuch labour, by long walking, by running, and such like, a great debilitie, wearisomnesse, and paine; so do the sinewes also and the Tendons themselves. But it were in vaine to shew at this present how all the infirmities that the muscles are subiect vnto might be remedied, because the same hath bene sufficiently spoken of in those places where we haue intreated of Ulcers, Wounds, Pocks, Leprosie, and such like.

The fifteenth Chapter.

Of the fat of Mans bodie.



After the description of the flesh it is very needfull that we write and discourse of the fat in mans bodie. This fat is a deuision of the nourishment in the skin and other parts, heaped insensibly and tight together: this insensiblenesse hath the fat of the blood whence it is ingendred; for that the fat is none other thing, but digested blood, which also is insensible. By nature it is most moyst; therefore the fat of all beasts, and also the fat of men is woont to be vsed for many kinde of diseases, as may be seene here and there in this Booke: and (as it is said) the fat hath his beginning of the fattest part of the blood, which runneth through the veines towards the skin, and setting it selfe on the same and on the sinewes (both which are dry by nature) for to moisten them. But if it happen to touch the parts that be cold and bloodles, then doth it come to congeale, and to ware hard there: therefore that doth most of all happen in cold bodies, viz. in women, and in all such beasts which haue bene kept all winter, and be vnmeasurable fat; where to the contrary, all that be hote by nature, ware leane and weake. Amongst all parts of men and beasts there are none that be fatter than the kidneies, and that chiefly on the left kidneies, more than on the right; yet especially in sheepe, wherein also the kidneies be otherwhiles so abundantly couered with fat that they cannot make water, but are constrained thereby to die.

Of the troublesomnes of Fatnes. §. 1.

There is no better disposition of the body, as well amongst new borne children, as other ancient people, but that a man be meately fat, not too leane, nor too fat: or if so be that any of both must be, it is alwayes better to be leane than fat: for that if a body be ouerburthened with fatnes, then happeneth it amongst other inconueniences, that a body be alwayes slothfull, unfit for labour, and for walking. I say nothing of other diseases and sicknesses which fat people be more subiect to, than the leane. This excessive fatnes cometh of blood, whereby all the parts of a mans body be fed and sustained: the fat bodies haue alwaies narrow veines, and arteries, and therefore also little blood, and fewer vitall spirits; so that when they begin to be old, the naturall heate is wholly abated and very lightly might be extinguished, or at leastwise spilt and lost. Wherefore Hippocrates also saith by good right, that they that be fat by nature, doe dye much sooner, than they that be leane. But they that are betwene both by nature (saith he) and afterwards ware fat by their dainty and bountifull diet, they alwayes keepe their great veines, although they increase in flesh and fatnes, therefore in them is lesse danger, although they be fat, and that their naturall heate be corrupted in them. Also the Philosophers do conclude (like as we also daily see before our eyes) that both humane and brute beasts bodies which are very fat, do remaine vnfruitfull. For they haue but little and weake naturall seed, because that (as is said) leannes is to be commended farre before fatnes of the body. Therefore must all men which are inclined to be fat, vse these things following: Take *Sandaraca* three quarters of an ounce, drinke it in the morning with water, and with *Oxymel*. Item, take the rindes of yellow *Picrobalans*, (roast them as though that they were halfe burnt) one quarter of an ounce: stamp them al to a subtile powder, and then giue it to drinke with *Plantaine* water. Loke also into the second part, the third chapter, and second §, for the *Pils* which maruellously hinder fatnes. Item, take euery morning a crust with vineger, wherein a little *Pepper* is tempered, drinke it very warme. But if one feare that it might hurt the sinewes, then is it to be forborne.

The sixteenth Chapter.

For great Leanness.

The reason why leanness is better for a body than fatnes, we haue discovered before: neuertheless if the leanness were exceeding much, then is it very dangerous for healthy folkes: for it behooueth no great prooue that the body wareth leane, when it wanteth foode, for when the meate doth not digest, and is not conueied to the appropriate members, or when people be overcharged with intollerable labour, with great sorrow, and such like. Likewise doe some also fall into great leanness, for that their body is too cold and too dry: other will also be leane, for that the digestive and nutritive vertues, or any of both these be weakened. Item, this extreame leanness is caused also of the consumption *Phthisis*, whereof we haue sufficiently written before, and also in the fourth part, the seuenth chapter, and second §. For this may first be vled all that is forbidden in the excessive fatnesse: neither is counsell to be deferred ouer long in this disease of leanness: for when as the leanness beginneth to roote, then doth the same not onely prouoke *Phthisis*, which is the consumption; but also other moe deadly accidents: so that not onely all the flesh of mans body will be consumed, but also all the vertue and strength.

And what might be vled for this falling away, is to be sought for in the two forementioned places, there is especially commended (amongst other outward remedies) the rubbing with the flat of the hand of all outward members. All they that are wont lightly to partake, may not be purged in Winter, when this leanness is not caused through some hot Agnes, but that the meat receiued is not by nature conueied towards his due place: so that (like as it is wont to chance oftentimes) the ordure is cast out of the mouth, then is the patient to vse good white wine for his drinke, yet tempered with water wherein fennell seede is decocted. For his meate be Hens, Capons, or rather the broth of them, that is wrought or stamped out of their flesh. This patient is also to foment often his privities and there about, with a sponge dipped in the decoction of these things following: Take Fenegræke seed, and of the white *Sesamum*, of each foure ounces, Mallows and Smalage, of each three handfulls, *Bdellium* halfe a dragme, Comin three drag. Caraway, Dill seed, *Ameos*, fennell, of each halfe an ounce, field Cipers, Centory, of each halfe a handfull, cut that is to be cut, and stamp the rest, let it seeth in sufficient water. You are also to vse a warming plaister for the stomacke, whereof there be seene in the third part, the eleuenth chapter, and 5. §. and elsewhere described.

This plaister ensuing is also good for it: Take twelue ounces of the broth wherein shæpes suet hath boyled a good while, Sallad oyle and Butter, of each two ounces, Saffron 6. graines, Salt one dragme, slight Sugar one ounce and a halfe, temper it, and set this Clister one houre and a halfe before supper; at which time he is to vse the powder which is described in the third part, the 16. chapter, and 3. §. beginning thus, Take Annis, fennell, &c.

The seuenteenth Chapter.

Of Wearisomnesse.

We haue taught in the description of the Muscles, that the wearinesse of the body is caused through great labour, which weakeneth the sinewes and the Muscles, as daily experience doth teach vs: and when a man is weary without this cause, as though one had beaten his members in peeces, then doth it signifie a great imminent disease. The learned doe diuide this wearisomnesse into many kind of species, as they that come of vlcers, wounds, and such like, which may be apparantly perceiued.

This doth come through great coldnesse of the matter, which is very easily to be cured, by warme dwellings, by rubbings, by sweet bathes, and such like; which doe warme the members, open the pores, and make the matter in the sinewes and muscles subtil.

Nature is also to be kept warme with eating and dzinking: wherefoze euery fuch patient is to keepe himfelfe with good white wine which is not too strong, and to vse other things moe, which shall seme meete for all cold diseases, whereof we (for a conclusion of this fift part) shall write immediatly hereafter. Now we purpose onely to fpeake of the wearifomnesse which is caused of great labour: for the which there is no better nor safer remedie than rest and fleepe. But this following may be vfed for it: Take Rue as much as you please, temper it well with Sallad oyle, and therewith annoint both the fete: it is very good.

Item, take a little Salt in a cloth, binde it fast together, and dip it in the water, cast it into the fire, let it roft vntill it be blacke, and run together; afterwards poune it and temper it with Vineger, wet therein a woollen clout, and rub therewith the soles of the fete.

The eighteenth Chapter.

Of Sleepe.



If it be well considered what fleepe is, then doth it not beare in vaine the high title which is attributed vnto it: and because that the fleep doth also oppresse the whole body, paffeth through each part of the same, and bringeth it to rest, therefore it is by good right placed in that degree. Concerning his title, the learned do write as followeth. Sleepe is a continuing and a moistening of naturall heate, an elected rest of all the members, which doth none otherwise couer and suppress all motions of the minde, than as the ashes do the fire, which by a little stirring or vncouering of it, will immediatly burne againe. And if so be that this rest which is imparted to the body, be fleepe, and is as it were a remedie of labour, then may it well be thought, that they that cannot rest at all doe fleepe vnnaturally, for that it taketh away the wits and all actions of the minde: wherefoze fleepe is called of *Ouidius*, and *Seneca Tragicus*, a compeller of all mishap, and a rest of the mind, the best part of life, an image of death to come, and Deaths brother. And further, this fleepe is a confuser of the true and false visions, a haue of life, a taker away of wearied sight, and with the Poets, the pleasantest amongst all goods, yea the onely giuer of tranquillitie on earth. For fleepe driueth away sorrow, it is the remedie for sorrow and care, it freeth the heart, and bringeth all things to rest. The foresaid fleepe is a quickning of the weary and weake members, a strengthener of the labourer. It maketh the King and his subiects merrie, soorie, and blessed. And to conclude, it is then so needfull for nature, that without fleepe this life cannot bee vpholden. You haue before in the first part, the 12. chapter, and 6. §. also in the 10. §. of the li- thargie; and in the sixe naturall things in the first part, the fift chapter, and 10. §. all which may serue for this intent. Yet these be the things which prouoke fleepe, viz. Conserues of Water- Lillies, Sirupe of Poppy heads, which may be vfed for this purpose: Lettice eaten in the euening for Sallads is also good: The Conserue of Piony stayeth all fantasies and feare by night, which will hinder men of their fleepe: Sirupe of Citrons, Wormewood wine, oyle of Dill, oyle of Poppy heads, and also that which is beaten out of the heads, and the temples of the head annointed therewith, are very meete for it.

What hindereth sleepe. §. 1.

There shall not here be written of *Lethargo*, which is a species of the Palsey, and described in the first part, the twelfth chapter, and 10. §. but of that fleepe which causeth a body to his great hinderance to fleepe too much, in some kinde of grievous agues, phlegmaticke sicknesse, sweating sicknesse, and such like,

Now for to keep sluggards and sleepers waking, thereto are merry folks fit to company with one, pleasant speech, musicke, and play, if the patient haue any desire of it: the rubbing of the armes and legges, with or without footwater, cold water, Piony of Roses holden in the mouth: in like manner also the annointing on the temples of the head with cold water, and the same sprinkled in the face.

The nineteenth Chapter.

Of Paine.



W e will not heere dispute of the outward paine of the body, or the inward paine of the conscience, whereof the Philosophers and Diuines do write. Our booke doth onely speake of Phisickes sicknesses, wherein the paine is such an accident of humane debility, that there commeth not one so small a sickness wherewith there is not otherwhiles some paine, like as may be seene by al the foresaid infirmities: and as is here in particular discoursed of all sicknesses, and to each is attributed his proper remedie for to asswage at least the paine of the same if it cannot be cured: wherefore we will send the Reader, and euery one that hath occasion to take aduice therein, to the titles of all diseases that do molest the body with paine.

The twentieth Chapter.

Of Phlegma.



S we haue oftentimes admonished befoze, that the body of man and the most part of all other liuing creatures are made and sustained of many kindes of humors, that so long also as the same be equally tempered, do bring health with them: contrariwise, if that one do reigne aboue another, it doth cause a sickness.

Of Cholera when it getteth the mastery, then do hote sicknesses grow out of it, as may further be read in the description of the Gall. In like manner also it is taught in the Chapter of the hote stomacke, and in other places moe.

Of the burnt blacke blood of *Melancholia* hath bene spoken in the first part, the twelfth Chapter, and eighth §. and in the second part, the fourth Chapter, and ninth §. Item, in the fifth Chapter and fiftenth §. also in the third part, the eleuenth Chapter and 28. §. and in other places moe.

Concerning the cleane blood, thereof hath bene written not long agoe in the tenth Chapter and third §. so that we by good right may also write of the *Phlegma*, because that the same doth no lesse penetrate the body than the other.

This bodily humor which is called of the Grecians *Phlegma*, and of the Latinists *Pituita*, is a waterish moisture which runneth through the veines of all the body with the blood, whereby the braines, the necke, the members, the sinewes, and other parts (which drinke that humor vnto them) be nourished, moistned and cooled: wherefoze it were not good that the same were wholly expelled by purging.

Also *Phlegma* doth appeare by the slime, matter, snott, spittle, and such like that man auoydeth.

In fine, all that is cold of nature and moyst (saith *Galenus*) we doe call *Phlegma*, it preserveth also his nature in such proportion, that it is no moister nor colder in the bodie: and although the same bee also thoroughly concocted, yet neuerthelesse doth it remaine alwaies cold, and that not onely in the body, but also when it is driuen out of the body with purging medicines, so that it can be warmed by no meanes.

This cold moistnesse (next to the blood) is the highest esteemed, as it is (because of the forementioned reasons) most needfull to all liuing creatures.

But this is onely spoken of that kind which the Physicians doe call the swete *Phlegma*, for that it is of sundry natures, viz. thicke, thinne, and like to molten glasse or gips: that which is tart and sowre, is vndigested and crude. The salt waterish moisture or *Phlegma* when it is putrified, then doth it cause sundry sicknesses, as vnhealthinesse of the whole body, cold swelling, sluggishnesse, much sleepe, and head-ach; and especially where it doth abound greatly, then doth it cause sowre belchings of the stomacke, the Gout, and diseases of the sinewes: all which

sheweth

sheweth that this waterish moyſture muſt be purged, what Phſicke ought then to be uſed to expell *Phlegma*, is ſufficiently declared ouer the whole booke. But for the better ſatisfaction we will here deſcribe the beſt of them.

Fiſt, there is nothing moze fit, than that all men that ſpend their life in daintines and idleneſſes (whereby they do gather much wateriſh humors) might obſerue ſuch an order of dyet which might be cleane contrary to their former life, as you ſhall finde deſcribed in the diſcourſe of the ſickneſſes which be cauſed thzough *Phlegma*.

Theſe be the ſimple things which conſume *Phlegma*, viz. Pennyroyall, Marierom, Pepe, Sage, Marierom gentle, Hyſſope, wilde Thyme, Rue, Fennell roots, Smallage, Parſly rootes, Sperage roots, Pepper, Ginger, Cloues, Maiden haire, Hony, Squils, Vineger, and moſt of all whatſoener is warme, and dry by nature. Aloe doth alſo purge *Phlegma*; Caſſie doth by a ſecret vertue expell it gently; *Agaricus* hath power to drine out all ſtimineſſe; to attenuate the thicke, and to open all obſtructions; the hot Gumme *Euphorbium* is uſed onely at the greateſt neede; the iuyce of wilde Cucumbers *Elaterium* expelleth wateriſh humours moſt forcibly; but it cannot well be uſed without danger aboue the quantity of ſoure graines. In like manner alſo the leaues of *Mexereon* ſoure graines, or ſire at the moſt.

The ſeeds of *Palma Chriſti* doe ſome uſe to the number of thirtie when they be péeled, but it is very much: they doe purge the *Phlegma* very well, but with great paine and torments of the patient, for that they do purge vpwards and downwards, and are very hurtfull to the ſtomack. Now when the *Phlegma* lieth deepe in the body and in the ioynts, then will it by *Coloquint* be drawen forth beſt of all.

The *Mirobalani Chebuli*, *Emblivi*, and *Bellirici*, do purge very mildly, and that chiefly from the head and the braines.

The ſeede of wilde Saffron doth expell all moyſture, and eſpecially the dropſie, one quarter of an ounce, or thre dragmes giuen at one time. Turbith is alſo eſpeciall good for it, but it is ſeldome uſed alone, but tempered with other things that hereafter inſue, viz. with Sene leaues, Polipodie roots, *Sal gemma*, *Stechas*, Ireos, Behen, *Hermodaetyli*, Pettie roots, Ginger, Colewortes both, Sugar, Hyſſop, Agrimonie, Pepper, Hartwoort, Centorie, Helleboz, *Pieretrum*, burnt Squils, *Sarcocolla*, *Opopanax*, and *Sagapenum*.

Amongſt mixed and compounded things which doe expell *Phlegma*, be fiſt theſe ſirupes following, as both the ſirupes of Vineger, both the Drymels, and Oxyſacchara, Hydromel, *Syrupus de Calamintha*, *de Proſſio*, and ſirupe of Mozmewood: all theſe do expell *Phlegma* thzough the vrine. Item, you haue moze in the ſecond part, the fiſt Chapter, a very good potion for the breaſt in a dry cough, called *Decoction Pectoralis*, which doth conſume the cold ſlime. The confection *Benedicta*, *Hiera Picra*, *Pillule fatide*, *de Euphorbio*, *Cochia*, *sine quibus*, *de Hermodaetylis maiores & minores*: all theſe do expell and purge. Item, *Diaturbith cum Rhabarbaro*, and *Medicamen de Turbith*, and other moe.

For a purging potion is this enſuing to be prepared: Take Harts toong, Agrimony, and Maidenhaire, of each one handfull, Annis, Fennell ſeede, *Epithymum*, *Agaricus*, *Cuſcuta*, Parſly ſeede, wilde Saffron ſeede, Turbith, ſeede of Smallage, and Sene leaues, of each one quarter of an ounce, ſet them together in ſufficient water: or take *Mirobalani Chebuli*, and *Emblivi*, of each halfe an ounce, and lay it all together in a warme place to ſteape: afterwards wzing it out, and make thre potions thereof: then temper of the foresaid ſirupe or Drymel therewith one ounce or an ounce and a halfe, and take thereof euery morning. There is alſo prepared for it this laxatiue confection: Take Cinnamom, Cloues, and Putmegs, of each halfe a dragme, Pace, Cardamom, and *Lignum Aloes*, of each one ſcruple, Ginger one dragme, Turbith thre quarters of an ounce, *Diagridion* thre grains, Sugar ſix ounces, diſſolued in the iuyce of Quinces, boyle it to the thickneſſe of Hony, and then temper the reſt amongſt it: when it is now almoſt cold, then take thre dragmes thereof, or halfe an ounce at once: but in hote weather it is not to be uſed, it purgeth *Phlegma* and *Cholera* marvellouſly.

Theſe things following be alſo very good, to wit, conſerue of Roſemarie, of Sage, conſected Ginger, *Calmus*, and Putmegs, &c.

Item, Treacle and Bithridate one dragme thereof taken otherwhiles. *Tyſane* or Barly pap is alſo very good.

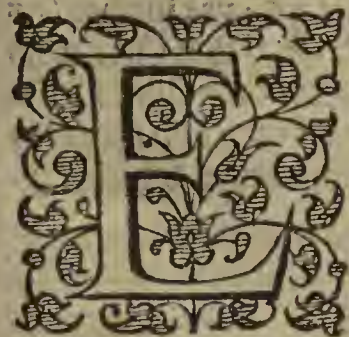
For drinke, is Wine méetely good to be drunken, for that it conſumeth ſlime, and amendeth all

all diseases which spring of *Cholera*: the same doth also *Betonie Wine*, *Elecampane Wine*, the wine of *Auence*, of *Hyslope*, of *Rosemary*, of *Sage*, and of *Wormewood*, the *Claret wine*, and other spiced wines, whereof shall be spoken more at large in the last part: likewise also all vitall and golden waters, the sowre iuyce of *Pomegranates* bled in meate or tempered in drinke, is very good. In the first part, the second Chapter, and second s. be two pectorall potions discovered, which be very meete for it.

Now for to vse outwardly, you haue in the first part, the second Chapter, and thirteenth s. a salve of a roasted Goose, which is marvellous piercing, and consumeth the tough slime. The salve of *Roses* doth also delay all flegmaticke defluxions. Item, oyle of *Cammomill* and oyle of *Rue* annointed on the outside, or bled with *Clisters*. Thus much be now spoken of the cold *Phlegma*; concerning the hote *Phlegma*, that concerneth the pestilentiall Agues, and other sicknesses which are caused through heate.

The 21. Chapter.

Of the cold diseases.



When as we haue discovered thoroughly in the discourse of the cold *Phlegma*, what here and there throughout this whole booke hath bene declared to be fit for this purpose, the same shall also be done in the discourse of diuers cold sicknesses, of whatsoever occasion that they may be caused, as of age, of defluxions of the stomacke, of the Matric, of the breast, or holowsoeuer the same might be: first of all therefore we will heere teach what might be bled for them.

First, there is good for it the conserue of *Cyebright*, which drieth the braines. Item, the conserue of *Hyslope* and of *Betony*, of *Gilliflowers*, of *Lauender*, of *Spike-nard*, of *Rosemary*, of *Marierom gentle*, and of *Sage*. In like manner also confectioned *Ginger*, *Calmus*, *Elecampane rootes*, and confectioned rootes of the greater *Pimpernell*. The confections be also good which be made of the *Horse Radish*, the *Maralade* with spices, both kinds of *Treacle*, the *Mithridate*, and confectioned *Annis seeds* be also good. *Rosemary Wine* is for this a very forcible and healthy drinke. Item, *Elecampane wine*, *Hyslope* and *Lauander wine*: and for moistnesse of the head is very meete the Wine of *Asarabacca rootes*: moreover, all other spiced wines, as *Hipocras* and *Claret wine* be much commended for it; and if there were any bodie which could drinke no wine, he may drinke common Meade.

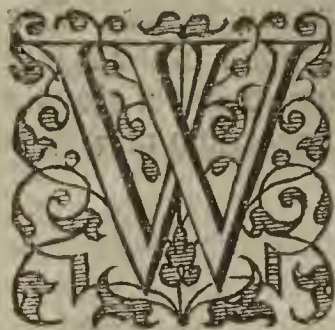
Oyle of *Spica* is much commended, annointed outwardly vpon it, against all cold diseases of the braines, of the stomacke, of the liuer, of the spleene, and of all the intrailes. In like maner also these oyles following, viz. of blew flowerdeluce, of *Beniercod*, of *Bay*, of *walflowes*, of *Wormewood*, and aboue all others the oyle of *Tiles* or *Bickes*.

In fine, all that is befoze described for the cold *Phlegma*, and in other places for all cold sicknesses, may serue for this intent, and so we will conclude this fift part.

The



The sixt part of this booke maketh mention of all
such sicknesses as are incident to the whole body.



We haue treated of many kinds of sicknesses in these former five parts of this Booke of Physicke, all which pinch and paine one certaine part of mans body, and also sometimes indeede the whole body, for that nature hath so knit and combined all the members of the body one vnto another in vnmeasurable shape and vniformity, that as there is any member anguished with paine or any disease, even then all the other members impart therewith: so that whensoever the head, the heart, the stomack, the Liuer, or any other suffereth, all the other members (one lesse, another more) must be partakers of this foresaid anguish, and in such measure are all of them grieved according to the quantity of the infirmity. And for as much as the Ague is so spread throughout the whole body, that (as it is commonly said) there is not so small a corner free; yea further (as all famous Physicians witnesse and alledge for an infallible saying and *Axioma*) that there is no disease so small which bringing with it an alteration of nature, that is without the Ague or Feuer: therefore will we comprehend them all in this first part, that thereby we may also detect the noisome Plague or Pestilence which is also a spice of an Ague, and also some other, whereof hitherto in our former parts we haue not sufficiently declared.

The first Chapter.

Of all manner of Agues in generall.



These very common and manifest diseases are called of the Greeks *Pyretos*, that is, fiery, and with the Latinitis *Febris*, that is, a seething or boyling, and in our vulgar tongue we name this sickness the Ague, that is, a superfluous, hurtfull, and vnhaile heate, that sometimes often, and sometimes more vehement than before commeth againe, and returneth. Or an Ague is an vnnaturall mixture of natural spirits in a hotter and drier nature than is necessary. And in another place, The heate which diseaseth the whole body, we call the Ague. Againe, the Ague is an alteration of naturall warmth into a fire warmth, and therefore is a hote and dry disease. The old Masters or Physicians named all such sicknesses Agues, when any stood and complained of grieve without any outward swelling, without the Rose, without anguish, and (to be brieue) without any soze outward. So if there were any that were pained with the stich in the side, with an inflammation of the lungs, and such like, then had they their speciall names, whereby they account the Ague not to be a particular maladie, but incident and casuall or *casum*: so that they held opinion none to be right Agues but such where the bad humors in the veines were inflamed, and yet the outward members felt not any painfulnesse.

And these Agues are of so many kinds, that *Hippocrates* in describing them in a manner, forgetteth his old and brieue custome of writing, where hee saith thus: Some are long, biting, and yet milde: other without biting at all, but comming againe: some strong and mighty: other that quickly inflame the body: some continuing at all times, are small and dry: other that bring no manner of belching or vomit with them. Some are full of filthinesse and very ill fauoured: other that taketh one with moisture and sweate. In like sort they haue many kinds of colours, ruddie, Saffron yelloe, and some haue very bleake colours. It is not then a great wonder that the cold with the heate do cease at certaine houres; as at one time it continueth, and at another time commeth againe the third or fourth day, or twice on the third day: so that otherwhiles it hangeth on a bodie a whole yeare, yea sometimes ones whole life long. Any one may decipher the

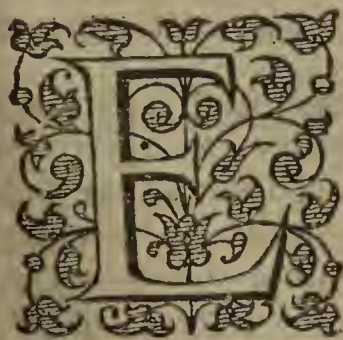
the species of Agues as he will, yet neuerthelesse in truth there be but three sorts of mingled Agues, and euen so they come also through three manner of causes: that is, out of *Cholera*, out of a blacke and melancholick humoꝝ, and out of *Phlegma*. For every one of these hath at the first two kinds of properties, as an intermission, at one time ceasing and remaining still, or continuance at all times induring alike, which are deuided into many sorts, and also mingling themselves with others, according as the matter or humoꝝ is much or little, or more or lesse putrified, and also euen as the places or parts be enclined whence the Agues grow and spring.

All such vnnaturall mixtures and *Intemperies*, whereof we in the first part, in the first Chapter 1. §. and then afterwards in the second part, in the beginning of the first Chapter and of the hart, haue briefly written, with those as are needfull to be rehearsed againe, are eight in particular, whereof the hot and dry mixtures are the most perillous and noysome, which being first kindled in the heart, and then spread throughout or ouer all the whole body, are now called the Agues.

They are also of this nature (specially the Ague of one day) that if one giue not the patient somewhat to eate, then presently they are of more force and power: for hunger (in this Ague) otherwhiles dryeth the patient so vehemently, that thereby (as in other dangerous Agues) he will be so greued in his head, that he seemeth to be out of his wit. The second *Intemperies* is almost like to the first, specially concerning the Ague, but that it is hot and moist. The third, whereas the moisture or the dryouth (be it in what kind of Ague that it will) preuaileth the one ouer the other, but not superabundantly, or aboue meane and measure, this is the best. But when this vniformity is ouerthrowne and broken, then is it best for all vnnaturall mixtures that they be hindered, whereby (as hath bene shewed) they come not to last long. Of like nature is that, that with cold and heate keepeth a iust meane or temperature: But where the dryouth surpasseth the moisture, thereout cometh *Intemperies*. The fourth is a iust meane, to wit, containing the equall measure in all that hath bene said, yet alwaies inclining a little to the contrarietie. The other foure mixtures are alwaies eyther cold and moist, cold, moist, or dry and cold. For these mixtures of the humoꝝ are the very same whence all Agues spring in such a wonderfull manner, that it is not possible for the Physicians to discern them, but onely Quotidians from the tertians and quartaine agues, whereon depend all other mingled Agues, for that they out of this *Intemperies* doe flow as it were out of a fountaine, and are to be easily perceived and known. So that Physicians when as such Agues raigne, must haue speciall care of these three thingg; to wit, of the strength of the patient, the occasion of the Ague, and to know the spece of the Ague. But for the better vnderstanding of all those things, we wil briefly declare certaine species of Agues, which *Galen* hath collected out of many and diuers other Writers, and we will first begin with the very last.

The second Chapter.

Of the one daies Ague, called *Ephemerā*.



*P*hemera, of the Greek word is that Ague called, which usually endureth but 24. houres. These species of Agues come onely in the veines, where they enflame the vitall spirits, whereof we shall more at large speake hereafter. *Putride Febres* are Agues where the humoꝝ do putrifie in the veines; amongst which are some that doe cease a certaine time, whereof the chiefest are the aforesaid three sorts, that is to say, the quotidian, the tertian, and the quartaine Agues. The quotidian Ague is bred and ingendred of *Phlegma*, the tertian of *Cholera*, and the quartaine of *Melan- cholia*. *Continua Febris* is an Ague that alwaies without ceasing remaineth continually without intermission. *Causos* of the Greeks, and of the Latinists *Ardens Febris*, is called a burning Ague. This Ague continueth alwaies after one manner, vntill that through the health or death of the patient it be ended. It is such an Ague as burneth still after one manner, and is the very hottest of all agues: it maketh the tongue blacke and dry, it bringeth great thirst, and desire of cold things. If you will now reade more of this vnnaturall heate, then look in the first part, the 11. Chapter,

Chapter, 1. §. Where it is in particular described.

Emphyodes, that hurteth the mouth thzough her heat, and maketh it full of blisters whereof it hath this name giuen. *Lypiria*, this coleteth the patients hands and fete, but inwardly the whole body is inflamed, his water and going to the stoole stopped and stayed, whereby also commeth thirst and hardening of the tongue: the pulse will be feebled and small, and the naturall heat decayeth, and that no otherwise, than as it were altogether extinguished.

Rhodes, that is as much as a *Flire* or *Lare*, which happeneth vnto one with great vomiting, cold, shaking, thirst, disquietnesse, and feblenesse of the pulse.

Astringens, that is, astringent or binding, is contrary to the other befoze mentioned, for that thereby the body will be stopped, the vomiting stayed with a strong pulse, it endureth also long, it wasteth the body and maketh it leane.

Icteriades, that is, mixt with the yellow Jaundies, for it bringeth them with it. This inflameth the Liuer, and dryeth the tongue in such manner, that it is terrible to behold: what might be further written hereof, that may may you learne in reading ouer the description of the *Yellowes*.

The Pestilent Agues doe come with great heate and intollerable thirst, the going to stoole is with much noise and great stench: also the vyne stinketh much: the pulses are so feeble, that one can scant feele them, as shortly shall be written moze at large.

Languida Febres, are slothfull Agues, that distemper the head, stasse the nostrils, stop the vyne, and going to stoole.

Phricodes, that is, when as with the shaking there is a great heate attained, the pulse feeble and scarce to be felt: mozeouer, the belly doth swell, with much rumbling noise, the tongue wil be very moist, whereby neuerthelesse the patient will complaine much of bitternesse and drouth of his mouth.

Quotidiana, is the quotidian Ague, that at a pzeixed time either in the day or in the night returneth againe.

Tertiana, is the tertian Ague, wherewith the patient is one day free, and is on the third day vexed therewith.

Quartana, is the quartaine Ague, which ceaseth two daies, and returneth the fourth day.

Hepialos, is a phlegmaticke Ague, whereof the patient sometimes of cold, and otherwhiles of heate complaineth. Some name this also of the similitude that it hath with the molten glasse *Vurium*. Other name it the raw and vnconcocted Ague.

Hemitritaea, is the halfe tertian Ague, that is a very strong Ague that neuer ceaseth altogether, but hapneth one day gentle, and the other day harder.

Errabunde, are erring and wandring Agues, that keepe no certaine time nor measure, and these thereby doe cause the melancholike humors to rot and foister in some place of the body, which otherwise in another place are not touched or moued at all, whereby all such Agues of necessity are ingendred.

Hectica, (whereof also commeth *Marasmodus*) is such an Ague as infecteth the parts of the bodie, like as the *Ephemera* doth the vitall spirits, and as the *Putrida* or rotten Agues doe the humors. Of this Ague proceedeth the Consumption, which not onely wasteth the flesh, but also the marrow in the bones, as wee shall hereafter both of this and other Agues declare moze at large.

These are now the most principall sorts of Agues, and at this present shall these bräse notes suffice. We will now proceede with those those things that furthermoze doe appertaine vnto Agues. Wherefoze chiefly it is to be obserued, that euerie one of them by the *Phisitions* is deuided into foure parts. The first they terme *Accessum*, which is the beginning of the Ague: thereupon followeth *Incrementum*, the increase. The third is *Status*, that is, when the Ague is in the highest degree, and standeth still. The last part is *Declinatio*, that is, the decrease, or declination; of which parts of the Ague we haue elsewhere moze at large giuen intelligence.

There hath bene also a great debate amongst the learned, whether men might know euerie kinde of Ague in one day of foure and twenty houres: some thought that no man could rightly iudge of the Ague befoze the third day. So that *Galen* in diuers places derideth them, and confuteth their opinion with many profound reasons. The simple or compounded Agues
(saith

(saith he) are easie to be knowne, but the compounded very hardly: yet it is not impossible to discern them in one day.

Many Agues, and most of all other maladies whatsoever may well be knowne, the second, third, (or at the longest) the fourth day: for there is no disease that in three or foure daies might not apparantly be iudged: so also are all agues according to the humors into which the blood is altered, qualified, and do also giue a certaine signe of their nature. If *Phlegma* because of the Ague, then of necessitie will it indure very long, and longer if it procede and come of the melancholicke humors: but if it ensue from *Cholera*, then can it not tarrie long, seeing it doth vehemently waste the same.

To conclude, all easie agues are ended in foure dayes: as also all violent agues can kill a body in foure daies, which may be seene in the pestilent feuers.

Thus farre haue we generally spoken of agues, now will we shew the meanes and remedies for the same, and will first beginne with the commonest, and with the best knowne; amongst which the most part of the foresaid agues are comprehended.

The least of them all is, the first recited ague, *Ephmera* or *Diaria* in Latine, for that the same seldom holdeth the patient (not disorderly eating and drinking) longer than a day, that is, foure and twenty houres, because it is not fired so fast in the heart, but onely in the *Spiritibus vitalibus*, which we call the Vitall spirits. This Ague hath no corrupt or rotten humors that can be incended, or can prouoke any swelling of the outward parts.

To conclude, this ague is likened vnto a hote ayre that quickly loseth her efficacie and power.

This Ague is thus described: *Ephmera* is an ague wherein the vitall spirits are incended, and so spread ouer the whole body without any long permanence. And that is a certaine token of such kind of agues, that they must alwaies haue some cause going before, whereby it is procured; as namely, wearinesse, much watching, wrath, great sorrow, and such like veneration of the mind.

Item, the heate of the Sun, cold, great labor, drunkenness, venimous ayre, and heate about the priuities, be it through swelling, or any other occasion, conuersation with sicke men, or those that be diseased in the lights, vse of indigestible meates, and such like.

The tokens whereby they are known are needlesse to rehearse, by reason that they may be perceived and knowne of the patient, thereby the better to remedy the same.

For amongst all others, this disease is neuer more apparant than in the vyne, and by the pulse: for that in this ague the vyne is commonly higher coloured than accustomed, and the pulse much swifter; as anger also is deformed by his owne pulse.

Item, great sorrow, and a disquiet mind haue also their owne signes. Also by what observations, and how the *Cholera*, the melancholie, the *Phlegma*, and the blood is knowne: we haue taught in their due place.

Those that are troubled with the agues that breed through any swelling or blcers, they feele a continuall swift, and hard beating pulse: they are very hote burning with a ruddie countenance and white vyne.

And to conclude, they are all commonly *Ephemerish* agues that haue the pulse equall. And albeit the same sometimes be vnequall, yet is it scarcely to be perceived very ill to be.

These are now the most vsuall and conuenient signes of this Ague, which we haue said are very easie to be holpen if men looke vnto it betimes: for being delayed too long, then fall the diseases into agues that are worse, and be of longer continuance: as namely, in *Putridas*, and *Hecticas*, so that many by negligent delays fall into their perpetuall destruction.

Wherefore vse these remedies following for it: first, a bath whereby the pores are opened, that thereby all noysome vapors might exhalate. For when as they are shut vp, or through exterior cold closed together, then must all such infectious humors remaine in the bodie, whence diuers perillous agues are caused.

For all those that are infected with the ague through any swelling of the priuities, is the ayre hurtfull either before or after the bath: but aboue all things it is in other agues to be shunned. But if any one will tarrie long in the bath, then must he be gently annointed by the hand with *Sallado* oyle, especially such as got their agues through labour and trauell.

The diet of the diseased must be such as may ingender good blood, of a light digesture. Those

that throught the heate of the Sun, or by wrath or anger are fallen into this ague, they must vse cooling and moystening things; if throught cold, warme things; throught watching, sorowes, and cares, moystening things, and such as will prouoke sleepe. All those that are thus afflicted, may well vse wine that is small or watered; for such is alwaies more fit than water alone, because it expelleth water and sweat.

But in all these points is to be obserued the age of the patient, his strength, his custome of liuing, the season of the yeare, and the nature of the country, and such like.

All those are forbidden Wine, that in this Ague proceeding of the heate of the Sun, haue a swelling of the priuities, or of any other part, till such time as all such inflammations be ended: The like also for all such that haue their pores obstructed, and be therewith strouth and corpulent of person.

All such as throught ouerwatching, or throught great sorow are fallen into a small Ague, must after their bathing be fed with moyst meates, that are light of digestion, and make good blood. To those that by reason of long watching are feeble, may the Wine be allowed without further regard or care, vnlesse they had much headach, or feele great motion of the pulses in the temples of the head, these common rules must also be obserued in other feauers.

All those that get the Ague throught wrath, sorow, or deepe speculation, they may drinke Wine well enough: in like manner also the sole headed, but onely when their fit or madnesse is past, before which it is very dangerous to vse the same.

This also is a common rule, first alwaies to seeke remedy for all those accidents that are most troublesome, or to take away the cause of the sicknesse by his contrarie, as labour by rest; wrath, sorow, and madnesse, with merry and pleasant conceits; watching with sleep; those that get it throught much speculation must wholly leaue it off: euen so must it bee with the swelling and inflammation of the priuities, that the same may heale, and the paine be asswaged.

Here hast thou briefly set downe, what order of dyet and other things are to be obserued in any accident whatsoever. Now will we learne you after the briefest maner we can, what things are to be vsed in any of the foresaid causes.

When as then any body throught the heate of the Sun, or throught a bath, falleth into an Ague, then must you annoint his head with the oyle of water Lillies, Roses & Violets mingled together, or each alone: you may also make a decoction of cold herbes, or oyle of Willowes, or of any of the foresaid oyles mingled with it: and then let it drop from on high on his bzeast. If the patient haue great thirst or drought, then giue him to drinke Well water, or Almond milke.

When the Ague is past, then let him bath as hath bene aboue said. But if the Ague proceed of outward cold, then is sweating good for it: or can hee not sweate? then may he vse warme bathes, wherein hath bene decocted wilde and garden Pints, Smalage, Fennell, and Parsly, with the rootes.

Also annoint the head with the Oyle of Dill, of Cammomill, and with oyle of Behen: but he must forbear the drinking of water. Likewise lay the patient in a meetly warme chamber, annointing his body softly, and when the ague is past and gone, then may the patient vse to eate all manner of land fowles, and such like food. As he then corpulent and full of blood: then open a veine, and let him vse in this bath Stone Rue, Cammomill, Fennell, and Stonecleuers, &c.

Do come these Agues throught the vse of any hot meates? then vse cold thinges; as Lettice, Purslaine, and the iuyce of Pomegranates.

Purge with Cassie, Hanna, solwe Dates, or with Conserue of Pzunes. Take also of the Confection Diatriasantalon, Endiue water, Oxyfaccara, Iulep of Roses, Barley water with a little Vineger, Camfere, Lettice, Purslaine and such like cold hearbes, or the iuyce of them. If this ague come of drunkenesse, of strong wine, or such like drinke, then must the patient vse himselte to vomit, or to purge with the foresaid cold thinges. If there be adioyned a great paine of the head, then must you annoint it with the oyle of Roses, or with some iuyce of cold herbes.

Do if this issueth throught great sorow, feare, flight, ouer much watching, madnesse, wrath, or such like, then remedie these thinges as is said, by their contraries; to wit, with mirth, musicke, comfort, sleepe, and with such like: he must also shake off and forget all causes of sorow and feare.

Likewise this patient shall smell vnto Roses, Violets, and Saunders, and wet clothes in the

the muscilage of Fleawort, and the iuyce of cole hearbes, mingled with a little Camfer, and lay them vpon his head. When the Ague proceedeth of wrath, especially in young folkes, then is the Wine to be restrained.

These Agues also procede aswell of exceeding ioy, as they doe of great wrath, albeit the same chaunceth seldome; yet it is by the foresaid meanes in like sort healed.

These Agues may also come very easily thzough excessive laboz, by reason that the same heateth the vitall spirits.

For the same must be prescribed light meates, rest, bathes, measurable sleeping.

Or if these Agues be caused of ouermuch sleepe and rest, as often it falleth out, then shall hee constrain himselfe to watch, and let his body be rubbed ouer with hote clothes.

These Agues are very subiect to all fluxes of the belly, and dysenteries of what cause soeuer the same doth procede.

For this are all astringent and binding things to be vsed, and to doe all that is fit to be done in such like sicknesses.

Also Cotton dipped in the oyle of Masticke, or oyle of Quinces, and laid ouer the stomacke: but vpon the liuer and heart coole things.

If the patient should thirst or hunger, then shall he vse, and especially at the beginning, Barly paps, Oaten paps, water bathes, and rest: and for his drinke he shall take water mingled with the iuyce of Pomegranates. But if he be cloyed with too much meate, then causeth it lightly an Ague to follow: for which Clusters, purgations and sobrietie are to be vsed: but if there be any solwe belchings vpward aduised, then vse *Diagalanga*, or *Diatrionpipereon*, and annoint the stomacke with the oyle of Masticke, the oyle of Wormewood, or with oyle of Spike, laying shæpes wooll thereon. Afterwards when the ague hath left him, let him vse sleepe and sobrietie. The agues which procede of any Impostumes, Ulcers, Pleurisies, puffing vp of the Lights, swelling of the priuities, which is caused of paine, *Cholera*, heate, and thirst (more than the foresaid agues are) these shall you remedy thus: first, search out of what humors they grow; if of blood, then must the patient open a veine, thereby to ease the impostume or any other hote swellings: or do they come of *Cholera*? then must the patient be purged; and moreover the vlcers or impostumes must be cleansed, ripened, and healed. It happeneth also, that as young children haue the wormes, they also fall into such an ague: for this all such things are to be vsed as are ordained and thought most meete for the destroying of wormes, and especially a salve, beginning thus: Take oyle of bitter Almonds, &c. Thus haue we sufficiently spoken of *Diurie* agues, and mentioned how they are to be dealt withall.

The third Chapter.

Of the continuall Ague, Continua, in generall.



Alen termeth these continuall Agues *Continuas Febres*, which from the first time that they enter vpon a man, indure continually, without intermission, if they be not thzough health or thzough death dissolued, albeit that otherwhiles they were a little fainter or slower: yet neuerthelesse sometimes many daies, yea weekes, indure still. Of these are chæfely twaine, the one that increaseth the third day, which is more perillous than the other: to wit, than those that change their nature the second day: and by reason of this alteration, the Phisitions doe giue these Agues diuers names, whereof the principallest is *Typhodes*, that is, burning, which greatly agreeth with the halfe Tertian Ague. Then is there *Synochus*, which proceedeth of a superfluitie and inflammation of the blood mixt with *Cholera*, taketh hold most of all vpon the bodies of young, temperate and hote persons, wherof we shall hereafter speak more at large. The signes of these Agues be, that 24. houres long their fit continueth, inconstantly beginning and increasing. The pulses of them are swift and hard, the vaine is redder than it was before. These things following are also to be obserued, and well to be remembzed, that in dry and hot weather they are few, yet strong and bad Agues do raigne, but without any sweat at all: In wet weather are these Agues most rife, and that with sweate.

For so much as these continuall Agues are first of all described amongst hote Agues, therefore here will we admonish the Reader, that we make this our discourse so much the longer, to the end we might declare the matter more openly: and that such hot Agues as hereafter follow, may thereby the better be knowne, and easier cured, and that especially in this §. wherein shall be taught the meanes which are to be kept in meate and drinke, in vomiting, and sleep, also what might reuiue those that are so diseased, whereby they should bee eased in great heate, and after what order they should gouerne themselves, their Ague being gone.

The Ague that is continuall, *Continua*. §. 1.

The occasion of all such mightie Agues is the putrifying of the humors within the great veines: and the cause of the putrifaction aforesaid is a stay and detaining of superfluous tough humors that are caried in the body, the heate whereof appoaching to the heart enflameth the same. This commonly hapneth in all such bodies that are filled with tough humors, or that the veines through heate of the same are ouer dried. This Ague also may ingender of venimous ayre; as in the time of pestilence is to be seene. Item, through great cold (whereby the pores be shut vp) through soze labour in the hote Sun, through much watching, through great anguish, grievous thoughts, and through a great flure of the belly.

The common signes of this mightie Ague, are paine of the head and great heate (easily to be felt) watching, great thirst, swift and vnequall pulse, red, thicke, and yelowish vrine, the patient rageth in his sleepe, his senses are troubled, and complaineth of terrible dreames. If he be young, and the season of the yeare be hote, and that he dwell in a high and hilly Countrey, then are all these recited signes the likelier to be certaine and true.

The order of dyet in time of hot Agues. §. 2.

If so be that these patients desire to be rid of these Agues, then is it very needful that they haue a good gouernment or order in eating and drinking, and they must haue speciall care to be fed with such meates, through which they may be cooled, the blood purified and moyssened, whereby the heate and drought may be withstood. In like manner shall the patient be kept in the beginning of his sicknesse (whilest he is in strength) sober in eating and drinking, and encrease the same according to opportunity. In like sort with the letting of blood, if the patient be red in the face, his veines full and young, then is he to be let blood (in a very hot ague) untill he fall into a swoone.

But if the patient be so weake, that such forcible letting of blood may hurt him: then let it be done at diuers houres, euery time a little, two or thre daies together, for some are to be dealt withall more gentlier than other, and require that the *Saluatella* vpon the right hand (to wit, by the little finger) may be opened, and that there shall aboue five ounces of blood be let out.

We haue before given order what kinds of meate this patient is to vse, that the same must be cooling and cleansing the blood, as Cicozie, and Endiue with the roots, water Cresses sodden in his meate: and in like sort also a Sallad made of the same herbes and rootes, with oyle and Vineger; and there is chiefly to be put into the same Sallad, Liverwort (that vseth to grow besides the water Cresses) which is passing good. Also the iuyce of Oranges, Pomgranates, or Limons are to be vsed with his meate: and amongst other herbes, Spinage, Beets, and Turneps, with their leaues are excellent good. Item, Lettice, Endiue, and Parsley, and mingle amongst them sometime a little Parioram, Bennicoyall, and wilde Thyme, and Hyssope (but once) for that it is warme of nature. Of fruites let them vse Damaske prunes, Oranges, and Pomgranates. And of flesh let him be serued with that of Calues, Hens and Capons, the which are to be bused and eaten with the broth, also make sops with Vineger, mingling the yolks of eggs & Sugar amongst it. Item, Partridges, Fesants, field fowles, and such like are not hurtfull: it is also to be noted, that with the flesh is to be sodden Parsly roots, Cicozie roots, and Meriuiue, with a little Parioram and Hyssope. Moreover, the seedes of Lettice, Melons, & Cucumbers, are passing good: yet not all together, but sometime of the one, and sometime of the other. Paled Barly sodden with Hen broth is much set by: and also Hen broth alone, wherein a little bread is soked.

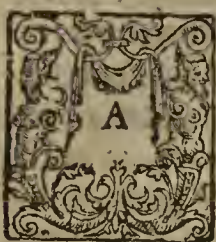
Item,

Item, shiues of bread soaked in water, and the water powzed out, and afterwards the iuice of Pomegranates powzed thereon, and bestreued with Sugar, is very good meate for all such maladies. Some are of opinion that the flesh of a Daggy, is a certaine good medicine for the Ague: and some suppose that young Daggies with the feathers distilled, and the water of them given to the patient to drinke, and it were not amisse, that in the distilling of them, there were put the rootes of Parsley and of Elecampane.

For these hote Agues may fountaine water be drunken, or any other cleare riuer water, that hath bene sodden once before, or powzed a good while and often out of one pot into another. Or you may mingle with this water iulep of Violets, or iulep of Roses, and so drinke it unsodden: Warly water is a very fit drinke for all such maladies, & may be mingled with the foresaid Iulep.

Wine (though very little) is otherwhiles permitted: and also Sugar water, and sodden Pennybroth (the fat blowne off) is very good.

Common rules for Agues. §. 3.

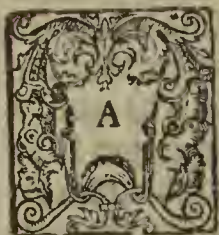


According to the prescribed ordinance or government of the life, we are to shew in like manner the remedies and cures. But first we will declare certaine rules, which in all hot Agues must be obserued: that thereby for all such maladies a better order may be had & kept. The first rule is, how to discerne easily, that the patient cannot come to his health, vntill the putrified matter of the Ague be purged away. Secondly, the eyes are to be fixed vpon that matter that ingendzeth the ague, that the same be prepared for purging, the Ague which is present be corrected, and that which is to come be hindered. Thirdly, when this putrified matter is to be taken away, then must care be had how to open the obstructions, which are the foundations of the ague, for otherwise there can no good be done. Fourthly, if the ague be forcible & hot, and the patients strength very small to resist the same, that it is impossible for the patient to tolerate the violence of the ague, then must the patient not be suffered to vse many cold things before, that thereby the naturall heate be not quite extinguished: but if he be strong, & may withstand the sickness, then cut off the cause, expell the matter, keepe the patient sparingly, & let him not vse ouer cold things. Fifthly, if naturall strength in the ague be very weeke, then must the Physitian strengthen the same, coole the vnnatural heat, and with meet food comfort the debility of the body. Sixthly, & cooling of the ague is not to be effected with drying or binding things, vnlesse it be when the materiall cause is expelled. Seuenthly, if the nature and qualitie of the ague be doubtfull, then must the patient liue sparingly, & especially when the ague assaileth, that it may find an empty stomack. Eighthly, all fresh fruit are very hurtfull, by reason that they will soone stinke and putrifie in the stomack. Ninthly, while the patient is in good strength, & hath blood enough, or is full of humors then first of all let him blood, and especially when as his vrine is red and thicke, and when it is doubted, that the Cholera wil get the vpper hand. Tenthly, and if so be (as is rehearsed) that nature be of ability, then vse those things first which loose the body mildly; afterwards open a veine, and then purge. Eleuently, in these kind of agues there is no strong purgation to be ministered. Twelfthly, if by the wambling or paine of the stomack, it be perceiued, that the corruption falleth into the stomacke, then shall you minister to the patient a vomit: but if through the rumbling of the belly it be perceiued, that the matter be fallen downe into the bowels, then is it to be expelled with purgations. Thirtenthly, those medicines that might hurt the bowels, be noysome & not commodious, in case that the patient haue not vsed preparatiues before, be it in heate or cold: or in case that the corruption made not the patient starke mad, or that he were in doubt to fall into a greater mischiese. Fourteenthly, as the blood preuaileth, and that a veine must be opened, then is the preparation of the matter to be expected, by reason that the same concerneth the other bad humors, and not the blood. Fiftenthly, when the Crisis is neare hand, you must forbear to minister any medicine.

But if the same be vnperfect, then is it to be ayded, and to help nature in that, which she cannot performe of her selfe, that is, in strengthening her, and in right vse of the medicines. Sixteenthly, if the letting of blood be thought meet, then is the same to be done at the first, for otherwise it will not do so well; for when the patient is ouer weakened, then might the same be a meane of his death. Seuententhly, the patient is to be purged when the ague is weakest.

Eighteenthly, wine bathes and fomentations are to be abstained in forcible and strong Agues, and rather drinke cold water, which hath great efficacy to coole the heate of the Ague, but not to expell the putrified matter through the pores, or through the vrine. Ninetiently, when the principall parts of the bodie (as the Heart, the Head, the Luer) be strong, and the Ague is vehement and hote, then may you boldly giue the patient water to drinke, yet not if he be in yeares, for those are not very strong of nature. Twentiethly, if there be much bloud, much tough slime or sleame, and binding of the bodie present, then first of all let the patient bloud, afterwards attenuate the matter, and lastly open the pores and warme them. One and twentiethly, aboue all things haue regard to the strength of the patient; and if he be strong enough and that he haue neede of purging, then is the same to be executed without any care: But if his strength be small, then let it alone at any hand, except it be some gentle thing, and after that he be somewhat strengthened. Two and twentiethly, if in the *Febris putrida* be any obstruction, then hede is to be taken to open the same, the which if it be caused of some humours, then are they to be euacuated. If those humours be tough and grosse, attenuate them. And if the Ague be mixt, then prepare your medicines accordingly. Thre and twentiethly, because the cold attracted ayre penetrateth to the heart, and other inward parts, let him thereby be refreshed, opening all manner of windowes about him. Foure and twentiethly, it happeneth otherwhiles, besides the grievousnesse of the disease, and the presence of diuers accidents, that sometimes there are those things giuen to the patient that are hurtfull for the Ague, as in the swoonings in the Ague, for the which of necessity Wine and fresh broth are to be giuen to the patient: wherein is to be considered, that the greatest extremitie is first to be ealed. Five and twentiethly, if neede require that much bloud or humours are to be taken away, and that the strength of the patient will not abide it, then must the same be done by little and little at diuers times, and not at one time, even as is before expressed at large. But if the strength of the patient will permit it, then is it to be done at once. Sixe and twentiethly, in these forcible and vehement Agues must the Physition be prouident and warie, how to expell and purge: for it is better to leaue one part of the matter in the body, then to expell it all at one time. Seuen and twentiethly, the Physition must alwaies be bold and liberal in comforting the patient; for although healthfull meates breede some inconuenience, yet are they better then too much abstinence. Eight and twentiethly, minister alwaies vnto the patient for his mouth such things as will keepe his throte moist, that through great heate it dry not too soze; the which is accomplished by the muscilage of Fleawoort: the iuice of Pomgranates, the muscilage of Quince kernels, by Purslaine and Licorice, which things also are good for to quench thirst.

Of common things for hot Agues. §. 4.



After the description of the common rules (which are to be noted) we will now treat of this, namely, when it is found, that an Ague doth approach, then must the patient take foure ounces of the water of *Carduus Benedictus*.

Item, take the rootes of Cicozie, cut them, powne them, and wring out their iuice, drinke a spoonefull thereof halfe an houre before the Ague assaileth: but it is to be noted, that the inward heart of the roote is to be taken away. Or take powdered rootes of Cicozie, as many as you thinke good, and powre wine thereon, boyle them in *Balneo*, and then drinke thereof thre or foure times, to wit, morning and evening: it is also passing good for such as are swollen with the Ague: Cheruell water is very good to driue away the Ague.

A marvellous water of the auncient Physitions: Take a spoonefull of Fennell seedes, and as much Salt, powne them together: and let it runne through a Searse or hairen Sieue, then take good Vineger, and the vrine of a man child, about sixe ounces of each, giue to the patient thereof thre or foure times, to wit, when the Ague beginneth to assaile, and haue regard that he vomit it not vp againe. This do all the Physitions vse, but hereafter follow many better and fitter things.

Out of the foresaid things easie is it to be noted, that for all hot agues these waters ensuing are

are passing good, as water of Endiue, Cicozie, Burrage, *Cuscuta*, Sozrell, Maidenhaire, and such like.

All aguish diseases may freely vse these sirupes, or any of them which one listeth, as sirupe of Vineger, of Meriuyce, Violets, Cicozie, with Rubarbe or without, of Citrons, Roses, Endiue, or of Sozrell. Item: *Syrupum de Iuinbis, de Byzantiis, Acetosum compositum, de Radicibus, Oxymel,* and *Melicratum*, and if there be not much Cholera abounding, then vse the Honie of Roses, which is good for all agues: take thereof which you will, and mingle it with the water of Hynerwort, of Endiue, and Fumitorie, Sozrell, or with the water of Maidenhaire, and such like. Of these confections following, you may vse which you please, as *Diarrhodon, Triasantali, Trociscos de Spodio, cum Semine Acetose, de Eupatorio, de Berberis*, powdered, and mingled with any of the foresaid waters, and drunken. And the Whay of Milke is chieflie commended. These are the meates that an aguish bodie may well and comodiously eate and vse.

Of the lothing of meate in them that be assayled with
the Ague. §. 5.

For as much as in all hote agues the appetite of feeding is taken away, whereby nature is suppressed and wareth faint, and thereby scarce able to resist the ague; therefore it is very requisite that herein good counsell be had and taken.

For this you finde in the third part, the eleuenth chapter, and ninth §. what is to bee done herein: likewise you may vse for it any of these things ensuing.

Take Conserues of Roses two ounces, confected Citron rinds, sirupe of Apples as much as you thinke good; mingle them together, and vse thereof fasting at each time halfe an ounce.

There is also a confection or compound, that is called the Kings sauce, the which is verie good to prouoke appetite, and the same is to be made with Sozrell, Cinnamom, Cloues, and Vineger. Others make it of Vineger, Sozrell, Fennell, and Parsly.

The third sort, take the iuyce of Parsley, Sugar, and Vineger. Item, one may compound sirupe of Vineger with *Oxymel*. In like sort there is good for it both the sirupes of Pints. After meales it is very good to vse prepared Coziander seede, Annis seedes, and Almonds confected. Item, Cinnamom, Marmalade, Conserues of Roses, and Honie of Roses, roasted or baked Peares are very excellent good.

Euery such patient is to be outwardly annointed with the Salue of Saunders on the place of the Liuer, and on the Kidneys, with the cooling salue of Galen. This water here next following is also very soueraigne to be vsed thereto for the washing of the scete.

Take Sage, Cammomill, and Bayberries, of each a handfull, Marjoram halfe a handfull, Citron rinds, and Orange pills, of each halfe an ounce, a pint of strong wine, and common Ley, as much as will suffice: let them all seeth together, and vse it oftentimes, for it will prouoke appetite.

For the thirst in hote Agues. §. 6.



Because continuall Agues prouoke great thirst, therefore we will not cease to giue some knowledge and caueat how the same may be holpen and remedied, the which will be effected with Barley water, and with cold & moist things, and also with such losinges as be prepared and made with the muscilage of Fleawort, the muscilage of Quince kernels, and with Dragagant.

Sugarcandie, and the kernels of Pomgranates, are also very often to be vsed, and he shall receiue the cold and moist ayre. Before in the third part, the twelfth Chapter, 10. §. there are also diuers things declared, being all very good to slake or quench the thirst.

Item, take sirupes of Violets one ounce, Barley water three ounces, Cinnamom water one ounce, oyle of Vitrioll three or foure scruples, mingle them together, they will become a red position with a tart or sharpe taste; but because there are other more pleasanter things, do I counsell you to leaue out the oyle of Vitrioll.

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Of purging and such like. §. 7.



And for the expulsion of this matter or corruption in the best manner, thereto is very soueraigne washt Aloe which is described in the Introduction. The common plague pills be also passing good for the same, the which pills are called *de Tribus*, and are to be mingled with Rubarbe.

Also once a weeke at the least, let the patient take in some cooling and laxative medicine: as namely, conserues of Prunes, and Cassie, the which are good in old maladies; and therefore is commonly to be giuen an ounce and a halfe, with halfe a drag. of Rubarbe. *Manna* is excellent good for it, and the confections of *Diamanna cum Rhabarbaro*, the which are to be had in all well furnished Apothecaries Shops. There are some that giue counsel (and that very well) that the next day following the patient is to take three ounces of laxative sirupe of Roses mingled (if it please him) with some distilled water. Also there is good for it the losinges *de succo Rosarum, Diaphœnicon, de Psillio, & Diacatholicon*: or vse this potion following: Take sovereyne Dates one ounce; break them in Cicorie water, and straine it through a cloth. This done, mingle Cassie and conserue of Prunes, of each halfe an ounce, halfe a drag. of beaten Rubarbe, and five graines of *Spica* amongst it. Take this in the morning early, and thereupon fast afterwards sixe houres.

There are also cooling clisters used for it which the Physicians do call *Lauativa* (that is, cleansing Clisters) by reason that they are for none other purpose, but to strengthen the bowels, to make them slipperie, and to warme them, as these ensuing: First, take Barley water and Sugar, or broth made of Sheepes poztnance, wherewith is mingled fresh Butter, or Hogs grease, otherwhiles Beetes, and Mercury. Likewise there are many clisters of Sallad oyle, and oyle of Violets, and also (in the paine of the belly) of Linsæd oyle without putting any other thing thereto, but twelue or sixtene ounces taken at one time for one clister. And when the going to stoole and vrine are to be prouoked, then vse thereto fresh broth that is most common and fit, wherein Barley is sodden and is mingled with oyle. Or if you will haue it stronger, then take an ounce of any of these confections mingled amongst it, as *de Sebestio, Hiera, Diaprunis, Cassie, Thomas Sugar, oyle of Violets, Hony of Roses, or of Violets*.

For the vomiting in the Agues. §. 8.

All that lie of hot Agues may easily be brought to vomit, and that chiefly after their taking of any medicine, and to prevent it, looke into the third part, the 20. chap. 7. §.

For the losse of Sleepe. §. 9.

They that are plagued with the Agues are easily barred from their naturall sleepe, and to further the same, looke into the fift part, the 18. chapter, where is sufficiently treated what hereto belongeth.

For to relecue them that be sicke of the Ague. §. 10.



Furthermoze, there are many things that reuiue these patients whereby their heauines (that proceedeth from the heate of the Ague) might be cleane taken away: to wit, that fresh linnen and sheetes be giuen often vnto them, their beds often rowzed and made, also set in their sights glasse bottles filled with faire water, put often faire water out of one pot into another in the presence of the patient. Urge him to smel often to a glasse filled with faire water, Rose water, and good Rhenish wine, and giue them Pomegranats, Oranges, and Rhenish wine to sucke vpon, and especially befoze meate. Let their hands and face be often anointed befoze and after meate with some pleasant odoriferous things.

For the releefe or comforting of the sicke. §.11.

These kinds of hot maladies require also, that sometime the diseased haue somewhat giuen them, whereby the naturall spirits may be reuiued, quickened, strengthened, and cherished. Therefore it is requisite that we write somewhat thereof.

Hereto is very soueraigne the black confected Cherries, red and dried Cherries with the Conserues of the same, and all that may be made of Cherries.

The confected Muscadell peares, with or without wine, according to the quality of the Ague, are passing good.

Item, conserue of Berberries, and the sirupe of the same, are also very good for it: And in like manner all that may be made of Rasps.

Item, Conserue of Buglosse, of Burrage, and of Roses, of each a part or mixed together.

Sugar of Roses melted in Well water, and so drunken, is also passing good for the same: and in like manner the Sugar of *Manus Christi*.

Some vse for lauing a thine of bread soaked in Rosemary wine, for that it strengtheneth and quickeneth appetite: but it is better for the cold than for the hote Ague. If so be that the patient do get blisters in the mouth, or the tong surre, and the throte do burne, as chanceth oftentimes, then looke into the first part, the thirteenth chapter, and second §. where you shall find very good remedies for the same.

Ordinances for all those that are recouered of a long sicknesse. §.12.



Now if it come to passe, that sicke folkes begin to amend, and the disease weare away, the breath beginneth to be free, the paine to cease, the sleepe to come, and haue lust and appetite to their meate, then may be freely said, that the patient beginneth to recouer: then is the patient to be kept very sober in his dyet of eating and drinking, and not feede vpon any other meates than are requisit for such like diseases, like as Barly grout, Currans, and broth wherein the roots of Parsly and Cicorie are sodden, for that all these things do strengthen and moisten. There must also be vsed outwardly for the strengthening of the stomacke, oyle of Mints, of Basticke, of Worme-wood and of *Spica*. You may also make a salue for the stomacke, with the foresaid oyles, being mingled with Cloues, Nutmegs, and Cinnamom, and with a little molten Ware.

Item, the plaister of Basticke, and other plaisters mo, that are specified in the description of the stomacke, are very good for it, being laid on the stomack outwardly. Concerning the patients binding of the body, you may vse any cooling things, specified in the third part, the eleuenth Chapter, and 20. §.

Above all the rest that is spoken of before, for the recouery of all diseases, it is passing good to alter the place or situation, especially to draw neare to the mountaines or hills, whereas it is dry, and far from the sea, and from all noysome and stinking lakes.

Aromaticum Rosatum doth strengthen wonderfull much.

The fourth Chapter.

Of the halfe third daies Ague, called Hemitritæa.



This is also a kind of continual ague, which is one day sacker than another, & appeareth in outward members, at one time with great heate, and another with great cold; therefore must you haue daily care to mark how it taketh one, and what humors there be that do reigne most of all in the same Ague, that there may the better order be taken for redress thereof; like as in the beginning of the continuall agues, and hereafter shall be taught in the description of the Quotidian, Tertian, & Quartain agues. The mixture of these agues is of *Cholera* and *Phlegma*, for which

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cause it is ioyned halfe with a tertian, and half with a quartain ague, w hereby groweth a continuall ague. And when the *Cholera* getteth the vpper hand, then is the tertian the moze stronger: and when there is most of the *Phlegma*, then is the quartaine the mightiest.

So that when they are both of equivalent efficacy, then it is onely called *Hemitritea*, that is, when both these humors do worke equally, and haue their operations alike.

There is for the heate of these agues giuen commonly to the patient Barley water, that is sod with Melon seedes, Gourd seedes, Endiue seedes, and such like. For the cold, is Pepper, Cinnamom, and Annis seede, and the *Mo* mwood much praised, especially *Oxyfaccara*, be it of whatsoeuer humor this ague doth procede.

The fifth Chapter.

Of the tertian Ague.



Like as we haue in the former chapt. made mention of the tertian Ague, and haue numbred the same amongst the hote agues (whereof we now do speake) so doth our methode now require to adde these and all other hote agues vnto them.

This ague doth alter her selfe into many kinds of sorts and species, according as it mingleteth it selfe with other agues, which oftentimes happeneth.

But if this Ague remaine in her owne pproperty, then do the learned call it *Exquisitam*, and *Legitimam*, that is as much to say, as neat of it selfe and vnmingled: and it is such a kind of Ague, wherein the pproperty of the person, his age, the time of the yeare, the state of the body, and the whole former order of diet do agree one with another, and accord with the humor which causeth this Ague. This exquisite tertian ague cometh not aboue seven times, and is wholly without perill.

The second sort of this Ague, they terme *Tertianam Notham*, or *Spuriam*, that is as much to say, as a ballard tertian Ague, whereof we will speake and declare hereafter apart. Now to speake of the right nature and pproperty of the tertian Ague, they are commonly subiect vnto it which are cold of nature, and of a middle age, because that in them the Gall most aboundeth: also in Sommer time when the *Cholera* raigneth, there happen many hote and burning *Causones*, whereof we shall hereafter make mention.

This tertian Ague raigneth most in hot dry countries, in hot dry swellings, and in hot ayre. All bodies that do labor sore in the Summer, watch much, liue in great sorrow, are nourished with subtile meates and such like, are most subiect to these sorts of Agues: as also all they that vse too much Whisicke, they that are hote and drie of nature. And although all species of the tertian ague (as also the *Exquisita*) are the very hottest; yet haue they neuerthelesse with the ague *Causone* this difference, that the foresaid tertian ague forceth much gall with the bloud into the veines, and there inflameth the same.

To be brieue, these are called *Tertianae exquisita*, for that they come vpon the third day, expelling the *Cholera* through vomits, going to the stoule, and through sweat.

And whereas none of these foresaid things appeare thereby at all, then it is to be called only *Tertiana*; for that the same thereby onely differeth from the *Exquisita*.

For when this tertian ague maketh apparance which continueth many holwes, to wit, the whole space of the tertian Ague, the which remaineth continually 28. 30. 36. or 40. holwes, the same do the learned terme *Tertianam extensam*, that is, a lengthened or extended tertian Ague.

In like manner they terme that *Tertianam duplicem*, which is mingled with the quotidian Ague.

Item, *Hemitriteam* whereof we haue declared before, and many mo that we omit for breuitie sake.

It cometh to passe that all Tertians appoach with a greater and with a moze trembling cold, & haue commonly this nature that they do not continue long, nor yet (as is also said) keepe not their fits aboue seven times. And if there be any that giueth her occasion by some ill diet that the

the same continue any longer, yet doth she alwaies alter her owne nature into another Ague, the which may be prevented through good government of life. The occasions of this Ague are partly declared before, to wit, soze labour, or great exercise, and that chiefly at hote times, long vse of things that increase the *Cholera*, and inflame the humors, as Garlicke, Pepper, and all that is dyest therewith, also Ginger, and fined strong wine, and such like.

The signes of the very true Tertian Ague are these, when it doth assaile you with great shacking, and cold, which is moze violent in this tertian, than in any other Ague.

Afterwards the heate followeth vpon it, a strong swift pulse, and dyouth of the tongue, and of the whole body. The patient feleth a pricking ouer all his body, as if he were prickt with nailes: the vyne is red as fire, and you may perceiue the heate by the feeling: there is great disquietnesse with it, and no sleepe at all; yet without any paine in the head, vnlesse it be not an exquisite tertian, but a mingled Ague. Also if there be any great thirst, madnesse, and stowardnes with it, there commeth a sweat in the end vnto it: and these signes are the moze surer, if the patient be young and cholericke, in the Summer time, in a leane body, and that hath liued verie continently, and is much inclined to vomit *Cholera*.

It is first to be considered, that all the common rules that wee haue before collected in describing the continuall Ague, are also very requisite herein, as these rules following shall further declare.

First, the exquisite Tertian or third daies Ague that proceedeth of red *Cholera*, must bee well moistned and cooled.

Secondly, soz as much as the *Cholera* is the hottest and dyest humor of the bodie: therefore it is requisite that it be expelled which is fallen into the stomacke by vomits: and that which falleth downe lower, is to be expelled and purged by going to the scoole, be it by potions or clisters.

Thirdly, all moistning meates are very good, except such as putrisie quickly in the body.

Fourthly, the recovery for this and all other putrified Agues consisteth herein, that all putrified humors must be cleane purged out, and the vnnaturall heate quenched: for if in the exquisite Tertian, the corruption bee lesse than the heate, then the moze diligence ought to be had for to cole the same, than for to purge the humor.

Fifthly, if the patient be much bound in body, then is he in the beginning to be opened and loosed with moderate clisters, that the bad humors may bee somewhat expelled and diminished.

Sixthly, because all fruits are hurtfull for all Agues, therefore they ought to be forbore.

Seuenthly, two or thre houres before the Ague commeth, the patient is to eate somewhat, and likewise also when the Ague is departed.

Eighthly, when by the preparatiue medicines the humor is made to vanish a little, and to bee concocted (which may bee perceiued by the vyne) then is it high time that the same be purged, and that by that way whither it most inclineth.

Ninthly, if after the assault of the Ague, and after the departure thereof there followeth sweat, then must the same be suffered to take his course, vnlesse that some swooning, or such like accidents are feared.

Tenthly, at the beginning of the Ague the patient must shun drinking and sleeping, to the end that the humor thereby be inclosed in the body, and that the drinking hindreth the vomiting vpon of the humor.

Eleuenthly, the letting of blood is neuer good for the third daies Ague, before that the patient haue had it thre or foure times.

Twelfthly, there are no Diobalans to be giuen to the patient at the beginning of this ague, because they purge at the first, and afterwards binde the body.

Thirteenthly, he ought also to be secluded from *Diagridion*; for it inflameth.

Fourteenthly, he must not take any sozre thing with any thing made of Barly, for that the one spoileth the other, albeit either of them by themselves are commodious.

Fiftenthly, Rubarb purgeth *Cholera*, but it warmeth somewhat, and leaueth a heat behind; therefore the same is to be taken in the water of Endiue.

Sixteenthly, if it be perceiued that there doe any hote vapors ascend into the head, they are forthwith to be witte drawne, by a moderate Clister, thereby to draw them downewards, and to

to strengthen the head, that it receiue not them so speedily.

And to come to the cure thereof, it is requisite that we make some mention of such things as are declared in the foresaid rules, which I hope shall neuer a whit mislike the Reader: This is the opinion of all expert Physicians, and the nearest way, and aboue al other (so far as is possible) to coole and moysten the body; for because this Ague is hote and dry, therefore must it be cured and corrected with contrary things, to wit, with cold and moist things.

When as the *Cholera* lighteth in the mouth of the stomacke, then must the same thorough vomits be expelled: but if it descend, and fall into the bowels, then must it be purged downward, albeit the nature of an exquisite Tertian be such that it commonly expelleth the same of it selfe, either by sweat, or by urine. The *Cholera* is also lightly to be purged downward, and that through a milde Clister, whereof there be diuers described befoze in the third Chapter, §. 7.

And if so be that neede require any stronger, then take of the foresaid decoction twelue or sixteen ounces, mingled with *Benedicta laxativa*, Cassie, and course Sugar, of each halfe an ounce, confection of Beuercod two dragmes, *Sal gemma* one dragme, Sallad oyle, and oyle of *Sesamum*, of each one ounce and a halfe, mingle them al together, and exhibite this Clister at least an houre befoze meate.

For the prouoking of urine, there is a potion to be made, wherein Smallage or Dill hath bin steeped.

If you would vse stronger, then looke in the third Part, the eighteenth Chapter, and the first §. &c.

When as the humoz is purged through Clisters, and is expelled through the urine, then doe some famous Physicians giue counsell, that the patient should open the *Saluatella* vpon the hand, and afterwarde to purge him with milde and cooling medicines, as hereafter followeth.

Take solwe Dates and Cassie, of each a quarter of an ounce, Rubarb one scruple, Whay of milke three ounces: mingle them together, and drinke it, and fast sixe houres after it.

Take of the decoction of fruits, called *Decoctio fructuum*, foure ounces, steepe two dragmes of Rubarbe in it all a night; early in the morning wring it out hard, and mingle therewith two ounces of Panna, one quarter of an ounce of *Diacatholicon*, take it fasting: but of the *Diacatholicon* may you take more or lesse, according to the abilitie of the patient. There are moe such like in the description of the continuall Ague.

After purging, let him drinke five or sixe daies one after another, of this potion following: take *Oxyssachara* one ounce, sirupe of Violets halfe an ounce, water of Sorrell, and of Cicozie, of each one ounce and a halfe, and mingle them together.

But when as you perceiue that the corruption beginneth to be concocted, then may be giuen to the sicke body without feare the iuyce of Wormwood, drest in this manner: Take the highest sprigs of Wormwood, powne them to pap, and then straine out the iuyce: and afterwarde take euery morning hereof a spoonfull, and fast two houres after it: so doe also at nights two houres after supper. Some vse to steepe the Wormwood in *Melicraton*, and drinke thereof.

This following is an especiall medicine for the grieve of the stomacke of *Cholera*, to wit, to vse often bathing in fresh water, for thereby is the *Cholera* wasted, cooled, and moistened, if the same be vsed twice a day, and he may remaine therein so long as it liketh the patient, but it must alwaies be vsed with moderation, and at oportune times.

Secondly, he must obserue such an order of diet, whereby the *Cholera* may be auoyded, whereof is sufficient mention made in the description of the Gall and Stomacke.

But briefly to expresse the meaning of *Galen*, which is, that in *Tertian* exquise such government is to be kept, that the patient drinke no wine so long as the disease indureth: but the disease being cleane gone, that then wine is first to be taken watered.

All cold and moist meates are perfect good for this maladie, wherewith the patient may cherish himselfe as long as he thinketh meete, and as his stomacke can digest them.

Amongst all greene hearbs, these be good: Drage, Blites, Dockes, Gallowes, Lettice and Gourds. Likewise also Barley paps, and all riuer fish: and amongst fowles, let those suffice as haue soft flesh, and of other the wings onely. Item, all wood fowles, the braines and feet of hogs, reere sod Egges, and especially the yolkes be better than the whites.

We may vse all fruites that are not hard of digestion : but he must forbear at any hand Honey, Mustard, salt meates, and all hard meates. All this hath *Galen* left behind and described for a diet in the mixed tertian Ague.

Here is to be noted, that at all times the patient shall eat at least foure or fve howres before that the ague approacheth, that it may find an empty stomacke : and in like manner he shall not eat untill two or thre howres be past after it.

The sixth Chapter.

Of the counterfeit and bastard Tertian, that is,
a false third dayes Ague.



The third dayes Ague which the Latinists tearme *Notham Spuriam*, that is, a bastard Tertian, is so called, by reason of her due cause which proceedeth not of mere *Cholera* ; and because that the *Cholera* is mixt with *Phlegma*, so that both of them are converted into one kind of humour. And the difference of them which is betwene the late described *Hemitritea* and this *Notha*, is, that the first appeareth in the beginning with two kinds of humors, as the *Notha* commeth with one onely, and hath but one kind of putrifaction of two severall humors.

The signes whereby this counterfeit tertian may be knowne from the exquisite tertian, are these : First, this *Notha* (as is aforesaid) is not exquisite, but mixed, The exquisite tertian cometh not above seven times, except the patient or the Physitian haue committed an error, whereby it is continued. And the bastard tertian heateth not the body so greatly, and all the symptoms are not so vehement as accustometh in all other Agues: for this Ague lasteth longer than twelue howres. and otherwhiles remaineth two moneths, specially in old phlegmaticke persons, and that in winter season.

These signes also following do manifest how to know the difference betwene it and the right tertian Ague, to wit, that the humor or matter of this Ague departeth not so soone, and abateth not the body so quickly, neither doth this Ague end with such a sweate.

These are the common rules to be obserued for this Ague : First, even as this counterfeit tertian Ague differeth from the right tertian Ague, so require they severall kinds of cure. Secondly, as the same is mixt with *Cholera* and *Phlegma*, so must also the medicines that serue for the same, be mingled, and must be both digestiues and purgers. Thirdly, for that the sirupe of vineger doth attenuate *Phlegma*, and doth digest *Cholera*, therefore is the same very commodious to be vsed for it. Fourthly, because the same Ague cometh not so speedily to the state or highest, the patient may eat and drinke moderately, lest for want thereof he lose his strength, and may expect the state of the Ague.

And to speake farther hereof, it appeareth plainely, that touching these Agues, the old proverb may be verified, where men vsually say, the Ague hath thre deadly enemies, namely, purging, fasting, and letting of blood : which thre in truth do not only gall these bastard tertians, but also all other Agues. But in this Ague, whereof we haue spoken, which is not so exquisite and pure as the former, there must be regard taken that the sicknesse increase not, lest thereby the sicke persons be quite ouerthrowne, because (as aforesayd) there are two sundrie kinds of impediments at hand, it is scarce possible therein to keepe a meane : yet specially is abstinence good; that the more the same is vsed, so much the more will the sicknesse be discusse and spent, but the same febleth greatly the strength of the patient: for how much the greater it is, so much the more doth it abate and weaken the patient. But to the contrary, the more that the patient feedeth, so much the more doth the malady increase, wherefore speciall care is to be had, that that be alwaies done or left vndone which is most requisite and profitable, so that in strong natures the abstinence, and in weake good nourishment be prescribed, which not onely in this, but in all other maladies is to be specially obserued and kept.

In this counterfeit and mixt tertian Ague, at the first the patient is not to bath, but onely when it beginneth to abate ; and the patient must not haue every day meate to eat, but e
uery

uery other day, and must keepe himselfe quiet, couer close his bzeast, & other whiles vse a Clister.

Item, for purging you must take halfe an ounce of Cassie, *Diaphoenicon* two dragmes and a halfe, and whay of milke thre ounces mingled together. For a preparatiue of the humors vse this potion following: Sirupe of vineger one ounce, *Syrupum de Eupatoria* halfe an ounce, mingle them together with water of Sorrell, of Cicoz, and of Fennell, of each one ounce; drinke it off in the morning fasting cold or warme: this is continually to be taken, till his bzine begin to wane paler, and certaine small cloudes be perceiued in the bottome.

Afterwards, let him take these things following: Take Cassie prepared with Cicoz water thre ounces, Rubarb and *Agaricus*, of each one scruple, *Spica* of Indy, and Ginger, of each seure graines, decoction of Melons, Gourds, and Citruls thre ounces, mingle them together with the rest, and so giue it him warme.

There is also to be vsed for these Agues, letting of bloud, and that at the very beginning. The whole ordinaunce or gouernment of dyet must not be cold nor moyst, as is said of the right Tertian, but must be such that it warme, digest, and open. It is also very good to dresse all his meate with Barley, Fennell, and such like things, and his Barley pappes with some Pepper. Item, let him vse Hony water, wherein Hyssop, Marioram, and Spikenard hath bene steeped or sodden. Also all things that prouoke bzine (except such as warme and dry too fast) are passing good, and likewise *Syrupus acetosus compositus*. If you desire mo other things, then looke what is before written thereof.

And you must not faile, but to giue every seuen dayes once to the patient for this ague the iuice of Wormwood. *Oxymel* is also passing good, and especially that which is made of Squills, which openeth all obstructions. Some also accustome to giue for these species of Agues, Mithridate or Treacle, according as the same is ouer hote or cold. To conclude, vomit after meate is so requisite for all aguish persons, that thereby onely many are freed and holpen.

Some will haue many things to be vsed for this Ague, as there be many will giue counsell thereto, when all meanes and waies haue bene tried, then take two ounces and a halfe of the salue of Poplars, and mingle it with Cobwebs, and so lay them vpon the pulse thre howres before the Ague cometh. Some bind it vpon the pulse before the Ague cometh with Cinquefoile. Item, take a handfull of Eldern leaues, Lauander, and Salt, of each a little, mingle them well together with Sallad oyle, and so lay it vpon the pulse, this should also dzine away the Ague.

The seventh Chapter.

Of the burning Feuer, called Causon.



If this Ague is rehearsall made amongst other Agues in the first chapter of the sixt part, that it is (like to the right Tertian Agues) the hottest of all other Agues; euen as we haue also said in the fifth Chapter, in which two places her properties are expessed: for the obseruation therfore of our accustomed methode, we will here shew and rehearse somewhat thereof.

First, this Ague is thus described: *Causon*, that is, a burning Feuer, is a very forcible and continuall Ague, and proceedeth of a red *Cholera*, which putrifieth and enflameth in the veines neare the heart, in the lyuer, and in the mouth of the stomack, or about any part of the body. The occasions thereof are sometimes the very hot time, great laboz that is done in the heate of the Sunne, hot meates, wrath, inflammation of the lyuer, and of the bloud in the veines, and other causes moe, that are rehearsed in the two places afozementioned.

The signes of the same Ague are a continuall heate, and neuer ceassing burning, and that rather inwardly than outwardly, with many mo terrible accidents: also, there is great drought of the tongue, which at the first is yellowish, and afterwards burnt and wareth blackish, with great thirst, without any sweate (if a *Crisis* be not at hand) the pulses beate freely, the eyes are hollow, the appetite faileth vtterly, and the water or bzine in this ague is fiery, and yellow of colour: yea, it chaunceth otherwhiles that hearing, seeing, and speech is taken away by this Ague, with a great binding of the body.

In these perillous Agues that commonly make a dispatch of one in foure, five (or at most) in seuen daies through death or health; these common rules following are to be obserued, and also of those that are herebefore noted in the third Chapter, and third §.

First, hasten to expell and mitigate the humors.

Secondly, when the urine is yellow, or yellowish, and the pulse slow, then must you not let blood; for that the Cholera thereby will be the more inflamed, because the most blood which delayeth Cholera, might thereby be drawn out.

Thirdly, if the urine be red and thicke, and the pulse strong and mighty, then first of all must you open a veine.

Fourthly, if it do seeme that it is good to let blood, then must it be done at the first: for afterwards it is not allowable, lest that thereby great feebleness, yea death it selfe be procured.

Fifthly, when the heate is almost past, then are you to giue the patient to eate and drinke sparingly; yet in such measure, that the naturall strength be not thereby too much enfeebled; otherwise force the patient (although against his will) to vse cooling meates.

Sixthly, you must also giue the patient oftentimes cold water to drinke, and let him suffer no thirst.

Seuenthly, when his nose or any other part happen to bleed during his sickness, then must you speedily staunch the same, that he lose no manner of strength thereby.

Eighthly, that the hot damps of the Cholera may not ascend into the head; the same therefore must be cooled with the oyle of Roses, Vineger, Saunders, and with Rose water. And when as the patient cannot sleepe at all, or happeneth to fall into any frenzie, the same must be cured with meete things, as may be found out in the register.

Ninthly, first of all must this Cholera be expelled (be it by vomits or stools) and seeke afterwards to coole the great heate, which cannot more conveniently be done, than that there be sufficient cold water giuen vnto the patient to drinke.

Tenthly, euen as before we haue expressed, these diseased are commonly much bound in the belly, which must be prevented the first or second day with mild clisters.

Eleuenthly, the patient must also haue a drinke giuen him wherein Prunes & solwe Dates haue bene sodden: also heed must be taken that he go twice or thrice a day to stoule.

Twelfthly the heart must be comforted (which is inflamed with this heate) with cooling cordiall maters without all delay. And these are the common rules which are to be obserued in this burning feuer.

Concerning his order of diet, his dwelling place should be coole, aerie, and be sprinkled with water and Vineger. His head must be set with Wine branches, Willow boughes, and other coole greene things: for the same do coole and alter the ayre, that by the lungs is drawn towards the heart, whereby the heate of the heart is chiefly cooled.

Secondly, euen as is expressed in the third rule, if the patients urine be red and thicke, then must his Median or Basilica be opened, and the same day or the day following must he vse these medicines following, thereby to prevent all terrible accidents of the heart.

Take flowers of Burrage, Buglosse and Violets, of each halfe an ounce, twenty or five and twenty Prunes; seeth them all together in sufficient water till the third part be sodden away; then take three or foure ounces of his broth, and put therein Cassie and solwe Dates, of each three quarters of an ounce, Rubarbe steeped in Endiue water halfe a dragme: afterwards giue it to the patient early in the morning.

Item, to coole and to prepare the humour, make this sirupe: Take great and small Endiue, Lettice, Purslaine, Agrimony, Liuerwoort, sprigs of Poppie leaues, and greene Maiden haire, of each a handfull, Violets, Waterlillies, Roses, and Lens Palustris, of each one ounce, seedes of Lettice Endiue, Purslaine, and of small Endiue, of each one quarter of an ounce: seeth them all together in sufficient water till there be eighteene ounces remaining, then put as much Sugar thereto, and let it seeth againe and clarifie it: put thereto Endiue water, Rose water, and the iuice of Pomegranates, of each sixe ounces, burnt Suety, red and white Saunders, Camfere, and white Poppie seedes, of each a dragme and a halfe: then afterwards seeth them all together vnto a sirupe, giue thereof foure times in foure and twenty holwes tempered with Barley or fountaine water.

And when you perceiue the next day that the ague is abated, and thereby make the same as though

though the fourth day it would end; then must you not giue the patient to eat (but as necessity requireth, and as the fift rule sheweth:) crumbs of white bread soaked in fountaine water are good for him. Likewise Almond milke is also good for him, if the same be made with Melons or Cucumber seedes. You may also mingle amongst his drinke sirupe of Vineger, Pusilage of Endiue, of Purslaine, and Melon seedes: and in like manner the sirupe of Poppy heads, and chiefly of black Poppies. But in case there light vpon any young patient any intolerable thirst, and thereby longeth to drinke cold water, then must you let him haue it, and that so much as he may drinke vpon at a good draught: and then afterwards if the thirst and heate yet continue with the patient, giue it him once againe to drinke. But note that old folkes haue not any such drinke. Secondly, good heed must be taken that none of the principall parts thereby be dammified: but onely let such haue it as it is meete for. Thirdly, it must not be giuen at all if the ague procede of any cold humoz. Fourthly, it must not be ministred when the naturall strength is much decayed. Fifthly, if there be no great obstruction at hand. Sixtly, if the sicknesse be not increasing, but decreasing. Seuenthly, it is not tolerable, vnlesse the thirst and the lust to drinke water be very extreame. Eightly, if there be any feare of any great feblenes, then must you mingle that water with the iuice of Pomegranates, or with Meriuiue. Ven both, wherein Lettice, Purslaine, and Cucumbers are sodden, is also very meete for him.

Item, raw Butter milke well sugred and with crummed white bread in it, is marvellous medicinal. But if there come any sweate, then must speciall care be had that the patient continue in it, and sweate as long as his strength will abide it. With the blood must be dealt as is sayd in the eight rule.

The eight Chapter.

Of the Ague which is called Synochus.



Amongst all other continuall Agues is this also comprehended, which the Greeks call *Synochus*, whereof we haue also spoken befoze in the third cha. that the same groweth thzough the superfluity of the blood, being mingled with *Cholera*. The learned describe two manner of these agues; whereof the one is prouoked of the blood that is not putrified, & the other sort of a putrified and noysome blood in the veines. The cause of the first ague is, if the party be by nature sanguine and full of blood, and therewithall vseth daily meats that ingender much blood: as namely, good delicate flesh and wine, yolkes of eggs, and such like, little or too much, lacke of exercise, vapors of superfluous and ouer hote blood, that exalweth bpwards and neuer findeth any issue; because the pores and all inward passages are obstructed. The signes of this ague are, when the pulse doth beate alike strong and swift; if the heate be not extreame, then may it best of all be perceiued in the palme of the hand: the vyne for the most part is like vnto that of healthfull persons, yet the same is often red and thicke, and specially in a corpulent body. Herewith may appeare also a rednes of the body, and of the face, with a fulnesse of the veines, and there is no cold nor shaking, but a troublesome breathing: otherwhiles they fall into a dead sleepe, as it were into a *Lethargus*; whereof we haue spoken in the first part, the twelfth Chapter, and tenth §. Befoze that any do fall into this ague, he feeleth first a great wearisomnesse ouer all his body, and an itching of the nose, ach of the head, and in his sleepe he seeth many red and bloudy fantasies: above all this the speech is troublesome vnto him.

For this bloudy ague are described these rules following. First it is the opinion of all learned Physicians, that all such patients are to be letten blood euen vntill they begin to fall into a swoond. Secondly, if it appeare very waterish and cholericke, then must the same be coled and thickened. Thirdly, if the same be too grosse and too thicke, then must the same be made subtile and thin. Fourthly, the bodie must after letting of blood be well frothed, that the pores may be opened. Fifthly, when as the letting of blood is neglected (and the patient yet strong enough) then the same is to be done still, yet at all times with the counsell of a learned Physician. Sixtly, if the patient will not abide letting of blood, then must altering, penning, and expulsive things be vsed, whereby the superfluous humoz & blood may be abated. Seuenthly, the letting of blood and drinking of cold water worke and effect so much, that you neede not vse any other things.

Eightly,

Eightly, this Ague requireth great abstinence, if nature may abide it. Ninthly, when this Ague proceedeth of surfeiting in meate, then must the letting of blood not be vsed before the 2. or 3. day: notwithstanding that the malady is such wherein the opening of a veine may not be omitted, for it quickly annoieth: wherfore must the first rule be forthwith applied, by letting him blood in the Median so long til he begin to swoone. And if the same cannot be effected at one time, the is the same to be done at sundry times, euery time a little. Afterwards let the patient vse cooling things, as namely, sirupe of Meriuce, of Purflaine, of Pomegranats, and of Limons, or of Sorrell; much cold water is also to be giuen to the patient to drinke, yet with such direction as before in the description of the Ague *Cainson* hath bene shewed.

Let him haue bread to eate that is steeped in the iuice of Pomegranates or Meriuce.

Barly water is the most commodious drinke that he may drinke, and sirupe of Roses may be mingled amongst it: if he go not to the stoole, then make him a chicken broth wherein Malloes are sodden.

Purge the patient also with solwe Dates, with conserue of Pzunes, Cassie, or with Panna, and so proceed with cooling things till the heate be cleane extinguished.

Of the Ague *Synochus*, with putrified blood. §. 1.

The other sort of this continual Ague is also very strong, proceeding of a putrifaction of the blood. And hereof is a disputation also amongst the learned: for some say that when as the blood commeth for to putrifie, that then it is no longer blood, and therefore this Ague *Synochus* cannot be ingendored of blood. The causes are the same that are of the other, but that onely with the former there are many inward vapors without any putrifaction of the blood. In like maner the signes of both these Agues are the same, but that in the first the heate is greater, & all other symptomes more violent than in this. In fine, herein do they both agree, that there is neuer any increasing or abating of the fit, as may be obserued in other continual agues. Now to cure this ague, the patient must be let blood out of hand, if the stomacke be not ouercharged with meate, and that the age and the strength wil permit the same, and thereupon purge, as is taught for the former ague. And if it fall out (as it accustometh to fall out) that with this ague there were adioyned a febleness of the liuer, then must these Trociskes following be prepared for it.

Take burnt Iuorie, Dragagant and starch, of each a dragme, seeds of Purflaine one quarter of an ounce, Licorice one quarter of an ounce and one scruple, make therof then Trociskes with Dragagant dissolved in Endiue water; they do coole and comfort the stomack, and also the liuer.

Another. Take two scruples of Roses, two scruples & a halfe of Berberies, seeds of Melons, Cucumbers, Citruls, Purflaine and burnt Iuorie, of each a scruple, Dragagant, Gum, and Almonds, of each half a scruple, Rubarb, Saffron and Camfere, of each seven graines; make therof Trociskes, and minister one dragme of them at once with Barley water: you may also mixe the aforesaid Trociskes with conserue of Roses, and so vse them.

For this are also commodious the losinges *Diatrion santalon*, *Diatragacanthum frigidum*, and that for both sorts of these Agues, because both of them do aske one and the same kind of remedies.

Of the Order of diet. §. 2.

Both of these Agues do require a sparing diet, as Barly pottage, Dafen paps, Hen broths, wherein Lettice or Meriuce is sodden, and such like. One may also seeth Lentils by pouring out the first broth therof, and dressing the second with Barley and a little Vineger, or iuice of Pomegranates. The broth of red pease with sugar, stewed apples, peares, and scall Gourds drest with Almond milke, are speciall good. He may also eate otherwhiles Melons, Citruls, Endiue, Lettice & Purflaine. But if the patient be bound in the body, the may you seeth in the Almond milk Spinage, Mercury, and such like: or take conserue of Pzunes, solwe Dates, Cassy and Panna, of which you will: also mild Clifters may be vsed and taken for this purpose.

And if the patient haue great head-ach, then delay the same with oyle of Roses, vineger, or with *Oxyrrhodino*. In like maner may you also vse a little oile of Violets, or oile of water Lillies

being dropt into his eares, and to hold Roses, Camfere, or Saunders befoze his nose. If the patient cannot take any sleepe or rest, and that no lithargy be feared, then is the iuice of cold & moist herbes to be vsed, and in like manner of final & great Houslecke, of Nightshade, Lettice, Parslain, and of Poppie leaues, or Poppie heads, Poplar salue, and such like, dip a cloth therein, and lay it vpon his forehead. The very best and most vsual drinke that can be vsed in this sicknes is barley water; but in great heate you must mingle therewith (as is said) the iuice of Pomegranates or veriuice: Item, cold water with sirupe of Pomegranates, or any other coling sirupe. And if there chanceth any swoining called *Cardiaca* with it (wherof we haue admonished in the second part, the first Chapter) then is the same to be holpen with coling and fragrant things, euen as hath bin shewed in the foresaid places, and especially apply this plaister following to the liuer. Take red, white and yelloe Saunders of each three drag, Roses and Barly meale, of each one ounce, Camfer a quarter of an ounce, make a plaister thereof with Rose water. If so be that he fall into a great sleepe, then must you chase the hands and the feet very vehemently with vineger, pouring the same also vpon a hot stone, that the vapoꝝ thereof may ascend into the nose: You must also cal earnestly vpon him, pull him by the haire or by the nose, and vse such like things moze for the same, as he shewed in the first part, the twelfth chapter, & 10. §: for whenas these vapoꝝ do ascend forcibly into the head, then is the dead palley to be expected. Whereas is vnquenchable thirst, there must the water be mingled with vineger, & hold these losinges following vnder the tong: Take the iuice of vnrype Grapes, of Sorrell, of Lettice, wine of Pomegranates, and white vineger, of each an ounce, put thereto white sugar and sugarcandy, as much as is thought meet, letting it seeth so long together as shall suffice to make losinges of it. Here is now sufficiently intreated of this *Synochus*, and of other hot Agues.

The ninth Chapter.

Of the Quotidian Ague Quotidiana.



The cause of this dayly Ague proceedeth of a putrified *Phlegma*, and slimy corruption, which nature forceth towards the exterior parts of the body, and there ingendzeth such a cold, which may be called rather a shaking than right cold, wherewith it so burtheneth and suppresseth nature, that thereby the pulses are faint, and vnnatural heat stirred vp, and the pulses are found vnequall. When as the cold auoideth, then by and by followeth the heat, which is shorter than the cold, continueth longer because of her slownesse, and by reason of her toughnesse; wherby this Ague cometh to her state very slowly, and declineth very sodainly: so that it hapneth therein as if one lay greenwood vpon the fire, where the moisture withstandeth and suppresseth the heate, and remaineth so long without burning till all the moisture be consumed, and then sodainly burneth away as long as there remaineth any wood.

The occasion of this Ague is outwardly cold and moist ayre, the long vse of cold and moist meate, as fish, fruite, and such like, and vnaccustomed idlenesse, to bathe much in swete waters, and great rioting.

Item, if the body be overcharged with ouermyssi and slimy humoꝝ that putrifie in the body, go out of the veines, and send stinking vapoꝝ towards the heart, whereof an Ague might ensue.

This Ague is also very easily by her signes to be knowne from the Tertian Ague, for it beginneth not by and by after the first day with cold, but beginneth by little and little; also the pulse altereth not, as it doth in the tertian Ague. The patient complaineth of no great heate, of no short breathing, neither of any great thirst. His urine is like vnto the urine of such as haue new gotten the quartaine Ague, not knowing of any sweat at the beginning, but in time doth he perceiue it: so that these signes are so manifestly differing from the tertian Ague, that they seeme to haue no communion at all.

Also one may perceiue by this patient that the heate is somewhat mixt with a vapoꝝ, which appeereth outwardly: also the pulses of this ague be much fainter than the tertian or quartaine agues. The tongue is moist, & he is quickly prouoked to vomit, wherby he casteth vp much filth: and

and in like manner is the going to the priuie cold by nature, moyst, vndigested, waterish, and full of vapors. The vrine is white and thinne, and otherwhiles thicke and troubled, and the whole body full of waterish humors. All bodies that liue in quiet, are fat and moyst, haunting dayly riotousnesse and surfetting, much bathing in fresh waters, and such as haue their habitations nere to moist places, are most of all subiect to this disease. To conclude, this ague long enduring is not without perill of life.

Now to remedie and cure this Ague the better, you must aboue all obserue these rules following: First, this patient is to vse that which warmeth and attenuateth the humor.

Secondly, if the patient can hardly cast or vomit, then it is a signe that the tough phlegme of the stomacke must be incided.

Thirdly, you are in the beginning of the Ague to force the patient to vomit, whereby the matter or humor might partly be abated.

Fourthly, these inciding and attenuating medicines must be vsed from the beginning to the very ending of the malady, yet now and then, as the Physitian thinketh meete.

Fifthly, all kind of Agues in the beginning do accord with these three things, to wit, that the nature be brought through easie meanes to be laxative, to prouoke vomit, and moreover to vse such things that do incide and attenuate the matter, and expell vrine.

Sixthly, forasmuch as the debility of the stomacke and of the lyuer is an occasion of many filthy humors, therefore neede requireth that you seeke to comfort and open the same, and also the spleene.

Seuenthly, for that this Ague from the beginning till it come to the highest state, requireth much time: therefore you are to consider of the patient accordingly, and to giue him much or little meate.

Eighthly, one must in the beginning of the Ague, and likewise as often also as it assaileth, keepe the patient awake, and that so long til it begin to decline, that the expulsion of the humors be not thereby hindered.

Ninthly, he is not to be fed so long as the fit of the Ague endureth, but a good space before, and afterwards, vlesse that some debility and weaknesse require the contrary. And how these Agues are by medicines to be cured, that is before in the first part, the twentieth chapter sufficiently taught and expessed, whereby euery one may gouerne himselfe, and especially these pills here following are to be prepared for these phlegmaticke Agues: Take the rinds of *Mirobalani*, *Chebuli*, *Rubarbe*, *Cinnamome*, *Cardamoms*, and *Cloues*, of each a dragma, *Aloe* three dragmes; beate all these together very small, and with the iuice of *Rints*, wherein a dragma and a halfe of *Agaricus* is steeped: then make pills thereof, and euery morning and euening take halfe a dragme at once.

You are also to receiue a potion that is described in the third part, the twelfth chapter, beginning thus, Take *Gentian*, &c.

You are generally at the first to vse alwayes for these Agues *Oxymel*, and other things more that prouoke vrine, as hath bene taught in the third part, the eighteenth chapter.

This patient is also to vse none other meate than such as doth separate the tough phlegme, and expelleth it. In like manner when the Ague is at the state, then must care be had for the mouth of the stomacke, like as there are therefore diuers medicines ordained in the description of the stomack in the third part, the eleuenth chapter. Vomiting is for these Agues passing good, for thereby will many slimie humors be expelled: And how to prouoke vomit, you may search and find in the first Register.

The tenth Chapter.

Of the Quartaine Ague, Quartana.

Vhen as these Quartaine Agues are mixt with other Agues, then hath she her beginning of Melancholy, as the Quotidian Ague of *Phlegma*. And because the black melancholike blood hath his residence in the Spleen, it will commonly be felt in the same place at the beginning. This ague is (as her cause is) cold and dry. Albeit the same humors are very grosse, cold, and heauy, yet doth their cold nature not appeare forthwith, to wit, in the

beginning, or the first day, but by little and little, as it ingendzeth: so that the cold (when the Ague is at the highest) doth not otherwise shew it selfe, than it doth vnto such as are stiffened by extreame cold in the hard winter: and it is to be likened by a stone, muskle, or bone, which lying in the fire and being hot, you cannot well know the heate till you seale it.

So fareth it also with melancholicke humors, when they happen to kindle, then remaineth there no moisture till they be cleane burnt: and therefore are they the longer before they kindle than any other, for that (as is said) the corruption commeth to kindle by little and little.

By the foresaid occasions it commeth to passe also that the pulse beateth very slow, faint and longsome, yea in yong folkes so very faint, that they may be likened to old folkes: for as this Ague beginneth to increase and attaine to the highest, then will the pulse be the more swifter and forcible, yet not so strong as it is in the Tertian Ague, whereof we will further write and make mention.

The causes of this quartaine Ague are (euen as abouesaid) first the melancholicke blood, time of the haruest, and after that the winter, for that at these seasons these humors are not onely stirred, but also augmented more vehement and durable, so that otherwhile they endure vntill winter; whereas to the contrary the same are shorter in Sommer, and the rather, if the nature of the countrey be inclined that way; and the time of the yeare otherwhiles is such, that it ingendzeth foule blood, whereby then such and other Agues are caused. Wherefore good hards must be taken to all these foresayd things: and in like manner whether the patient be not of a melancholicke nature, and hath not vsed before to eate such kinds of meates, whereof this melancholicke blood is ingendzed or increased, as bread of Millet, Lentiles, Beanes, Chestnuts, salt chæse, salt fish, Bæse, Hares, Harts, Cabbages, and such like. Item, all other things that inflame the blood, as Garlick, Cresses, pepper, Mustard, Strong and spiced wines, burnt wine, and all kinds of hot spice or fruites; but especially great labour, trauell in the heate of the Sun, long anger, great sorrow, and long former Agues, whereby the blood and other humors are burnt and putrified, and are altered by the great heate into *Melancholiam* before they be expelled, whereof you haue further instruction in the description of *Melancholy*, and of the stomacke.

Item, haue speciall care whether the Spilt of the patient be not swolne, or haue any other infirmity. Or whether the patient haue before had no erratick Ague, for that the quartaine Ague neuer commeth alone, but commonly alwayes after another Ague.

You must alwayes mark wel, whether the vrine be white, thin, and waterish; in these things, as also in the pulse and cold doth it altogether differ from the tertian, but regard not you the vomiting of the gall, for that is the onely nature of the tertian ague: but if you find by the motion of the pulse or otherwise, after the ague is gone, or if there be any signes of the ague, then is there no doubt at all but that it is a quartaine ague.

Now to cure this ague, we will first of all shew you certaine rules: and for the first, if the pulse be forcible, and beateth swiftly, the water be red and grosse, the patient be yong and full of blood, then shall you not omit, but open the *Basilica* or Spilt veine on the left hand: but if the blood be red and clære, then stop it againe; but if it be thicke and black, then let it runne, and that so long as the parties strength be able to beare it. Secondly, if so be that the patient haue not much blood, let him then not blæde at all. Thirdly, you must not giue to any that is taken with the Ague any strong purgation at the first, by reason that all melancholicke humors are very tough and grosse, and the same may not be purged in the beginning, but mild purgations must be vsed, and gentle Clusters. Fourthly, all meates and drinckes that are prepared dayly for the patient, shall be laxatiue, that he may alwayes haue some vacuation. Fifthly, against such time as the Ague approacheth, the patient must at any hand refraine foode, that nature thereby may worke the better on the matter of the Ague, also the easier expell and withstand it. Sixthly, he may not bathe vntill the Ague begin to decrease. Seventhly, he must forbear all fruites, by reason of their grosse moisture that lightly doth putrifie, and may prouoke obstructions. Eighthly, these patients must take hede of the cold aire, and settle themselves in temperate dwellings. Ninthly, they that haue any obstruction in their veines, are to vse such meates and drinckes that warme and moisten. Tenthly, because that this humor is compact, and the state thereof a great while after it beginneth, the patient is not to be kept ouersparingly, but let him be cheri-
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shed with meate, that he may retaine his force and strength, and expect the *statum* of the disease. Eleuenthly, for this kind of sicknesse you must not giue any ouerhot and dry things, for feare that the ague be not thereby doubled, prolonged, and altered into a continuall ague. Twelfthly, you are not to vse ouercold remedies, because they doe thicken and harden the matter, wherefore mild meanes are alwaies to be vsed and taken.

Out of these foresaid rules it is easily to be vnderstood, that no strong medicines are to be vsed in the beginning of this Ague, except that one see that there is great store of blood at hand, at which time the Median may be opened in the right arme.

Also if the blood be blacke and thicke, as it happeneth to be of such that haue a diseased spleene, then may one let it runne the longer; but if it be red and cleane, then must it be presently stoppt.

The ordinance and gouernment of his life must be such, that he feede not vpon any thing that prouoketh or breedeth wind, but vse all meates that ingender good blood, and keepe the bodie open and soluble: and if any defect be hereof, then must a mild clister be ministred. Also, he shall forbear swines flesh, and all meates that are slimie and hard of digestion, and of all that which might make the body cold and dry.

His drinke must be thin white wine, his meat all maner of field fowles, but no water fowles, fish of light digestion, and not slimie, salt meates and mustard may he also vse. Also he may sometimes vse the confection *Diatrion pipereon*, or *Diaspelticon*: and although the patient did drinke euery day a little pepper with water, it were not amisse. This patient shall not wholly forbear from riding, from walking, and from baths, if he hath bene accustomed to it, yet is the bath not very good for him.

If this quartaine ague be not very strong, nor yet continue long, then can it not hurt, if the patient vpon his free dayes doe execute his affaires and businesse. But about the time as is supposed that the Ague is come to the highest state, then must the patient feede very moderately, yea more sparingly than euer before, keeping himselfe very quiet, and annoint the belly with such things as may keepe the body open and soluble: and also vse such things as prouoke vrine, whereof you shall find good instruction at due time and place.

And as soone as one perceiueth that the humors begin to auoide, then are those things to be vsed that expell melancholy, and that not once, but as often as neede shall require.

Also to prouoke him to vomit, and that after meate, and (if need be) let him take a little blacke Hellebore therewith to ease and further the vomiting.

But they that cannot vomit must be purged; Treacle is also passing good for them: yet it is to be noted, that none of these foresaid things may be vsed before the sicknesse be at the highest, for thereby might of a single quartaine ague be made a double; and lastly of a double quartaine a three double ague.

Galen writeth (out of whom this counsell is gathered) that he knew a Phisition, who (before the quartaine was at the highest) gaue his patient Treacle, whereby the same ague so increased that he died thereof.

When as this order hath bene obserued in this ague, then doe the later Phisitions teach that these things following are very fit to be vsed.

Take Ginger one ounce, cut it small, and then seeth it in red wine vntill there remaine five ounces, then mingle therewith one ounce and a halfe of Iulep of Violets, and so drinke it, to wit, two houres before the Ague commeth vpon you, and the same will make you sweate thoroughly.

Item, take an ounce of the iuice of Plantaine two houres before the fit of the ague approacheth, it will remoue the ague. The water of *Carduus Benedictus*, or the herbe sod in Wine and drunken, cureth the ague. The common people take the powder of this herbe and strow it vpon a thine or twaine of bread that is soaked in burnt wine or *Aqua vita*, and so eate the bread before the ague come. *Oxymel scilliticum compositum* openeth all obstructions in the quartaine and tertian agues.

Some commend the wine of *Asarabacca* rootes, for this roote hath the nature of the Hellebore, it drieth all inward parts, and prouoketh vrine, and will therefore also expell the ague. The like vertues are ascribed to the wines of Varts tongue, of Hyssope, and of *Tamariscus*. The sirupe of *Oxyacchara* is also passing good.

Of the Consumption or Ethicke Hectica.



This is one of the most perillous Agues that may light vpon a man, for by her hot and drie operation she drieth vp all naturall moisture of mans body. This *Hectica* is not satisfied with the hurt that it doth to all naturall moisture and vitall spirits, but it drieth also all nourishing parts, and all the flesh of the whole body, yea the marrow of the bones also, so that it may duely and rightly be called the consuming Ague.

This destroying heate beginneth first in the heart, of the Ague which is termed *Causon*, that is, the burning Fener, whereof we haue written in the seuenth Chapter, which continueth there so long vntill it consume the very sap and moisture of the heart. And albeit that it doth not consume and waste all the moisture of the heart, yet doth it burne and spoile the same. For it fareth with the heart as with a wicke in a lampe, that at the beginning doth burne light and cleare; but the longer that it burneth, the harder, and the more burnt, the drier it wareth, where by a little and a little it loseth light and extinguisheth; and albeit more oyle be poured vnto it, yet burneth it not then the brighter, but the flame remaineth small and slacke, and the longer that it burneth, the darker it is, till at the last all of it goeth cleane out of it selfe. So fareth it also with this *Hectica*, with or without an Ague, as plainely may appeare in very old men, which are commonly said to die like a lampe or candle. This is to be noted also in childzen, that sometimes also vse to abate and fall away.

This Consumption, namely that which is without an Ague, is called of the Greekes *Marasmodos*, that is, a Consumption; and of the Latinists *Senectus*, that is, old age, whereby wee may call it the infection of the heart, whereof we haue spoken in the second part, the first Chapter and ninth §. In like manner in the description of the Consumption, in the fifth Chapter, and 22. §.

When this *Hectica* spreadeth her selfe ouer all the whole body, drying it altogether vp, then is it (as we haue already told) called *Marasmodos*.

This sicknesse is incurable, and aboue all mens helpe, for that the naturall heate would quickly like a tree (thorough very great age, or in them that lie about the fire) thorough extreame heate be dried away.

The causes of this *Hectica*, are all outward things, which doe heate the parts of the body, whereby many Agues might be prouoked, whence at the last this consumption is founded and springeth.

Item, the hunger and thirst, if they be not remedied betimes, the which for the most part happeneth to cholericke and leane men, who falling into a quotidian Ague, are thereby lightly turned into a burning, and lastly into this Ague *Hectica*.

Item, the perishing of the lights may very well be a cause of this *Hectica*, whereby is hindered that the fresh aire may not coole the heart sufficiently: and there bee other moe occasions, whereby the heart may be inflamed.

We will now admonish somewhat of her signes. They that fall into *Tabem*, that is, into a consumption, are easily to be discerned; for befoze that one come to feele their pallses, one may see how their eyes be sunke and fallen into their heads.

The apples of their eyes will bee drie in this agonie and wrinkled, and the flesh round about their eyes fallen away, so that one may otherwhiles almost see the bones of their browes.

It seemeth also otherwhiles, that these diseased persons face is so bedusted with drie dust, as it is in them that haue gone the whole day thorough the dust in the heate of the Sunne. Also the liuely ruddinesse and colour ouer all the whole body is vanished and gone: and likewise the skin of their forehead so hardened and shrunk, that they seeme to close their eyelids very badly; and sleeping, they lie with their eyes halfe open, which can be no due sleepe, but rather an ouer-
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great watching, and the flesh in the temples of the head doth so wast away, that there seemeth to be a great hollownesse. To conclude, there remaineth no more than the very skin and the bones; so that when one seeth them naked, he would iudge none other than that the carcase were covered with a drie skin, and that all the intrayles are taken out, or lie hid in the breast: and when as one toucheth the skinne and plucketh it hard, then shall he find it thzough drie, and it seemeth that by plucking it will follow. These sicke persons haue a hard pulse, and at the first touching of them doth one perceiue small heate, but when you hold your hand long vpon them, then may you feele the heate vnder your hand increase, and diners such like signes more.

Of this maladie *Hectica* and *Tuber* is a great disputation, whereof here we will not make many words, but will commend that matter to the learned: yet neuerthelesse before we come to the cure, we will briefly admonish thus much, that such as be of a moist nature in the beginning of the consumption, are not assailed with this Ague *Hectica*, but they onely that be drie of nature, and somewhat hot, and therewith do great labour, watch much, and liue in carefulnesse, whereby their naturall moisture is wasted and spent, these presently are taken with this Ague *Hectica*, and specially such as chafe much, liue in extreame sorrow, or frequent great heate. And although this sicknesse when it hath long endured, and is once rooted into the body, be thought incurable, yet neuerthelesse men must not disdain the helpe and meanes which God the Lord hath ordained for the vse of man, but pray hartily vnto him that he wil blesse them for the glory of his holy name.

Wherefore these rules following are to be obserued and imitated, for thereby may be gathered a perfect cure of this sicknesse. First, it is needfull for the languishing persons that they vse all things that may moysten and coole. Secondly, because these diseased persons must neither be purged nor warmed, therefore the warme bath is also hurtfull, for thereby the heate is increased. Thirdly, al their meate and drinke must be cooling and moistning, or at the leastwise temperate, as barley pap, *Prisana*, henbroth, and *Panada*. Fourthly, the curing of this *Hectica* is like to that in the drought of the stomacke, whereof we haue written in the third part, the second Chapter, and seventh §. yet are cooling things hereto required, by reason of the great heate of the Ague. Fifthly, it neede require that other meates are to be ministred vnto him which are not cooling, as namely Wine and freshbroth, yet neuerthelesse therewith are cooling things to be vsed. Sixthly, if the Ague procede of any impostume or bryule of some other part, then must speciall regard be had for the healing thereof, and that the liuer be cooled and brought in good course. Seventhly, a good coole aire is one of the principall helpes, and therewith fresh linnen also that is washed in water, where *Roses*, *Willow* leaues, or *Trocisci de Camphora* be staped. In like maner *Rosewater* is very commodious for it. Eighthly, the smell of *Campher*, *Rosewater*, fresh *Poppie* heads, *Roses*, *Saunders*, and such like, is very requisite and profitable for this patient. Ninthly, all cooling plaisters (wherein no astringent things are intermingled) are to be laid on his brest. Tenthly, if this diseased person desire to haue health, then must he (so far as is possible) incline himselfe to sleepe, and to all quietnesse and rest, and keepe himselfe from thirst, hunger, pensiuenesse, anger, hatred and much sorrow. Eleuenthy, he must not sleepe vpon any thing but a mattresse. Twelfthly, it is also maruellous good for this sicknesse to keepe by the noile and rushing of waters, or by springing fountaines. It is very good to hang vp all greene things about his bed, or to sprinkle his chamber with the water wherein such herbes are or shall be sodden. Thirteenthly, *Goates milke* or *asses milke*, wherof that is best of them that are fed in a medow where coole herbes grow, is a most soueraigne medicine for this malady. Fourteenthly, womens milke surpasseth all other milkes. Fiftenthly, buttermilke is likewise very good for this sicknesse. Sixteenthly, to conclude, for consumptions are all manner of milkes fro the beginning to the ending thereof very excellent good; and all good fresh henbroth sodden with *Lettice*, *Pursaine* & *beruice*, is exceeding profitable for the patient.

But aboue all things, speciall care is to be had that he obserue and keepe a good diet, wherefore he is to eate and drinke but little, vsing alwayes such meates as do nourish wel, to wit, *Fesants*, *Partridges*, yong *Quailes*, and such like, as hens flesh, *Beale*, *Putton* and *Lambs broth*, &c. wherein *Lettice*, *Pursaine*, and such like cooling herbes are sodden.

And as we haue declared before, let him vse alwayes *Goates milke* or *Asses milke*, and aboue al, womens milke: for all these are so highly commended for this disease, that it is not possible to tell of any thing that may exceed them, to helpe and cure this malady. For if he vse any of these,

or any other good milke, yet in such measure that he be not cloyed by taking too much thereof at once, but to take it the oftner, and namely, betimes in the morning meetely warme, or when it is new milked, and that about two ounces thereof at once, and then afterwards in the day time foure times more, about three or foure ounces at once, so that five draughts be taken within 24. howres.

This meate must be (as is sayd) Barly pap that is drest with fresh broth, and pap of starch, or that is made with grated bread, and wherein also one of the foresayd herbes are sodden, sometimes one of them, and sometime another. Pease broth wherein hens or any other thing is sodden, or of it selfe, is passing good.

The very best drinke for this disease is Barley water wherein sugar pennets is dissolved: and to retaine the patients strength, you are to permit vnto him thin white Wine, that which is very cleere, being mingled with faire water, when he sitteth at meate: but the mealtide being past, let him drinke nothing but barley water.

They that are quelled with this malady, haue for the most part alwayes a very drie mouth, drie toong, and great thirst, whereto prepare these confections following, and hold them in his mouth to refresh the same therewith: Take the seedes of Fleawort and Quince kernels, of each three ounces, steape them seuen or eight houres together in luke warme water, presse out the muscilage, put thereto afterwards the iuice of Pomegranates two ounces, sugarcandy one ounce and a halfe, starch as much as is meete for to make it in forme of a confection. If you will haue it to drinke after the maner of a Iulep, then leaue out the starch, and put thereto the water of Purslaine and of Citruls, of each eight ounces, and so let it seeth a little together; and lastly clarifie it with the white of an egge. If one hold greene Lettice or Purslaine in his mouth, that refresheth it much.

You haue also in the third part, the twelfth chapter and tenth §. and afterwards in the seventeenth chapter and 7. §. very many things which are all good against the thirst, where you may haue choise of that which is best for this malady.

These cooling and comfortable medicines following are to be dayly vsed for refreshing and comforting, namely, conserues of Roses, conserues of waterlillies, and the sirupes of them both, conserues of Cicorie. In like manner also the rootes of the same in a sallad or confection, are very meete for it.

The confectioned Citrons, and the iuice thereof; the iuice and sirupe of Oranges, conserues of white Roses, and all that is made thereof, is for this purpose highly commended, for they coole more than red Roses.

Secondly, the kidneyes and backbone are also through this malady very much tormented, with a great heate; whereto is very commodious the salue of Roses, wherewith he must be annointed six or seuen times in 24. houres. Also it is very good to moisten the backbone often with milke, and also to annoint it with oyle of Roses or with oyle of Violets.

Thirdly, there happeneth otherwhiles to this patient (that is feeble already) a soze sweate, which may cast the patient altogether downe, which may by the foresayd meanes be hindered. But if that will not helpe, then besprinkle the face and the whole body often with this water following: Take twelue ounces of Rosewater, one quarter of an ounce of Camfere, Purslaine seedes and red Saunders, of each a dragma, one quarter of an ounce of starch, mingle them all together.

This drinke following is also highly commended: Take sixe or seuen riuer Crabs, lay them in a quart of water, then cast therein a handfull of ashes, and let them stand foure houres long; afterwards rub them wel therewith, & wash them cleane with faire water three or foure times, and so seeth them; and take the sayles of them, cut them very small, and seeth them againe with a quart of barley water till they be almost consumed; then straine the broth through a cloth, and giue thereof three or foure ounces euery time to the patient to drinke when you will. But if you will haue this water to coole more and nourish lesse, then seeth the Crabs whole and vncut, and not so long time as is aforesaid.

After this manner may you also dresse a Toxofisc that liueth in fresh water, and is excellent good for this disease.

The small fishes that are taken in fresh waters, are very commodious for this disease, if they be taken without spice.

In the description of the consumption *Phthisis*, in the second part, the fifth chapter, and 22. §. are many kinds of remedies prescribed for this *Hectica*, and afterwards also in the sixth chapter of the panting of the heart through heate, are diuers cullises described that are very good and profitable to be drunken.

You may also prepare these confections following for the same: take of the white flesh of a yong Hen or Capon six ounces, starch one ounce and a halfe, new oyle of swete Almonds six ounces, fine whites of new laid egges; let the oyle, starch, and egges seeth together on a soft fire untill it be thicke, afterwards mingle the flesh of a Capon being chopt small amongst them, and make cakes thereof, whereof the patient may vse a little at each time, and as often as him please, which also is as good as if he tooke much at once, seldome, and better. Or prepare this following: take white Poppie seeds, peeled seeds of Melons, Citruls, Cucumbers, and of Pompeons, of each a quarter of an ounce, Almonds, Hasell nuts, Pistacies (all of them shaled) and Sebestes, of each three dragmes, Pingles that haue bin steeped 24. houres before in Rose water five dragmes, conserues of Burrage, Buglosse, and *Species Diarrhodon Abbatis*, of each one quarter of an ounce, conserue of Roses five dragmes, *Manus Christi* with pearles and sugar pennets, of each halfe an ounce, roasted Capons flesh two ounces, white flesh of Hennes that is stuf and drest with Buglosse, Baulme, Burrage, and Endiue, three ounces; cut both of these small, and then mingle therewith *Species Diambra* and *de Gemmis*, of each halfe a dragine, *Doronicum*, Saffron, Cinnamon, Roses, and red Cozal, of each five dragmes, *Species Diatriasantalum*, and grains, prepared pearles a quarter of an ounce, sugar sodden as thick as Honey, as much as neede requireth for to make a confection, mingle them well, and vse it as aforesaid, one quarter of an ounce at once.

There is also vsually made for this a confection of oyle of swete Almonds, starch and Sugar. The preserved Gourds are also wonderfull goods against this vnnaturall heate.

Of the Ague *Hectica*, with a paine in the breast, *Empyema* and *Phthisis*. §. I.

In this compounded Ague, which is placed amongst the *Putridas* or putrified Agues, there doth appeare besides the former signes, cold, and a very stiffness of cold, which cometh at vncertaine times, sometimes by day and otherwhiles by night, and that alwaies vnstedfast, which hapneth by the diuersity of the humors, whereof now the one and then the other is stirred vp and inflamed. The corruption which is gathered together in the breast, out of the head, or out of the veines, doth chiefly cause this consumption, which lyeth there putrified and mingled with the blood, is cast out and expelled: and albeit that this kinde of consumption and also the former be incurable, yet you must be marvellous diligent by these meanes following to accomplish health as far as it is possible.

First therefore you must refraine and shun all things that are sharpe and salt, as Mustard, Radishes, Onions, Garlike, and such like.

Item, all flatulent and windy things, and all that is cold by nature and hard of digestion, as vnsodden milke, porredge of pease or beanes, vnleauened and dough baked bread, Veriuiue and Limons, &c.

His drinke must be good common clere Beere, or any thin red swete Wine, but he must refraine from strong wine and beere: but if he cannot beare wine nor beere, then giue him to drinke good sugred Barley water.

Young lambes flesh, yong swine,uttons of a yere old, and calves, are very wholesome meat for him. Also Larkes, wood fowles, Partridges, Fesants, and Hares; and specially rier Crabs sod in Barly water or Milke, are passing good.

Coleworsts sodden, stewed Barley drest with starch, Calues feet sodden in vinegar, the lights of all beasts, but chiefly of Foxes and Hogs, ere sodden eggs, or the same drest with other meate, fresh Butter and Cheese but little salted, milke pap, three or foure dry figs eaten before meales, and swete Pomgranates roasted in the warme ashes, are all of them much nourishing. After meate let him also eate three or foure roasted Hasell nuts, and Saffron and Cinnamon in his meate measurably.

These confections following are also most commodious for him: Take white Poppie seedes an ounce, roasted flesh of a Capon foure ounces, starch three quarters of an ounce, prepared Pingules foure ounces, peeled Almonds three ounces, Roses three dragmes, yellow Saunders and Mace, of each a quarter of an ounce, Cinnamon three quarters of an ounce, Cloves halfe an ounce, *Lignum Aloes* two dragmes and a halfe, Nutmegs a dragme, Amber two scruples, Muske five graines, fresh oyle of sweete Almonds foure ounces, sugar which is sodden with Rose water and Hauine water, as much as neede requireth for a confection; mingle all these well together beaten and shread small: take thereof euery morning and euening halfe an ounce euery time before meate.

And when as this disease falleth out of the head into the breaſt, and that this Ague *Hectica* hath from thence her beginning, then must special care be had for to comfort the braines, which may thus be compassed. First, let the head be shorne bald, and then vpon the naked shorne head lay this plaister following: Take *Laudanum* a dragme and a halfe, Rosin and red Storax, of each three quarters of an ounce, Masticke, Roses and white Corall, of each halfe a dragme, *Sandaraca* a dragme and a halfe, Mace two scruples, Cloves one scruple; dissolve the gum and rosin in vinegar that is not too eager, then mingle it altogether with molten ware, and make thereof two round plaisters, which you may lay thereon, now one and then another.

Secondly, take a little peece of Masticke, chew the same once a day at the least a long time, and then spit out the moisture, and about the third euening let him alwaies after meate swallow a peece of Masticke.

Thirdly: the first night when he goeth to bed let him take a dragme and a halfe of this confection following: Take of the confection *Diapapaner* halfe an ounce, Frankinsence and *Sandaraca*, of each eight graines, and mingle them all together.

Fourthly, take of the confection of *Loch de Pino*, and *de Papanere*, of each an ounce, prepared Fore lights one quarter of an ounce, Areas two scruples, flowers of Centozie halfe a scruple, make a confection thereof with Wine cuitt, whereof the patient is to take euery morning two or three dragmes, and likewise at night as much more, to wit, two houres after meate. Also you may drinke it mingled with warme barley water, or with sweete wine, and so drinke it. Also the patient may take of this confection into his mouth, and so swallow it by oftentimes.

Fifthly, take two ounces of Currans, a dragme of sliced Licorice, Hyssope and Horehound, of each two scruples, yellow seedes of Roses two dragmes, prepared Fore lights one dragme and a halfe, Dragagant and Gum, of each a dragme, melt the gum in Wine cuitt, halfe a scruple of Saffron, white pepper five graines, and white sugar thrice as much as all the rest do weigh, make it to powder, whereof let him eate a spoonfull after dinner and supper.

Sixtly, when as the patient hath used ten daies long the foresaid three things, then let him take these things following other ten daies: Take distilled Colewort water two ounces, water of blew flowerdeluce flowers, and of Horehound, of each half an ounce, powdered Elecampane rootes and House eare that groweth on the mountaines of each a scruple, which the patient must take luke warme early in the morning, and fast foure houres after it.

Seuenthly, take Knotgrasse, House eare, Roses, red Corall, Bloodstone, and yellow Amber, of each one scruple, Dragagant halfe a scruple, Hony of Violets, and Sugar pennets, of each three quarters of an ounce: afterward seeth the Hony and Sugar till it be thicke, and then mingle them with it, and take thereof an houre before supper a spoonfull, and againe as much more at midnight.

Eighthly (this being done) you must use this confection following: Take fresh rootes of blew flowerdeluce one ounce, fresh Elecampane rootes halfe an ounce, Comfrey, Daisies, iuice of Sloes, Dragagant and Gum, of each a scruple, Frankinsence, Masticke, and *Sarcocolla* (prepared with womans milke,) of each halfe a dragme, Bloodstone, yellow Amber, Dragon blood, prepared Fore lights, Centozie flowers, Mirtle seede, Knotgrasse, House eare and Bryonie, of each two scruples, dissolve all the Gums in the musilage or slime of Sebestes that were steeped in warme Hony water, let them seeth therein, scumming it alwaies: and when it is sod to pappe, to wit, the herbes and the rootes, then straine out the iuice through a cloth, and put thereto two ounces of sweete wine, Currans halfe an ounce, and ten or twelue Dates; powne all the same very small, and mingle then the Gums with the rest of the aforesaid things: Also halfe a dragme of Saffron, powdered Saxifrage a dragme and halfe, whereof giue the patient a spoonfull in the

the morning, and halfe an houre before both his mealtides halfe as much, and let him swallow it downe by little and little. This cleanseth the bzeast, ingendzeth flesh, and withall dammifieth not the bzeath.

Pinthly, when the patient hath vsed this confection foure dayes long, then let him take nine of these pilles following, to wit, in the morning betimes thzæ, and thzæ more before none, and also before supper other thzæ more. This must he continue foure dayes together or longer, euen as the cause requireth. Take Lungwort, Knotgrasse, Comfrey, Daisies, of each a dragme, Saffron, Licorice, Sarifrage, of each one scruple, Starch, sealed earth, prepared Tutie, and Dragagant, of each two scruples, make pilles thereof with the iuice of Comfrey, and forme eight to a dragme.

Tenthly, if occasion serue that the heart must also be strengthened, and to quench and refresh all drowth, and to cole and moisten all heate, for which you shall take new conserues of Roses two ounces, conserues of Buglosse one ounce, burnt Iuorie, Roses, seeds of Endiue, of Purslain and Lettice, of each a dragme and a halfe, pæled Melon sæde, Pompeon sæde, Gourds sæds, and pæled Cucumber sæds, of each five dragmes, sugar pennets two ounces, starch one ounce, prepared crabs tailes (as in this chapter not long agoe is taught) foure ounces, powne all very small, and mingled into a confection, then when he hath vsed the pils, let him take a spoonfull thereof, and that in the morning early, and likewise againe an houre and a halfe before both mealtides, and after them halfe as much.

Last of al, this patient must lay this smal bag vpon his left bzeast: Take Violets, waterlillies, burnt Iuorie, Roses, red and white Corall, Harts bones, and *Doronicum*, of each a dragme and a halfe, the Iacynth Stone, the Smaragde Stone, and Sapphire Stone, of each halfe a scruple, pearls a dragme and a halfe, thzæ leaues of beaten gold, and Pace one dragme and a halfe, saffron a scruple, Cardamome and Galingale, of each five graines, powne each alone, and then mingle them all together, and lastly make it into a silken cushion or little bag.

But if you couet to haue the bzaines strengthened, then looke in the beginning of the first part for the paine of the head, and after that where the bzaines are described.

The twelfth Chapter.

Of the Ague Marasmode.



If this Ague and of the nature thereof we haue in the former described *Hectica* made a plaine demonstration. This is of some taken for to be a second *Hectica*.

In fine, they are both such kind of Agues, that there is small helpe of man to be had against them.

This properly is that which the Philosophers call *Senectam*, that is, the old age, to wit, a consuming of the whole body. The causes of this is, that the heate and the drowth get the mastery, which might be caused when one is fasting and hath a cold stomacke: In like manner also when one is ouerheated, and straightway drinketh cold water vpon it: Also the hot aire and the heate of the time may well prouoke and raise that which wasteth, drieth vp, and oftentimes expelleth the naturall heate, whereby the body is sustained, whereof the cold and drowth do follow.

Moreover, this sicknesse may be caused of the debility of naturall heate which cannot nourish the whole body: and in like manner of cold vapors that ascend towards the heart and ouercole the same. Likewise of all cold causes that lie hidde in the body, as may be sene by very old folkes.

These are signes of this malady that it is without any Ague, but with a slow pulse, with an extenuation of the whole body, without heate, and in feeling may a generall cold be perceiued: the vrine is thin, white and waterish.

In fine, there are no other signes to be found than age, as are to be sene in very old folkes.

Now to come to the remedies of this kind of consumption, this patient shall vse as nere as he may, all warme and moist things. He must often bathe himselfe in fresh warme water, and vse many moistening clifters, as the broth of Lambes heads, of tripes, of Hens, and the like.

for these are very commodious for him, because they moisten the bowels, and refresh and nourish the liver.

But you must put hereto neither salt nor any spice, that they be not too sharp, and may be held in the longer. You must also take for this Clister not above six ounces of broth at once, but in four and twenty hours you are to minister three or four.

Also the rubbing or bathing of the externall parts after meales is greatly commended: and as Honey in the Ague *Hectica* is very hurtfull; so is it in this disease *Marasmode* very commodious. Further, all light meates are passing good for him that are not slimy, as fresh broth, reare eggs, with a thinne and pleasant wine being measurably used, and such like.

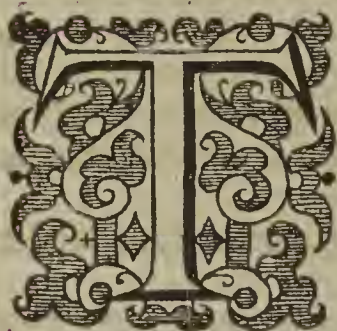
Item, all the salues, plaisters, and other things which are prescribed for the Feuer *Hectica*, may also be used in this sicknesse.

But for these diseases speciall heed is to be taken of cold, and of all things as in any way consume the radicall humidity.

Those that wil haue any further declaration of this infirmity, let them reade that which hath bene said in the description of the consumption or feuer *Hectica*.

The thirteenth Chapter.

Of the long lingring Agues.



The long continuing of Agues dependeth vpon three kinds of causes.

First, when any one hath an outward soze which hardly will be cured.

Secondly, if the patient or Physician euer mistake, or keepeth some bad order.

Thirdly, this is also procured by some outward occasion, as by the time of the yeare, by continuall raine, by the nature of the countrey, by the unhailnesse of the dwelling place, by great care and troubles of mind.

But when it is knowne that there are none of these foresaid occasions, then must it of necessity depend on the fourth cause, that is, on a grosse, tough and slimie humoz. If therefore you will haue remedy against the continuing of Agues, then must you cure and take away the foresaid causes with their contraries. For that these long continuing Agues are commonly caused by an obstruction of the liver, whereto these things following are principally good, to wit, *syrupus Diarrhodon*, *de Cichorio*, *de Lupulis*, *de Eupatorio*, *de capillo Veneris*, *Oxymel compositum*, *de Bysantiis*, *de Radicibus*. Item, the decoction of *Adiantum*, *Harts tong*, *Agrimony*, *Mozmelwood*, *Cindine*, *Cicoris*, of all, or of some of them. The common pestilentiall pilles, called *Ruffi*, and *Rubarbe*, *Cassie*, *Hiera picra*, conserue of *Bzunes*, *Agaricus*, and sirupe of *Roses laxative*, are also excellent good.

Item, you must boile also Parsly roots with your meate: the wine shall be mingled with water wherein Cinnamon, Annis seed, Coziander, and Fennell rootes are sodden.

You must annoint the liver with the salue that is described in the third part, the twelfth chapter and third §. beginning thus, Take oyle of bitter Almonds, &c. in which place you shall find many moe other remedies against the obstruction of the liver through heate and cold. For the liver being deoppilated and opened, then will the long lingring Ague be easily mitigated.

The fourteenth Chapter.

Of swellings that follow after the Ague.



It cometh oftentimes to passe that some haue their side swolne after the long continuing of an Ague, then use a bath to sweate in, and take one ounce of the distilled water of Cammomill flowres which hath bene drawne onely out of the yellow seedes of the flowres. You must boile in the water of this bath Sloe leaues, and therewithall bathe and sweate. In the bathing you shall forbear from drinke: but this bath is more commodious after some phlegmaticke Agues.

Agues than after any hot Agues: and what order of dyet is to be obserued after a lingering ague when the patient beginneth to recouer, hath bene sufficiently shewed and declared in the third Chapter and the twelfth §.

The fifteenth Chapter.

Of the plague.



His most noisome, terrible, and perillous maladie of the plague, is called of the Greekes *Epidemia*, and of the Latinists *Lues*, *Pestis*, and *Pestilentia*, which last name we also vse. This malady is described by *Galen* after this manner.

The Plague is a sicknesse that doth infect all, or at the least very many men, and is caused of the venomous ayre. Or thus: The Plague is a disease that either speedily killeth, or soone forsaketh a man.

And where such sicknesses get the upper hand, there distresse and misery aboundeth, for it hath bene seene by experience that it hath made away men, cattell, and fowles of the ayre, yea many thousands of fishes in the waters, and that not onely villages and townes haue bene depriued thereby of all their inhabitants, but also great cities and countries haue by the same been made desolate.

The causes of the Plague. §. 1



If the natural causes of the Plague, there are as many opinions amongst the Philosophers as there are causes that procure it, as namely of venomous vapors of the earth that are infected by some earthquakes: or if a country be hot, moyst, full of stench, full of lakes, or still standing waters, and cloyed with stench of dead bodies, as it oftentimes befalleth after great wars & slaughters; but especially is the ayre infected as is aboue said through sinne, whereby it may diuerfly be venomd.

Also when the ayre is warme and moyst, and that it doth raine much in time of heate, with a Southerly winde, whereof we will not at this present make any further discourse: but they that desire to haue any ampler description hereof, may reade ouer the Philosophers, and other learned Whisitions.

But howsoeuer, this is the most certaine cause of this sicknesse, that God the Lord for our manifold sinnes and wickednesse, to wit, idolatry, incredulitie, and ingratitude, hath vled this Plague and many afflictions moe, as hunger, warre, and shedding of blood, to punish the foresaid sinnes and transgressions. These are his rods and scourges (euen the ministers of his wrath) to chastice the wicked world, as (through his Prophets) he hath foresaid and threated the world, and as both holy Scriptures and heathen writers testifie, that it hath afterward ensued accordingly.

Signes of the Plague to come. §. 2.

First, it is a certaine signe that the aire is infected, and that a plague is to be expected, if in the end of the sommer there appeare Comets, or any other impressions, which men call flakes of fire, starres that fall or shoute, and such like in the element, which procede of vapors that are drawne out of the earth into the aire, and there are kindled, whereby both men and cattell are infected.

Secondly, when any vnaccustomed heape of beasts are seene, as of Frogs, Toades, Grasshoppers, Lice, and Moynes, which oftentimes haue bene approued heretofore.

Thirdly, when in the winter the South or East windes abound, mistie or foggie weather full of vapors, and glowing or drowzie, and like as it would raine, and yet raineth not at all: these are signes that the aire is not as it should be. Also if the spring of the yeare be cold and drie without raine, the wind Southerly, the aire foggie and lowzing, and standeth so at a stay eight

daies

dayes long, and then altereth into warmth: if these alterations often chance, then is it a certain and infallible signe that the plague is at hand. In like maner also is it a sure token of the plague to ensue, when in the sommer time it is hot a daies and cold a nights.

Item, when the sommer is not hot, but gloomy & cloudy, and one day hot and another day cold, then must we looke for a plague in haruest. In like manner also if two or thre daies be very hot, and afterwards very cold, as it often chanceth, then doth it prognosticate a plague.

How to preuent the Plague. S. 3.

There is no more Christian nor certaine meanes for to escape this great punishment, than for a man to reconcile himselfe to his heavenly Father, and to pray vnto him with much contrition and hearty repentance of his sinnes, that it would please him to withhold his threathnings and punishments for our due deserts, and that we acknowledge him from the bottome of our hearts to be the right only and true Phisition that will and can preserve vs, be it liuing or dying, in perpetuall health and welfare.

Yet notwithstanding hath hee not in vaine created naturall meanes, nor forbidden vs to vse them, but rather all things, as Phisitions, phisicke, rootes, herbes, seeds, and the aires; yea all that is aboue and vnder the earth for the benefite of man, and to serue him: therefore we ought duly to accept and receiue the same as a most godly benefite and noble blessing of so good a God, and in no manner of wise to despise the same; and therefore are all learned Phisitions most highly to be esteemed, that haue found out so many meanes for all kinds of diseases, as also for this present infection, and haue reuealed and made them knowne to mankind. And to the end men may haue a good instruction how this sicknesse may be holpen with the foresaid remedies, there shall be obserued these thre principall points: the first whereof is for the healthy, that thereby they may know what order is to be kept, whereby they might be freed from this venomous contagion.

Secondly, we are to shew that if any be taken with the Ague, or other signes, with sores or biles, or not at all, what ought to be done to them, or what is to be left off.

Thirdly, we will speake of all such as keepe those that are so diseased, and are to minister and serue them, for the which there be many approued and famous medicines selected, both by the ancient and latter Phisitions; our most louing and mercifull God giue vs his gracious blessing and prosperitie to finish them.

First then it is generally concluded by all learned men, that forasmuch as the heart requireth a swete, cleane, and healthy ayre, like as the body requireth meate and drinke: also that nothing is more venomous, noysome, nor hurtfull for the same, than a foule stinking ayre; for thence commeth it especially, if a loose and vnstayed life, eyther in excesse of meate, drinke, exercise, incontinencie, wrath, and such like be adioyned, that the venomous ayre with other infections, the sooner hurt the heart and inner parts, and by their contagion disease the whole body, and lastly bereaue man of his vitall breath.

How the healthy may be kept and preserved from the infection of the Plague. S. 4.



When as we haue oftentimes heretofore admonished, so will we now shew by what meanes the haile and healthy may in the time of the Plague be freed & preserved from this contagious malady; therefore it is first of all needfull to obserue a good diet in eating & drinking: and further, a faire cleane dwelling which must be smoked and perfumed, thereby to correct and take away the corruption of the ayre. For this must be vsed all fragrant things, to keepe the body loose with laxatiue medicines, and to comfort the heart with cordials, and alwaies to take somewhat whereby all the parts of the body and the vitall spirits might be comforted and defended against the venomous ayre, and contagion of others that we might be conuersant withall, with many more things as shall hereafter appeare.

And first of the order to be obserued in dyet. It is passing good, and very needfull for euery body

bodie that wisheth to liue out of the danger of the Plague, to take great heed that his bodie be not pestered with ouer many humors, no2 ouercharged with meate and drinke, but to liue very soberly; and that all such meate as he taketh must be moze drying than moistening; for that whereas there is an vnmeasurable fulnesse of the stomacke; there are many bad humors ingendred, which afterwards by this contagion very easily are infected. Neither ought any bodie to eate before that he feele and find that his former meates are digested; and when nature by hunger or thirst requireth food, then satisfie her without longer delay: for as the ouercharging of the stomack is a great cause of corruption, euen so also doth an empty stomack procure bad humors. It is likewise very commodious, that all the patients meate be rather cold than hot in operation, which must be dressed with sowre & eager things, as we shal hereafter instruct you moze at large. His bread must be of good wheate, well raised, baked, and seasoned. Of fowles, the Partridges, land fowles, Pullets, Hens, Capons, and yong Pigeons. Item, yong Weathers and Weale, yet rather roasted than sodden, or else if it be sodden, then must it be dressed with sowre things. And for that the Plague oftentimes infecteth all fouresorted beasts; as Oxen, Sheepe, swine, and sometimes the very birds of the aire, therefore great heed must be taken that then neither the flesh no2 the milke of them in any way be vsed: also the Magistrates ought not to permit any of the flesh of those beasts so infected, to be sold.

Note also that in the time of the Plague all sower things are very wholesome, and therefore Vineger is highly commended with all kinde of meates, and especially vineger of Roses, or of Gilloflowers, or of Framboyes. Item, horse radish with Vineger and Sorrell beaten for sauce, Pomegranates, Saint Johns grapes, or *Ribes vulgaris*, Veriuiue, preserved Cherries, conserues of Barberies, and all sirupes that are made of these foresaid things, vnripe Grapes dressed with their meate, new Limons and Citrons, these are all very good to be vsed in time of the Plague.

Item, for all such as haue no paine in their eyes no2 ach in the head, are roasted Onions (or the same softened in faire water) passing good; but Garlick above all the rest (being dressed in meates) is wonderfull good, and much esteemed for a preservative against this kind of infection. Therefore it is commanded that men dip their bread in Vineger; wherewith the iuice of wild Thyme and of Garlick is tempered: also to eate the kernels of two or thre Nuts dipped in the same. And you may vse this sauce following with your meate: Take Vineger and iuice of Limons, temper it as you thinke good with powdered Walnuts, and with a little grated bread, and you may also (if you please) put thereto some Saffron and Cinnamon.

And you may make a temperature also with Currans and Vineger, flesh broth, Cinnamon, poched egges are also permitted if they be vsed with veriuiue.

Of fruites, all that be sower are onely tolerated. And you may strew this powder following vpon the meate: Take prepared pearles one quarter of an ounce, red Corall and fine Bolus, of each halfe a dragme, Cinnamon two dragmes and a half, and then mingle them all together.

The meates that are forbidden to be vsed for the healthie, are these, to wit, Milke and all that is dressed therewith: all swete fruits, stewed apples and peares are allowed: muddy or slimy fish are especially prohibited, as Eeles, Tenches, and such like; but such fish as are taken from sandy ground are not bad: old powdered flesh, or salt fish are also suspected. But be it flesh or fish, let the same be alwayes dressed with some sowre thing, as with Vineger, the iuice of Limons, Veriuiue, and such like. Or you may vse these sauces following: Take the iuice of Pimpernell, of Sorrell, Buglosse, of Scabious, of Rue, of Lettice, of Endiue, of Baulme, of Elecampane, all together, or some of them, as it pleaseth you, and mingle them with vineger and bread, as you thinke good.

Item, Capers with the iuice of Limons or of Citrons, is also a healthy sauce to be vsed. All water fowles, as Duckes, Geese, Hernswes, and such like, let him not eate; notwithstanding that the Duckes blood is thought to be a preservative against venome.

And for your drinke, you must not vse any but onely to slake thirst withall, or according as the partie hath eaten: the best drinke is white cleere and thin Wine (which is not swete) being tempered with steeled water, or that wherein Gold hath bene extinguished. But there can be no better thing than to drinke faire fountaine water which is tempered with vineger and sugar, or water wherein the iuice of Pomegranates is mixed. You may also make a drinke of Barberies, and Juniper berries, whereof you neede to take but now and then a little draught.

And

And you must also note heere, that it were not amisse to drinke euery mealeside a draught of Wormewood or Sage wine, or in stead of them to take a bit of bread that is steeped in the wine of Elecampane and wine of Zeduary.

These are the ordinances that in the time of the plague are to be kept and obserued in meate and drinke, hauing alwayes a good regard (as we haue already said) of the time of the yeere, of the constitution of the patient, of his accustomed manner of diet, and so forth, whereby either of the foresaid things may be vsed or omitted.

How their dwellings ought to be. S. 5.

It is also very needfull for a preservation against this sicknesse, that the house and all the chambers (as well as the body) be kept neate and cleane. Therefore euery householder ought (if he loue the health of himselfe and his family) to looke diligently that his house or place of his dwelling be kept very cleane. All tame beasts, and especially swine ought to be kept farre apart from all your dwelling houses. Your house is to haue many windowes in it, and that such windowes as doe stand to wards the West and South must you keepe close and shut; but the windowes that be to wards the East and North must be opened wide, so that the plague be not in these quarters nere hand. Warne stoues are very vnhaile, and especially if they do lie low: but in the chimney it is best to burne drie wood, and most of all Juniper wood, drie Vine branches, Firwood, Ash, Dakes, Cipres wood, Bay trees, and Rosemary stikes, and that according to the nature of the place where euery kind of wood is best to be had, and chiefly the Beech tree, for that there is no kind of wood that moze taketh away the venemous vapo, or infection of the plague than the Beech tree doth.

Moreouer, you must cause the house to be swept wherein you dwell at least twice a day, and be sprinkled with vineger or Rose water, and then to smoke it with some of these things following, to wit, with Juniper berries, Hyssop, Marierom, wild Thyme, Mints, Rosemary, Marierom gentle, and Basil, with Lauander, Pennyroyal, and apple parings, or such like. And for rich men you may make diuers compounded things, whereof we will write at large, which you may vse as neede shall require.

First there are perfumes which the Apothecaries do call *Ozyletes*: for this must you vse Juniper, yellow Saunders, Paradise wood, Frankinsence, and Juniper berries, of each three dragmes, Amber, Juniper, Gum, *Sandaraca*, and Rosemary flowers, of each one dragme, Nutmegs and Cloues, of each one dragme and a halfe; powne them all together to powder, and then put to it of *Laudanum* one ounce and a halfe, *Benzoi* and red Storax, of each a quarter of an ounce, blacke Frankinsence three dragmes, Lilly coles that are to be sprinkled and moistened with *Aqua vite* being beaten small, halfe as much as all the rest: afterwards make the mortar and the pestell very warme, and then put therein the *Laudanum* with a little Turpentine, temper them together till they be as soft as dough, and mire then therewith all the aforesaid things, and make hereof a strong dough with mollified Tragagant, and roule it on a table that is rubbed ouer with oyle of Spike, and make the candles as great and as small as you list to haue them, making them vnderneath with three fete that they may stand, and let them drie in the sunne: and when you set those candles in a close chamber to fume, they will for certaine expell all the venemous aire of the Plague.

These things following are vsed for this at Augburch in high Dutchland, to wit, *Laudanum* two ounces, black and white Frankinsence, of each one ounce, red Storax halfe an ounce, *Benzoi* three quarters of an ounce, Cloues, Roses, Cinnamon, blacke Coriander, Masticke, *Sandaraca*, Cipres wood, Bayberries, yellow Saunders and Nutmegs, of each one dragme beaten small, liquid Storax two ounces, Ware one ounce, Turpentine two ounces and a halfe, burnt wine or *Aqua vite* as much as is needfull; the *Laudanum*, Storax, Ware and Turpentine is to be molten in a warme morter, and hereof may you make candles as is before taught: if the dough be hard, then make it soft with burnt wine. Another: Take Paradise wood, Saffron, Cinnamon, Cloues, yellow Saunders, and Roses, of each halfe a dragme, Masticke, red Storax, and Frankinsence, of each a quarter of an ounce; powne them very small, and then make it vp with liquid Storax into dough, but temper not too many Lilly coles amongst it, that the vertue of the other things be not thereby abated, and forme them as before.

Take *Benzoin*, *Gallia Muscata*, red Storax, & roots of *Cistus*, of each halfe an ounce, *Dipteris*, *Myrrour*, *Myrrour*, *Myrrour*, *Myrrour*, of each a drag. red & white *Behen*, of each halfe a drag. red, yellow, and white *Saunders*, *Roses*, of each halfe a drag. powne all that are to be pownded, melt the *Laudanum* with *Rose* water in a warme mortar, and then forme candles thereof, as is aforesaid: these candles are specially good against the pestilent ayre. But for that the right *Cistus* roots and *Behen* are ill to be gotten, are these candles but selome made.

These following are also used: take *Laudanum*, red Storax, *Myrrour* and *Bastick*, of each a quarter of an ounce, *Rosemary* leaues, wilde *Balingale*, and *Roses* of each half an ounce, *Cinnamon*, *Cloues*, yellow *Saunders*, and *Putmegs*, of each a drag. Willy coles moystened with burnt wine or *Aqua vite*, foure ounces, then forme them as before.

Yet other: Take *Cipers* wood and *Juniper*, of each halfe a drag. small beaten *Juniper* berries (the kernels taken out) *Rosemary* leaues, and wilde *Balingale*, of each thre drag. blacke and white *Frankinsence*, of each halfe an ounce, *Laudanum* thre quarters of an ounce, Willy coles as aforesaid.

In the stead of these fuming candles, men vse to make also cakes of all the aforesaid doughes (but onely the coles left out) and in winter time you may vse them laid on the coles, or on the hote furnace of your stove.

Item, take yellow *Saunders*, *Benzoin*, and red Storax, of each a quarter of an ounce, white *Frankinsence*, one drag. *Putmegs* & *Cloues*, of each half a drag. *Roses*, *Coziander*, & *Sugar*, of each a scrup. beate all small to powder, and then mingle them together with *Dragagant* dissolved in *Rose* water (as before is taught) in a mortar, and in Summer then prepare them with fresh *Roses*, to wit, that each cake be couered with a *Rose* leafe, and then pressed flat: but if you would haue them costlier, then put vnto it foure graines of *Bulke*, and two graines of *Amber*, dissolved in *Rose* water, and then will they be exceeding pleasant.

These are also usually made at *Ausburgh*: Take *Benzoin* thre quarters of an ounce, the roots of *Cipers* halfe a drag, red Storax, and white *Saunders*, of each 3 drag. *Cloues* and prepared *Coziander*, of each a drag. *Calmus* and *Frankinsence*, of each halfe a drag. *Bulke* two graines, white *Sugar* five ounces: then make cakes thereof with dissolved *Dragagant*.

Item, take ben *Cipers* and *Juniper* wood, of each thre drag. *Rosemary* flowers and *Juniper* berries, of each a quarter of an ounce, white and black *Frankinsence*, of each half an ounce, beate them very small, and temper them with as much *Laudanum*, that it cleaue together, or with dissolved *Dragagant*, *Corpentine* or Storax.

Take *Juniper* berries, *Bayberries*, *Roses*, *Wormwood* branches, *Bastick*, *Frankinsence*, *Cardamome*, *Rue*, and *Cloues*, of each a like quantitie; then mixe them together with dissolved *Dragagant* as aforesayd, then lay it on the furnace in your stove.

Here followeth now a very costly water to temper with these kinds of cakes, Candles, and Pomanders.

Take good *Rosewater* one pint, *Lauander* flowers thre lb. *Cloues* and *Cinnamon*, of each halfe an ounce, yellow and white *Saunders*, of each thre quarters of an ounce, *Race* a quarter of an ounce, *Roses* one lb. *Benzoin* and red Storax, of each 2 drag. powne them small, & powre thy *Rosewater* thereon, or *Muscadell* wine, or any other strong wine, eight ounces, *Aqua vite* one ounce: let it be close stopt one moneth or twain, and so stand in the Sun: Afterwards distill it in seething water, stopt very exceeding tight and close, with a helme. And with that which is filled temper *Bulke* and *Amber*, and then set it in the Sun againe.

This *Rosewater* following is also very excellent for the same, or any such like intent: When you will distil the *Roses* in common Stills, then must you not set them in sand but in ashes, and then put some *Roses* into it, and cast on it the powder of *Cloues*, then lay on it more *Roses*, and so do till the Still be full; then put on the helme, and make it tight and close, taking heed of burning. And if you will haue it stronger, then put to them more spices, as *Benzoin*, and such like. Lastly, then may you strengthen the saueur of the water distilled with *Bulke* and *Amber*: both of these waters may also be used for other things as is aforesaid. But if you will spare this labour, then may you vse the aforesaid things, each apart, or mixed together (as you please) with hote coles, and so let it saueur and fume.

In like manner may you prepare these powders following: Take *Benzoin*, red Storax, *Paradise* wood, *Bulke*, *Amber*, *Cloues*, *Frankinsence*, *Myrrour*, *Bastick*, and *Gallia Muscata*,

Et

which

which or as many of them as you will; powne them to powder: for this powder you must omit the coles, the *Laudanum*, and the other dissolved things, the which otherwise are commonly used in the compositions before.

Item, take grated or powdered Cipers wood a \mathfrak{D} . also of prepared Cipers halfe as much, beaten Rosemary halfe as much as of the Cipers, blacke and white Frankinsence, of each halfe an ounce, Bayberries shaled cleane a quarter of an ounce, being grossly beaten, mingle them well together, and strew a little of it on the coales; for it is a most pleasant savour.

And if you feare that such odoriferous saours were too hote in Summer, then may you put thereto some of the leaves and seeds of Hyztle, also to augment the quantity of Camfer, Sanders and Citron peels: sprinkle it also with Vineger or Rosewater. In stead of fire strew the chamber with Rose leaves, and let them be swept out at night, that they be no cause of stench; and before you go to bed you must fume the chamber well.

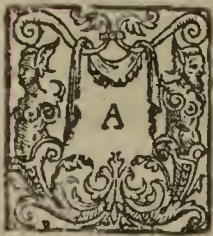
It is also very mete that you keep lying in the chamber where you sleepe, odoriferous Quinces, Citrons, Apples, Peares, Oranges, and such like. When they begin to rot, then must they be had away, and other laid in their places.

Also in Summer you may prepare this powder following: Take Roses, Hyztle seeds, Citron peels, red, yellow, and white Saunders, Sozrell seeds, & wilde Wine leaves, of each one drag. & a halfe, Hyzthe, Paradise wood, Dragagant, and Gum, of each two dragmes, Camfer a drag. all stamped small, and put them together. You may also make it up into cakes with dissolved Dragagant. If it be in Winter, then take Hyzthe, Paradise wood, Mastick, red Storax, and Frankinsence, of each a drag. Cloues, Citron peels, and the roots of Cipers, of each halfe a drag. Camfer a scrup. *Gallia Muscata*, ten grains, Quik and Amber, of each 5. grains; beate them together into a powder. You may also make cakes of it with liquid Storax, and Rosewater: if you will put *Laudanum* to it, then make the same warme as aforesaid, & fashion your cakes as big as you will have them. For the common people and for the husbandmen the Bay tree is very good, or if the country yeeld it, Juniper wood with his berries, and with drie Hen dung fumed: or take powdered Wormwood and Bayberries, of each a like. The rich folkes doe use to lay also with their clothes odoriferous bags, for which all the powders that are before mentioned for fumes, and hereafter for Pomanders, are very good, excepting the *Laudanum*, which is not to be powdered, and other mo such sort things. This following is very common in France: Take Treos foure ounces, Roses two ounces, wild Galingall, Cloues and Marioram gentle, of each two dragms, yellow Saunders, and Benzoin, of each two ounces, red Storax halfe an ounce, then mingle them all together and put them in a bag. If you will you may put thereto Muske and Amber, or Camfer. In the first part, the twelfth chap. you have also an especiall bag to streng: then the head, as thus: Take Treos, &c. the which is very commodious for this our purpose. Also you have in the second chap. and elsewhere, applications for the strengthening of the heart; the which are not onely profitable, but also very necessary for this intent.

What exercise is to be used in the Plague. §.6.

If the time of infection the healthy are to exercise themselves moderately, and rather use an easie walking than a great pace, that thereby the venimous ayre may not overmuch be drawn into the body, as it happeneth to such as at such times do greatly labour and trauell; but when a man abideth in a cleane place, void of pestilent ayre, and will exercise his body according to his old accustomed manner, that cannot but be thought passing good.

Of the sleepe in this sicknesse. §.7.



At such time as the Plague reigneth, some think that it is better to sleepe by day than by night, even seven or eight howres long: first upon the right side being metly well couered, and his head raised high. But seeing the same is not accustomed with vs, then must they eate but little in the evening, and sleepe the foresaid time of seven or eight howres. But if he could not sleepe a nights, then must he about 12. a clocke, being 2. howres after his meale compose himselfe to sleepe.

Others

Others counsell to sleepe a nights in a chamber that is well fumed, and close shut, but not very long, for that through much sleepe the body is too much moistened, the which must alwaies be inclined to drouth as much as possibly may be. They also forbid sleeping by day, and that chiefly in Winter.

Also you must take heed of excessive and ouermuch watching, for that greatly dryeth and weakeneth nature.

Of Purging and letting blood. §. 8.



Are must also be had that the bodie be not too much bound: and if the going to stool come of it selfe, it is the better; if not, then must the partie be holpen with suppositoies, and milde Clisters, with Cassie, Hanna, solwe Dates, and such like meanes, wheredof we haue here and there spoken at large; but especially in the third part, the eleuenth chapter, §. 20.

Other would haue that young cholericke bodies should generally be purged in the summer, and in the beginning of winter, with the foresaid cooling and laxative things, and also with yellow Nitobalans boiled with Plum-pozredg: but in the end of Autumne, and in the winter with stronger medicins, to wit, with Agarick, with Turbith, and with Polypode: but they must be vsed with great heed and discretion.

Touching letting of blood: When the party is once purged, and aboue sixtene yeares old, being full of blood and strong, and without any obstruction of the liuer, then may he haue a vein opened. In like manner also women, if their termes and flowes be stopped, and if they be without piles in the fundament, then may they in May and in Autumne let blood, and if occasion serueth, once a moneth, to wit, in the Liuer veine, or Bilt veine, every time thre or foure ounces, for this taketh away the boiling of the blood and the Cholera in the veines. Yet for this infection must sometimes one, sometimes more be opened, but especially that which is fullest of blood.

But great regard must (as hath bene said) be taken of the age and weaknesse of the patient: also whether a woman haue conceived or not, or whether she haue her termes or not, or haue the Hemmorrhoids or not, with many such circumstances more, that the weaknesse of the party thereby be not augmented.

Above and beside all this must the patient abstaine from venery as much as may be.

Of the motions of the mind. §. 9.

Now concerning the motions of the mind, as sadness, feare, sodaine motions of the mind, and such like, they do greatly alter and spoile the blood, wherby it may the soner receiue the pestilent ayre, and anger especially inflameth the heart, like as also doth ouermuch gladnesse: notwithstanding moderate gladnesse is most commodious for the heart.

Of bathes and other common causes. §. 10.



At such times take heed of bathing, for that thereby is the body moistened, the pores opened, and all the members made the readier to receiue the infection of the plague.

It is therefore very ill done (yea a temptation of God) in the time of the plague to frequent common bathing houses, for that the plague can by no meanes be soner gotten, by reason that as well the pores of the infected as the sound are opened, wherby the venimous vapoꝝ of the infected is let forth, and may easily be receiued of the healthy: wherfore it is much better (as the custome of the countrey is) to refraine wholly from bathing.

In like manner it is not good at such times to wash the head, for thereby are the vitall spirits weakened, but onely to combe their heads with an Iuoꝝy combe.

But the hands must often be washt, sometimes with wine, and otherwhiles with vineger, and especially with Rose vineger.

How one shall gouerne himselfe without doores. §. 11.

It is very good that at this time euery man obserue a good diet within doores, & not accompanie himselfe with many men, for amongst many are as well those that be infected, as those that are healthy, whereby the diseased infect the healthy with their breath: but for that it is vnpossible to forbear it, by reason that euery man hath businesse with others, it is therefore best that euery one defend himselfe from all ill ayres. Wherefore first we counsel the common sort, and men of occupation (which cannot beare greater charge) to obserue the rules following, to wit, that he in the morning betimes before he go abroad or settle himselfe to worke, take three or foure dry Figges, three or foure kernels of Nuts, and fiftene or sixtene leaues of Rue, with a little salt. This composition or medicine is so sure & approued, that men haue vsed the same euery where for all manner of Plagues three hundred yeares before the birth of Christ: & the same was found out by *K. Mithridates* that waged warres with the *Romaines*. Some adde to it a few Almonds, and make it to a confection with clarified Honey. It is also passing good for all such as be not afraid of the bitternes, that they vse in the morning fasting a peece of the roote of Gentian, & especially when he hath vsed of the premises. Other do also giue counsell to eate but one Fig and one Nut kernell, but it is too little for a full growne person, for children it will suffice.

It is also very good before the going forth in the morning to breake ones fast, and therupon to take a little *Unicornes* horne, *Tormentill*, *Gentian*, *Angelica*, *Diptamus*, *Citron* peeles, or a bit of *Zeduary*, and hold it in your mouth: or to wash the mouth with Vineger wherein *Wormwood* hath bene decocted.

For this also confected *Calmus* is much commended, taken before the going out into the ayre, for it hath an especiall vertue against all venimous ayre. Also some do counsell not to go out of doores before that the mouth and nostrils be cleansed with wine wherein Treacle is mixed.

This composition following is commended for an especiall preservation if inunction be made with it: Take the iuice of Garlick and Rose vineger, of each one ounce and a halfe, Treacle three quarters of an ounce, *Beuercod* two dragmes, mire them together, and therewith annoint the mouth, lips, and nose.

Some do vse this salve following, therewith to annoint the heart before they go out of the house, the which is not good only for the healthy, but for all such as are already infected: take Treacle three quarters of an ounce, Saffron and Camfere, of each tenne greines, the iuice of Limons and Vineger, of each a like much, or as much as is needfull to make a salve:

Or in the stead of these, he may weare the cordiall shield which is described not long since with the cordiall bag in this manner: Take *Burrage*, &c. It is also very good to weare gold rings wherein are set precious stones, as Rubies, Carbuncles, Saphires and Facinds, both within the house and without doores.

It is also much forbidden that any stirre out of doores before the Sun rising, as also before the going downe thereof to repaire and keepe himselfe in his perfumed house or chamber.

Further it is very good to carry some odoriferous thing in their hands, when one must deale with other folke, that through this pleasant smell the brains and the heart may be comforted and defended from all pestilent and contagious vapors.

It is also not amisse for the common people that they carry in their hand a little bore of *Iuniper* made full of holes, wherein a little sponge moistned with vineger and Rose water, and strewd with the powder of Cloues, be held in the hand all the Summer time, whereto also some leaues of Rue may be added daily refreshing them, and that they continually smell to the same. In this manner also maist thou hold some fruits in thy hand, as Apples, Peares, Quinces, Oranges, and such like: but if it be in the winter, then take *Parloz* gentle, Rue, Balme, *Valeriana*, *Iuniper* berries, or some other thing steeped in vineger, put it into thy bore, and vse it as is aforesayd. Also thou maist bestrew thy moist sponge with Saunders, Camfere, Saffron, *Paradise* wood, Cloues, or Treos. But the rich and able folke do vse *Poma Ambra*, which we call *Pomanders*, wherof there are made many sorts, as here may appeare.

Yet men must note here that all such strong odors, whereas there is any paine of the head proceeding either of heate or cold, they are they neither so good nor so often to be vsed, but in such sort as hereafter followeth, whereby the same paine as it often falleth out, be not augmented:
and

and women must beware of these smells, and especially those that are vexed with the suffocation of the Mother. And if it be in winter, and the patient be cold of complexion, then are you to prepare these Pomanders: Take *Gallia Muscata*, *Roses*, *Cloues*, *Zeduary*, *Pace*, *Putmegs*, and *Paradise wood*, of each a drag. *Saffron* a scruple, red *Stozar* a drag. and a halfe, *Ambra* & *Muscus*, of each 5. graines; powne them all together except the two last, and then make hereof with prepared *Dragagant* a Pomander, euen as is taught in the first part and the second Chapter.

Item: take yellow *Saunders* a quarter of an ounce, *Paradise wood* a dragme and a halfe, *Roses*, *Cloues*, *Zeduary*, *Pace*, and *Putmegs*, of each halfe a dragme, *Cloues*, *Cardamome*, *Coziander*, and black *Coziander*, of each a dragme, all of them beaten to fine powder, *Laudanum* one ounce, *Benzoin* halfe an ounce, dissolve them with *Rosewater* and make thereof an odoriferous Apple or Pomander: and if then you put thereto *Huske* and *Amber*, it is at your choise and pleasure. This Pomander is speciall good against a bad foggy ayre, and this following may also be vsed in winter: Take *Laudanum*, and red *Stozar*, of each half an ounce, *Cloues*, and *Cinnamom*, of each a dragme and a halfe, *Putmegs*, yellow *Saunders*, *Roses*, *Basill*, and yellow *Amber*, of each halfe a drag. powne them all together, but dissolve the *Laudanum* in warme *Rosewater*, and then make thereof a Pomander.

Also the mortar (wherein these things haue bene tempered) must be wiped about with a little kemined shepes wolle, and then wrap the Pomander therein, afterwards bind it vp in red sarsnet, and then they will keepe their sent the longer.

Another: Take cleane *Laudanum* halfe an ounce, *Benzoin* a quarter of an ounce, red *Stozar* three dragmes, *Paradise wood*, yellow *Saunders*, white *Frankinsence*, and yellow *Amber*, of each a dragme, *Rosemary flowres*, *Mariozani gentle*, garden *Mints*, and *Basill*, of each halfe a dragme, *Cloues*, *Putmegs*, *Cardamome*, *Cucubes* and *Coziander*, of each a dragme; temper them all together, and foine it into a Pomander with a little liquid *Stozar*, and at the last put a little *Huske* and *Amber* vnto it.

But if it be in Summer, or that the person be of an hote complexion; then take water *Lillie flowres*, *Mints*, *Violets*, wild *Vine leaues*, *Roses*, *Myrtle seed*, white and yellow *Saunders*, *Citron peels*, dried *Quinces*, dried *Prunes*, of each halfe a dragme, *Saffron* and *Camfere*, of each a scruple, *Gallia Muscata* ten grains, make them vp into a pomander with *Vineger* wherein fine *Wolus* is dissolved: with this maist thou also vse *Vineger* and *Rosewater*.

Item, take *Roses*, *Violets*, *Buglosse*, and *Burrage flowres*, of each halfe a dragme, yellow and white *Saunders*, of each one dragme, *Arcos* three dragmes, *Balme*, *Citron shels*, of each two dragmes, dissolved *Laudanum*, skant as much that it may be tempered with the rest and made vp into a pomander with *Dragagant* dissolved in *Rosewater*, and at the last adde a little *Huske*. There are also diuers pomanders prepared that are good at all times; amongst which first these three following are to be vsed in the time of the plague.

Take *Roses* a quarter of an ounce, red and white *Saunders*, of each a dragme and a halfe, *Camfere* one scruple, *Ambra* halfe a drag. *Huske* 4. graines, *Paradise wood* two scrup. *Citron peels* halfe a drag. *Cinnamom*, *Pace*, and *Putmegs*, of each a scrup. red *Stozar* half an ounce, *Laudanum* one ounce, beate them very small, but dissolve the *Laudanum* with liquid *Stozar*, and then make thereof a pomander.

Another: Take *Roses*, *Violets*, and flowres of *Buglosse*, of each 2. scrup. *Myrthe*, *Calmus*, *Putmegs*, *Spica of Indy*, *Sandaraca* and *Hasticke*, of each a scrup. *Huske* & *Amber*, of each halfe a scrup. red, white, & yellow *Saunders*, of each a drag. *Roses* 3. drag. iuice of *Burflaine* & of *Dranges*, of each 4. ounces, water *Lillies*, & parched *Coziander*, of each one quarter of an ounce, red *Cozal*, & burnt *Quoy*, of each half a drag. sirupe of *Citrons* & fine *Wolus*, of each halfe an ounce, Sealed earth a quarter of an ounce, powne all that are to be powned except the *Amber* & *Huske*, set them in the Sun in a close stopped pot; or on a warme furnace vntill all the iuice be dried in, afterwards take foure ounces of *Laudanum*, that is dissolved in *Rosewater* and *vineger*, & *Turpentine* washed in *Rosewater* as much as is needfull for a masse, and hereof make them Pomanders. Item, take *Roses*, *Cloues*, *Pace*, *Spica of Indy*, water *Lilly flowres*, *Violets*, *Mariozani*, *Asarabacca* & *Stechas* of each halfe a scrup. red & white *Saunders*, red and white *Cozall*, the seed and peels of *Citrons* and *Cucubes*, of each 10. graines. *Saffron*, *Ambra*, of each one scrup. *Camfer*, *Frankinsence*, *Hastick*, fine *Wolus*, and *Sandaraca*, of each halfe a scruple, *Paradise wood* one dragme, *Muscus* three graines, *Specierum cordialium* halfe a dragme, *Laudanum* one

ounce and a halfe, dissolve it in Rosewater, and with the rest make a pomander.

Yet another, at all furnished Apothecaries you may find diuers preparatiues of pomanders, so that thou needest to adde nothing but Muske and Amber, of the which we will describe foure sundry sorts.

Take *Laudanum* three ounces, red Storax three dragmes, Marioram gentle, Roses, Camfer, red, white, and yellow Saunders, of each a dragme and a halfe, Cinnamon, Putmegs, Cloues and Mace, of each a drag. Paradise wood two scrup. dissolve the *Laudanum* (as is aforesaid) and then make thereof pomanders, untill such time as you will adde some other thing to it.

The second is made as followeth: Take *Laudanum* and Benzoin, of each three drag. Paradise wood, and Cinnamon, of each a drag. and a halfe, Cloues, Putmegs, and Cucubes, of each halfe a drag. red, white, and yellow Saunders, of each a drag. Saffron a scruple, powne all that is to be pownded, and forme thereof a pomander as before, and if you list you may prepare it with Muscus, Ambza, and Camfere.

Thirdly, take red Storax and flowres of Buglosse, of each two scruples, Cloues one dragme, white and red Behen, of each a scruple, Paradise wood, two scruples, Myrthe, Calmus, Putmegs, Spica of Indy, Frankinsence, Juniper gum, and Mastick, of each halfe a dragm. red, yellow, and white Saunders, of each a drag. Rose three drag. Coziander a dragme and a halfe, make it by as aforesaid.

Fourthly, take Roses two drag. yellow and red Saunders, of each a dragme, and a halfe, a scruple of Camfere, Amber halfe a scrup. Muscus foure graines, Paradise wood two scruples, Citron peels halfe a drag. Cinnamon, Mace, and Putmegs, of each a drag. red Storax half an ounce, *Laudanum* an ounce, afterwards make a pomander thereof as before.

Some take an ounce of pure *Laudanum*, and cut the same as small as may be, and mixe therewith pownded Citron peels and their seeds, of each a dragme, Saffron and Camfer, of each halfe a drag. and tye them all together in a peece of sarnet, or if you will you may make a pomander of it, tempering it with the iuice of Basil.

Preseruatiua, or preseruatiues that defend men from the Plague. §. 12.

There are also diuers things that men (being in health) may vse in the time of the Plague, wherby they be not so sone infected of other men, for the which first of all these simples are for the most part good, to wit, Citron seeds, Scabious, Pimpernell the great, Rue, Valerian, Cicory, Sorrell, and both their waters, Elecampane, Diptamus, Gentian, Tormentill, *Carduus Benedictus*, *Angelica*, & Bayberries, one of these things holden in the mouth, taken in powder, or drunken, are all especiall good against the Plague, and they may be vsed in many other compositions, as may be seene by these following.

All famous Physicians do for this sicknesse counsell, first, that men should speedily fly far from the contagious places, and returne backe againe with leysure: for he that is as farre off from the Plague, shall not be infected therewith, euen as no man is slaine in the warres, that is not present there. Also it is to be noted (as hath bene already said) that men ought to be loose bodied, & freed from all superfluous humidities and uncleannesse. Therefore those that are aboue the age of eleuen yeares, are to be oftentimes purged with these common pills hereafter described. Also care must be taken that the heart and all other principall parts of the body be comforted & kept dry, which may be done by the right Bole arioniack. In like manner also with Mithridate and Treacle, if that euery week, or at the least euery ten dayes a dragme in waight be taken with the water of Sorrell, sweating after it, & keeping within doores all the day after.

Here is also to be noted, when any one will take of this Treacle or Mithridate, that he haue eaten nothing afoze, nor eate any thing afterwards in fure or fire howres. But amongst all other medicins & preseruatiues, these last before mentioned pills beare the pricke & price, which are to be had at the Apothecaries, called *Pestilenciales Russi*, *Communes de Tribus*, and *sine Cura*, which the principall Physicians haue described and commented so highly, that it hath neuer bin seene that such as vsed the same orderly were killed of the Plague, which also any one may at all times, be the person yong or old, vse without any danger: for like as it is with a pot beginning to seeth, it casteth by scum, and is cleansed through scumming, euen so do these pills take away all superfluities and uncleannesse which is gathered together about the principall parts, and preserue the blood from all kindes of putrifaction. These pills are made in this sort:

Take

Take Aloe one ounce, Myrthe and Saffron, of each halfe an ounce, beate them all together with good pleasant wine, hereof are you to take euery weeke a dragme, or euery third day three pills as big as a great pease, and thereupon drinke a pretty draught of white wine that is de- layed with Rosewater, or with Sozrell water, yet ought women with child to abstaine from them. These pills are of great force in the time of the plague, and do also driue out all superflui- ties of the stomacke.

Others take Aloe three quarters of an ounce, Myrthe three dragmes, Saffron one dragme, Kubarb a quarter of an ounce, prepared *Agaricus* one dragme, Cloues, Citron seedes, and the peels, and Spica of Indy, of each a scruple, Tormentill and red Saunders, of each a dragme and a halfe, fine Bolus three dragmes, Camfer ten graines, powne them well all together, and make pills hereof with the sirupe of Citrons.

Item, take the iuice of Sozrell, the iuice of Buglosse, and of Cicozie, of each two ounces, fine Bolus one ounce, mixe them all together, and stirre them often in 24. howzes, afterwards adde these things following, Aloe three ounces, Camfer two scruples, Saphirs, Iacints, and Sma- ragdes, of each halfe a scruple, Pearles one drag. Citron seede a quarter of an ounce, Paradise wood, Basil seede, Amber, red Corall, and Zeduary, of each eight graines, Roses, Violets, Soz- rell seede, Burrage flowzes, and flowzes of Buglosse, of each half a scrup. Stamp them all toge- ther, & mingle it well, and afterwards set it in the Sunne or in any other warme place till all the iuice be dried away. This being done, then powze moze iuice thereon againe, and do so three times. Now when you desire to vse hereof, then make 7. pills of one drag. with some *Aqua com- posita*, and take hereof euery morning or euery euening one pill, and that befoze meales.

These following are also highly commended: Take of the common plague pilles (that are herebefoze described) foure scruples, prepared *Agaricus* halfe a dragme, Zeduary and *Angelica*, of each one dragme, Kubarb one scruple, *Troscorum Alhandali* fine graines: then make pilles hereof with water of *Carduus Benedictus*: take of these pills one drag. once a weeke, three howzes after supper, and in the morning drinke a good draught of the decotion of Pease, and eate some what three howzes after.

Some vse these pills following: Take Aloe and *Agaricus* of each one dragme, Myrthe and fine Bolus, of each a quarter of an ounce, Saffron a dragme; then make pilles hereof with Baulme water, or water of Buglosse, and so vse them as hath bene said.

These pills following do not purge, but defend the hart and all inward parts from all bad in- fection: take Paradise wood halfe a dragme, burnt Harts horne two scruples, red Saunders one dragme, Tormentill, Citron seede, *Terra sigillata*, and red Corall, of each halfe a scruple, Soz- rell seedes, *Diptamus*, and Zeduary, of each a scruple, fine Bolus three dragms, *Species de gemmis frigidis* a dragme and a halfe, *Lignum Balsami* halfe a dragme, Camfere foure greins: then make hereof pills with sirupe of Citrons, or with the iuice of Ribes.

These following are yet moze forcible: Take Paradise wood halfe a dragme, Tormentill, two scruples, *Diptamus* one scruple, Zeduary, and *Lignum Balsami*, of each halfe a dragme, Saf- fron one scruple, Cloues fine graines, Verueine halfe a drag. burnt Harts horne two scruples, red Saunders one scruple, red Corall and Sozrell seedes, of each halfe a drag. fine Bolus three ounces, *Species de gemmis frigidis* three drag. Camfere foure graines, make pilles hereof with si- rupe of Citrons, or with the iuice of Ribes.

Others that are good for the heart: Take Citron seedes two dragmes, Iacints, Smaragdes, *Doronicum*, and bones of a Stags hart, of each one scruple, Zeduary, wood of Paradise, of each two scruples, the rootes of fine-leaved grasse, or Cinquefoile, of each a quarter of an ounce: then make pills hereof with the sirupe of Citrons.

Of all these foresaid pills may be used which you please, and when you please, therewith to comfort the heart, and defend it from all ill ayze.

There are also diuers Confections prepared for preseruatiues, that you may vse in stead of pills, to wit, morning and euening, wherby nature is ayded, thereby the better to withstand the pestilent ayze.

For these, take *Terra sigillata*, white *Diptamus*, fine Bolus, Myrthe, Wormwood, Rue, Sca- bious, Impernell, Sozrell, and Zeduary, of each a dragme, Aristology, Tormentill, and Bay- berries, of each a dragm and a halfe, fine or fire kernels of Walnuts, ten or twelue new Figges, Bithydate and Treacle, of each an ounce, Saffron and Camfer, of each a scruple, Unicomes

borne, prepared Pearles, bones of a Stags hart, burnt Harts horn, and Smaragds, of each one dragma and a halfe, péeled seeds of Citrons halfe an ounce, Mace one dragma: powne all that is to be pownded, and then temper all together with sirupe of Citrons to the consistence of a confection. This Confection killeth all venime of the plague, and p̄serueth men very maruellously from her infections, if they take thereof in the morning and evening, to wit, in winter time with a draught of Palmsey, and in Summer with Rose water. But if you haue not these confections, then vse that of Puts and Rue, that herebefoze is described in the 11. §.

Another confection that is most excellent: take Juniper berries, Cloues, Elecampane rootes, and Nutmegs, of each one dragma, Aristology and Gentian, of each thre quarters of an ounce, Purslaine and Sozrell seeds, *Doronicum*, red and white Behen, *Spodium de Canna*, bones of a Stags hart, Paradise wood, red & white Corall, shavings of Iuoy, Bayberries, Bastick, and Rue, of each two scrup. Figs, Raisins, and Dates, of each one ounce, Saffron two scruples, Cinnamon and Licorice, of each halfe an ounce, Tormentill and rootes of Abense of each thre dragms, white *Diptamus* Almonds, Pingles, péeled Melon seede, Gourd seeds, Citrull seeds, and péeled Cucumber seeds, of each one ounce prepared, *Agaricus* thre quarters of an ounce, the roote of *Peucedanus*, *Terra sigillata*, terra *S. Pauli*, and fine Bolus, of each two drag. Hony, and Zeduary, of each one dragma, Camfer halfe a dragma, *Species Diatriasantalum*, and *Diar-rhodon*, of each two dragmes, Citron peels, Smaragdes, of each a dragma, *Muscus* a scruple, Treacle, *Diatessaron*, and *Muhradatun*, of each an ounce; powne all that is to be pownded, and hereof make a Confection with sirupe of Citrons. Item, take conferue of Roses, of Violets, of Burrage and of Buglosse, of each halfe an ounce, Smaragde, Iacint, and Pearles, of each one dragma, bones of a Stags hart, filed Gold, Citron seeds, fine Bolus, and sealed Earth, of each halfe a dragma; powne all that is to be pownded, and then make thereof a confection with sirupe of Citrons.

Another: Take conferue of Roses, of Buglosse, of each an ounce and a half, *Doronicum*, bones of a Stags hart, Iacints, Smaragdes, Saphirs, of each halfe a scruple, yellow Saunders, Cinquefoile and Paradise wood, of each thre dragmes, Sugar one ounce, wine of Granado, and sirupe of Limons, of each halfe an ounce, ten oz twelve gold leaues, then mingle all together to the consistence of a confection.

Another that is very good and approued: Take Conferue of Roses, of Buglosse, and of Burrage, of each sixe ounces, *Doronicum*, Zeduary, Basil seed, Mace, Saffron, and *Adiantum*, of each one dragma, bones of a Stags hart, Iacints, Smaragdes, and Saphirs, of each a scruple, Pearles one drag. sixe leaues of beaten gold, sirupe of Apples, and of Citron peels, of each two ounces, Violet water thre quarters of an ounce, white Sugar foure ounces; seeth the sirup and Sugar with water enough, till it be as thicke as Hony, and afterwards temper the spices therewith: then beate it well together, and put thereto Rubarb one quarter of an ounce, that hath bene steeped foure and twenty houres in Palmsey: Lastly adde thereto Muske and Amber, of each foure greines: this being done, mingle them all together, and keepe it safe (being well stopp'd in a glasse.

Item, take Pithydate and Treacle (that at the least is ten yeares old) of each halfe an ounce Citron seede, and fine Bolus of each halfe a dragma, Rosewater, (with the which *Muscus* is dissolued) as much as is needfull for a confection: hereof may you vse euery day one dragma.

All that are sound and whole, as also those that are infected, may vse the waight of a quarter of an ounce of this confection following, morning & evening, without any daunger: Take Iacints, Granadoes, Smaragds, Saphirs, Pearles, bones of a Stags hart, & Paradise wood, of each halfe a dragma, red and white Saunders, red and white Corall, burnt Iuoy, Tormentill, fine Bolus, *Terra sigillata*, Camfer & small filed gold, of each one scruple; beate them all together very small and then take Sugar sixe ounces, that is sodden with Rose water to a sirupe: then temper it so thicke as you will haue it, with sirupe of Citrons. Men may vse also otherwhyles in stead of this confection, two oz thre dayes together of this drinke following which also is a wonderfull p̄seruatiue against the plague, and may be vsed as well of young as of old folke, yea also of young childzen, and women with child: Take fine Bolus a dragma, and a half, beate it to fine powder, and drinke it with white wine and Rosewater, very warme in the morning: & eight daies after you must take a dragma of Treacle oz Pithydate, in the winter with wine, and in the summer with Rosewater.

These

These foresaid medicines are not onely good against the plague to come, but also against that that hath already infected.

And soasmuch as those foresaid confections are made of many costly things, that may be too deare for the common people: for this cause haue we of purpose described the confection of Putts and Rue, which they may vse in stead of these. Take the kernels of Putts, Rue and Juniper leaues, of each a like quantity; powne them all well together, and with Vineger make thereof a confection, whereof euery morning you may take the bignesse of a Putmeg.

In like manner may one also prepare this following: take eight and twenty or thirty Put kernels, and forty or two and forty Figs, Wormwood, Rue, Scabious, and Sorrell, of each half a lb. Aristologie two dragmes and a halfe, Tormentill, Pimpernell, and white *Diptamus*, of each one dragme, fine Bolus halfe a dragme, red and white Corall, Sorrell seedes, of each halfe a dragme, Citron seedes one dragme, Juniper berries three dragmes, chop and stampe all that must be stampd, and hereof with clarified Honie make a confection: hereof may one take at one time the bignesse of a Walnut.

Also make another, which is called the confection of Juniper berries, as followeth: Take Put kernels, Juniper berries, of each two ounces, beate them well together, put thereto foure ounces of clarified Honie, and temper with it, Cinnaom, Ginger, Mace, and Cloues, of each a dragme, white *Diptamus*, Tormentill, Zeduarie, Citron peeles, Rue, *Carduus Benedictus*, and saint Iohns wood, of each a quarter of an ounce, Cardamome, Paradise wood, blacke Coriander, *Angelica*, white and red Behen, fine Bolus, and sealed earth, of each a drag. then mingle them all together. If the quantity of Put kernels, Juniper berries, and Honie be too little, then may you take twice so much. And for the common sort it is also excellent good, that euery morning he doe take eight or ten Juniper berries that haue bene steeped in Vineger.

Now follow certaine powders that preserve men from the Plague: but (as hath bene said before) great regard is to be taken in time of the plague, that the heart may be defended from all pestilent infections as much as is possible. To this end are all the bouesaid medicines, also many powders, confections, cordiall waters, and other such like, as hereafter follow prescribed: Take Rubies, Granats, Iacints, Smargdes, and Saphires, of each halfe an ounce, white and red Corall, and shavings of Iuorie, of each three quarters of an ounce, shauen Harts horne, and Sorrell seedes, of each halfe an ounce, prepared Pearles a quarter of an ounce, Saffron ten greines, beaten gold foure leaues; mingle them all together.

Item, take prepared Rubies, Saphires, Iacints, Emrodes, and Pearles, of each halfe a dragme, red Corall, burnt Iuorie, shauen Iuorie, Unicorne horn, *Diptamus*, Zeduarie, Cinnaom, and Tormentill, of each two scruples, *Doronicum*, Aristologie, red, white, and yelloe Saunders, Citron peeles, and Sorrell seeds, of each halfe a dragme, Saffron, two scrup. white Amber one scruple, red and white Behen, of each two scruples and a halfe, Sugar fixe ounces and a halfe: mingle them all together, and then take halfe an ounce thereof euery time.

These following doe the Apothecaries call *Species liberantes*, that are very much esteemed, and much used at *Ausburg*, by reason they defend the heart and all inward parts very maruellously against all venimous ayre; they are made in this manner: Take prepared Bolus and sealed Earth, of each three quarters of an ounce, Tormentill, Sorrell seede, seede of Endiue, peled seedes of Citron, and prepared Coriander, of each three dragmes, red, white, and yelloe Saunders, prepared Pearles, red and white Corall, yelloe Amber, shauen Iuorie, bones of a Stagges hart (that hath bene steeped a while in Rosewater) red and white Behen, *Doronicum*, Cardamome, Mace, Paradise wood, Cinnaom, Saffron, Zeduarie, and Cassie wood, of each a dragme, Emrodes, Saphires, Granates, and silke Wormes nests (chopped as small as may be) of each a scruple, Camfer foure greines, Muske and Amber, of each fixe greines, Sugar candie, and Sugar pennets, of each a quarter of an ounce: beate all very small, and mingle it together: ye shall giue one dragme of this powder in the Winter with Wine, and in Summer with Sorrell water.

The Emperours powder against the Plague: Take Pimpernell, Gentian, Tormentill, Dragon, Rue, Wormwood, Put kernels, prepared Granats, and Juniper berries, of each a like much; make them into powder, and vse it vpon a tosted peece of bread. If you will make a confection of this powder, then put thereto Rose Vineger, and Treacle, as much as shall suffice.

Another

Another powder: Take fine prepared Bolus one ounce and a halfe, Cinnamom one ounce, Tozmentill, and white *Diptamus*, of each halfe an ounce, Pimpernell, *Angelica*, and Gentian, of each a quarter of an ounce, prepared Coziander thre dragmes, Saffron, Sealed earth, Citron peeles, red and white Behen, red Cozall, yellow Saunders, Shauen Iuozy, & prepared Pearles, of each a quarter of an ounce, burnt Iuozy, Paradise wood, and bones of a Stags hart, of each two scruples, Granates, Saphires, Iacints, Emrods, and Rubies, of each halfe a dragme, Spike of Indie thre greines, Amber fire greines, Muske two greines, Camfere fire greines, Sugar as much as all the rest doe weigh: temper them well together and make them into a subtil powder, and vse it as befoze.

Another like vnto this: Take fine Bolus very small beaten two ounces, Tozmentill, *Doronicum*, *Diptamus*, and red Saunders, of each one dragme, Shauen Iuozy, burnt Iuozy, and Citron peeles, of each halfe a drag. Pearles two scruples, Rubies, Emrods, Granates, Saphires, and Iacints, of each one scruple, bone of a Stags hart a dragme, Unicornes horne halfe a scruple: temper them together and giue halfe a dragme hereof at once. You may if you will put Sugar vnto it.

Item: Take Citron seedes, and Sozrell seedes, of each two dragmes, *Diptamus*, Gentian, and Tozmentil, of each two dragms and a halfe, fine Bolus, and Cinnamom, of each one ounce, Pearles, Saphires, and bones of a Stags hart, of each one dragme, red, white, and yellow Sanders, and small Basill seedes, of each a dragme and a halfe, make powder thereof. But if you will make a confection of it, then take an ounce and a halfe of the foresaid powder, and twelue ounces of Sugar: and when you haue taken of it, then drinke a draught of Sozrell water after it.

Montagnana writeth, that he neuer saw any that haue dyed of the plague, which diligently vsed this medicine.

Of all these foresaid powders may also *Mannus Christi*, or Sugar cakes be made. The common custome is to take one ounce and a halfe of powder, and twelue ounces of Sugar.

When the Arch Duke *Maximilian* that now is Emperoz of Rome, tooke his iourney into Spain, then was this powder following ordained for him as a pseruatiue against all bad aire: take Zeduarie, Cloues, Putmegs, Myztle kernels, Cinnamom, and Ginger, of each a quarter of an ounce, Gentian, *Diptamus*, Tozmentill, Elecampane roots, and Aristologie, of each a drag. and a halfe, Putmegs, Sage, Rue, Balme, Pionie seedes, Citron seedes, Sozrell seeds, Basill seedes, Bayberries, Pasticke, *Doronicum*, Frankinsence, fine Bolus, sealed earth, and burnt Iuozy, of each halfe a drag. bones of a Stags hart, red Cozall, and Pearles, of each one scruple, conserve of Buglosse, and of Burrage, of each halfe an ounce, Rosewater and Scabious water, of each thre ounces; then mire with them ten greines of Camfere, and boyle them with eight and twenty ounces of white Sugar to the consistence of a confection: and when the same beginneth to be cold, then temper the species with it, and so make *Mannus Christi* of it.

These Sugar cakes following are very common at *Heydelborough* in high Germanie: Take *Species Diamargariton* a quarter of an ounce, *Liberantes* foure scruples, Zeduarie, and Citron peeles, of each one dragme, *Doronicum*, *Angelica*, and Pimpernell, of each halfe a dragme, Couchenele two scruples, Cinnamom a dragme and a halfe, Cloues one dragme, Unicornes horne halfe a dragme, Smaragdes tenne greines, Muscus two greines, beaten Gold thre leaues, white Sugar nine ounces: dissolue the Sugar in water wherein red crimson silke is sodden, and make hereof *Mannus Christi*.

This following doe the Physicians call *Alexipharmacum*, that is, such a medicine that can expell all manner of venim, and whatsoever else is hurtfull to the body: Take Sallad oyle of one hundred yeares old or moze, & if you cannot get such oyle, then boyle it vntill it wareth eager and sharpe, thirtie ounces, Turpentine 3. ounces, *Euphorbium*, and *Beuercod*, of each halfe a drag. dew or raine Moynes (washed in Wine) halfe an ounce: afterwards put therein eightie or ninetie Scorpions, and in the Dog daies take the Adder that is called *Vipera* cut in peeces, and let the oyle seeth in boyling water the space of foure houres, afterwards set it ten daies in the hot sunne. This being all done, adde to it Zeduarie, Gentian, Tozmentill, white *Diptamus*, Aristologie, and Rubarbe, of each halfe an ounce, Hollihocke leaues, Saint Johns wood, Danel weede, and Rosemarie, of each halfe a handfull, Treacle and Mithridate, of each halfe an ounce, then powne all that is to be powned, and temper them together; & then being close stoppt, bury it

it in horse dung for the space of thre moneths. Lastly, presse it through a strong strainer, and al that you can get out shall you reserve in a peller bottell.

This medicine must be used in manner as followeth: to wit, that you take it cold, and not warme. It sufficeth also to annoint the heart, the pulses, and the temples of the head but thrice a day, leaving two houres onely betwene every inunction.

At Pisa is a custome that the Magistrates every yeare give to the Uniuersitie two prisoners that haue deserued death for to anatomize, which is a good meanes to prooue this medicine. When as they giue vnto one of these prisoners one scruple of Kats bane, and eight houres before his death annoint him with this salve as is aforesaid; then finde they indeed that such men might afterwards liue five daies longer. These foresaid receipts haue bene of others described but falsly.

This mixture following is highly commended to annoint withall: Take Amber halfe a dragme, Annis seede halfe a scruple, Paradise wood, *Laudanum*, red and white Behen, of each a quarter of an ounce, Mace, and Citron peeles, of each two dragmes and a half, Nutmegs, white Corall, red and white Saunders, of each one dragme, beaten Gold six leaues, Basil water, water of Saffron flowers, and Rosewater wherein Muske is dissolved, of each five ounces, Vineger two spoonfulls, Malinsy two ounces; temper them well together a great while, and annoint oftentimes the pulses therewith, the temples of the head and the face, and reserve it being stoppt very close.

In Saxonie they haue a salt of Wormewood, called *Sal Absynthii*, which will free and defend men from the plague without any further care.

We will also here describe certaine drinks against the plague: First, it is not unknowne what power there is in the compounded *Aqua vite* against the plague, and against all venimes, as is sufficiently rehearsed in the eight part.

An approued water: Take Tormentill, Valerian, Pimpernell, Dragon, *Diptamus*, Sealed earth, fine Bolus, dry Vineger dregs, and long Pepper, of each halfe an ounce, Saffron a drag. Amber halfe a drag. Treacle one ounce, *Nux vomica*, and *Cardus Benedictus*, of each thre quarters of an ounce; powen them all small together, and powze as much thin white wine vpon them as you please; let it so stand foure daies, and of this drinke a spoonfull at once, sweate vpon it, and fast five houres after it.

For the common people you may prepare this following: Take Valerian, the roots of great Burres, *Bardana*, *Diptamus* of Candy, Gentian, *Bistorta*, Tormentill, and Pimpernell, of each a like much: beate all together grossly, and powze *Aqua vite* vpon it as much as will couer it; insolate it foureteene daies long, stirring it about euery day. This being done, then must you not take aboue a spoonfull of it at once. Also you may distill it, and vse it by it selfe: but by my counsell this should not be used in Summer.

This drinke following hath bene approued of many thousands: Take in May the rootes of great Burs, called *Bardana* sixteene ounces, of the middle rind of the Ash tre two lb. chop it small together and distill it: giue of this water to drinke thre or foure ounces, to wit, when hee is thought to be infected of the plague: it is also wonderfull good against all biting of madde Dogges.

Another: Take Rue, Wormewood, Roses, and Juniper berries, of each a handfull, twenty or twenty five kernels of Nuts; stamp these all together to pap, powze wine and vineger thereon of each one pinte and stop it tight: then let it seeth in *Balneo* foure and twenty houres: this being done, then straine it, and of this giue euery morning fasting two spoonfulls to drinke. Item, take fiftene or sixteene heads of Lokes, pee off the vppermost shales, and stampe them small, and afterwards mire thin white wine with them, and vineger of Rue, of each a good pint or a pint and a halfe, and good Treacle one ounce, and keepe it close stoppt in a glosse. And when you will vse it, then giue thereof a spoonfull or twaine to drinke in the morning betimes. It driueth out sweate, and expelleth venimous ayze. This sirope following is highly commended: Take Citron peeles, rootes of Capers, Verueine, red Saunders, and burnt Asorie, of each a quarter of an ounce, Cloues, Buglosse, Balme, Burrage, Calmus, of each halfe an ounce, Sorrell, Lauerwoort, & Mallowes, of each thre drag. Cicozy seeds, Melon seeds, seeds of Pompeons, Gourds, of Cucumbers, and Violets, of each 2. ounces, *Thymus*, *Epithymus*, of Polypodie, *Mirobalani Chebuli*, and yellow Mirobalanes, of each one ounce, *Agaricus* and Rubarb, of each halfe an

an ounce, the iuice of *Fumitorie*, of *Wormewood*, of *Daneweede*, and of broad *Plantaine*, of each five ounces, the iuice of *Quinces* eightene ounces, *Diagridum* a quarter of an ounce, white *Sugar* twenty foure ounces; make hereof a sirupe: and when it is almost sufficiently decocted, then powde thereunto foure ounces of the iuice of *Quinces*, and then let it boile till his consistence. This sirupe is maruellous good in the time of the plague; for it drieth the body moderately, and cleanseth also the same of all superfluous humors: it strengtheneth the heart, the liuer, and also the inward parts: you may take of it one ounce and a halfe, or two ounces euery weeke with the water of *Buglosse*, early in the morning, and then to sleepe thereupon a while, or at the least to lie still an houre after it.

Hitherto haue we described many medicines, whereby the healthie (in time of the plague) may be preserved. All these things must be vsed in good order, like as these medicines following also, to wit, that you vse sometime the one, and sometime the other, and not alwayes one, and the selfe same, that nature not accustome her selfe to it, and in the end doe thinke the remedie to be rather a foode than a medicine, so that it by that meanes cannot haue her operation.

The sixteenth Chapter.

When any are infected with the Plague.

NOW this Chapter shall onely intreate of those that are already infected with the Plague, be it by what meanes soeuer they haue first gotten the same; as with Agues, Swellings, plague soze, or such like.

Of the Ague in the Plague. §. 1.

THE Plague commonly commeth alwayes first with an Ague, whereupon presently followeth the Tokens or Carbuncles.

Of the causes of these twaine hath bene spoken befoze; whereby it hath also bene said, that in the time of heate, as in the Dogge dayes (when the heate of man is drawne inward) that the heart as then is inflamed through an vnnaturall manner of heate: then also the outward ayre (wherein wee continually abide) increaseth the heate, and the heart is so set on fire, that the heate spreadeth ouer the whole bodie, and thereby quickly causeth a pestilent Ague, especially if there be such humors in the bodie that are subiect to inflammation, but if the body be not thereto inclined, then can there be no cause (how violent soeuer it be) of such infection.

Of the signes whereby this sicknes is knowne. §. 2.

EVEN as all other sicknesses haue their certaine signes, whereby they are knowne, so is it with this venimous ague, which manifesteth her selfe with seuen kinds of accidents: whereof the first is, an vnnaturall cold and shaking; whereupon straight way followeth a great heate; albeit the same oftentimes altereth, so that sometime first the heate and afterwards the cold insueth. Secondly, let this happen howsoever it will, there followeth alwayes after it a great and intollerable thirst. Thirdly, bitterness and vnsauoriness of the mouth. Fourthly, losse of appetite. Fiftly, heaviness of all parts of the body, with wearisomnesse and sleepe. Sixtly, a binding of the body and the going to the stoole by constraint, and with great stench: the vyne also commeth with a great quantitie and stinketh much: lastly, bereauing of sleepe. And albeit these foresaid signes manifest sufficiently the violence that nature suffereth, it is to be wondered at neuerthelesse that at the first neither by the nature and qualitie of the ague, nor by the pulse, nor by the vyne this infection is to be discerned, for it often hapneth that the vyne of all men so infected is very like the vyne of the sound, and that the heate is also much slower and obscurer than that of any other agues, and the pulse also quiet and scant to be felt.

Now when all these signes or any of them shall appeare, or that there be a plague soze, or other signes moe, then all auncient and later Physicians conclude with one consent, that there is

is nothing moze profitable and requisite than that the patient do sweate well, and be delt with all, as hereafter followeth.

By what meanes the patient is prouoked to sleepe. §. 3.



First, they ordaine these confectiōs following, whereof shall be taken the quantity of a hasell nut: Take one ounce of Treacle, Pimpernell, Gentian, Bistorta, Clozimentill, Sage, Rue, Wormelwood, Juniper berries, and Nut kernels, of each one dragme, stampe them all together, and then with Vineger make it into a confectiō. Or vse this confectiō following, called *Bezomartica*, one dragme, warmed in Rozell water, or in water of *Carduus Benedictus*, at what time soeuer you will, and then couer him very well, and let him sweat thre or foure houres (if he be able,) for the moze he sweateth, the better hope is there of his recouery. But if the patient be vnder the age of twelue yeares, yet aboue five yeares, then must you giue him halfe a dragme, and further deale as is aboue said. It is also needfull, if the patient may abide it, that he sweate morning and euening, this confectiō is made as followeth: Take of the best Treacle and Pithridate, of each halfe an ounce, Pimpernell and Angelica, of each ten greines, Cardamome five greines, Camfer thre greines, Cinnamon ten greines, put them all together. But if you haue none of this confectiō at hand, then a dragme of Treacle or Pithridate with any of the foresaid waters, or take of the golden Egge, which is described after two manner of waies, as followeth:

Take a new laid Henne egge, and make a little hole in the top that the white may issue out, and the yolke carrie within, then fill it vp with good powdered Saffron, and shut too the hole on the top againe with the white of the egge and egshell, then rost it by a milde fire so long as the shell will hold, and that it be all cleane browne. This being done, take off the shell, and powne the inner part very small, then mingle it with white Mustard seedes, *Diptamus*, and Clozimentil, of each a quarter of an ounce, *Nux vomica* a dragme: lastly, adde good Treacle to it in waight as heauy as all the rest, then temper it all together two or thre houres together, and make hereof a hard confectiō, which men call the golden Egge, and will remaine good twenty or thirtie yeares.

The golden Egge.

The second: Take all that is befoze rehearsed except the quantitie of the Treacle, and put thereto Angelica, Pimpernell, Zeduarie, Camfere, and good Treacle, of each as much as of the other, and that in waight: but I thinke that there is too much Camfer, and too little Treacle.

Whereas it is not a little anailable to know how this confectiō is to be vled, therfore you shall vnderstand, that whensoever this sicknesse first beginneth with cold, then must you (if it be a man) befoze that twelue houres be past, giue to him the weight of a duckat, to a woman as much as a Khenish gildern wayeth, and a child or a boy half as much, with a smal wine. But if this sicknesse taketh one with heate, then take in the place of wine water of Cicoze, or if you cannot get it, then take halfe wine halfe vineger, and sweate vpon it. This confectiō may be vled at all times against all bad humors and venime, yet then must the *Nux vomica* be left out.

In the fift part, the twelfth Chapter 1. §. is likewise shewed how to prouoke sweate. The auncient Phisitions accustomed to vse this powder following for to cause sweate: Take Valerian rootes thre quarters of an ounce, Gentian, white *Diptamus*, and drye Rue, of each one ounce, good Saffron one dragme, red Corall, and Hare, of each a dragme and a halfe, temper it, and powne it all together, and giue one dragme thereof with a draught of wine.

A marvellous oyle for to procure sweate: Take a glasse bottell as bigge as you will, fill the same halfe full of Elder flowres, & put thereon the third part of Hollibock flowres, or flowres of *Ebulus*, & againe thereupon a third part of the flowres of S. Johns woodt, so that with these thre things the glasse be full: this being done, powre thereon old Sallad oyle (the older the better) and at last stop it very close, & so let it stand al the Sommer a sunning, with this oyle must you rub the body very warme thre or foure times a day. It hath bene approued, that this oyle throught the abundant sweate that it prouoketh, expelleth all contagion of the Plague.

Here follow now Diaphoreticall potions: Take Rue, Wormelwood, and the vppermost tops of the Blacke berries, of each a handfull, Celendine a handfull and a halfe: powre thereon a pint

pint of Vineger, afterwards stop the pot very close that there come out no vapoꝝ, and then let the third part seeth away; then straine it out, and keepe it close stopt, and when any are infected with the Plague, or in any wise poysoned, then giue him of this drinke, to wit, two or thre ounces, and let him sweate after it, and not sleepe at all.

The water of *Geranium* is also very good against all venime, and therefore good to be vsed in time of the Plague, whether there appeare any swelling or any other accidents or not.

Some also commend this composition following to be an especiall remedie, and it is indeed not to be disdained. Take a great Onion, cut off the top, and make a hole therein, and then fill him with Treacle and the iuice of Rue and Vineger, of each one dragme, then close the top too againe with the peece which you clipt and cut off, and fasten it with two stiches, and winde it in wet towle: this being done, rost it in the hote ashes till it be very mellow, afterwards stamp it to pap, and then straine it through a cloth, and it will be a broth, then pꝛeserue this broth till time of neede. If one then be found that he be poysoned, then giue him a dragme therof, and hold tosted bread sprinkled with vineger before his nose that he cast it not by againe, and let him lye downe on the bed that he may sweate. But it is to be noted, that sleepe in sweating is forbidden and hurtfull, wherefoꝛe the patient shall not sleepe till the sweate be gone, that the venime hasten not towards the vitall parts, afterwards he may sleepe, that he ware not impotent and weake, yet he is otherwhiles to be awaked. And if the age or might of the patient will permit it, then ought he to be let blood, that the contagious matter which corrupteth the blood, and hurteth the principall parts, might be let out, and the inflammation lessened.

Herein doe many Phisitians and Barbers doo and erre very absurdly, which straight way as soon as they suppose it to be the Plague, not perceiuing any signe therof, begin their cure with lettling of blood. For albeit that it may not be delayed too long, yet ought it not rashly to be done by reason of the former causes.

When the patient thus sweateth, then must the same be wiped from his face with a cloth, and hold before his nose Rose Vineger, Rose water, and such like: also let the ayze of the chamber be cleansed and perfumed with fire or sprinkled with Vineger; but especially hede must be taken that the sweate strike not againe into the body. As he hath now sweat well and is wiped cleane, then must he be laid in another bed: for the exchange of beds is very good; for thereby they are the lesse infectious, which otherwise increaseth still moze and moze, and is moze hurtfull for the diseased person.

Some are of opinion that the patient should not take any thing within an houre after his sweate, that nature first might be able to indure and beare it the better.

Besides the ayzing and sprinkling of the chamber, it is good counsell for the rich, that there be a cloth wetted in Rosewater, and hanged in the night before the bed of the patient, and when it is drie that it be moistened againe.

How to comfort those that are infected with the Plague. §. 4.

As much as there are many causes in this sicknesse whereby the patient may be weakened, which the disease of it selfe bringeth with it, as great heate, much watching, thirst, pain, sweate, and such like things moe: wherefoꝛe good regard must be had how the heart might be comforted, and naturall strength be maintained: for the which this water following is ordained for the common sort of people, which not onely strengtheneth, but also driueth out the sweate: Take now distilled water of the kernels of Puts foure ounces, powdered Merueine one dragme, good Treacle, two scrup. Saffron seuen greines: then mingle it all together, and so giue it warme.

It profiteth much also that the patient alwayes haue in his hand odoriferous things, wherewith the heart, the braines, and all inward parts may be comforted; and the bad vapoꝝ taken away; for the which this Pomander following is very commodious.

Take red, white, and yellow Saunders, and Roses, of each one dragme, Saffron, and Campher, of each one scruple, Muske, and Amber, of each fiue greines; then make hereof a Pomander with Dragagant that is dissolved in Rosewater, and then binde it in red sarinet as is before mentioned.

Of these Pomanders, as well hote as cold of nature are herebefore diuers described, where we haue treated of the preservation of the healthy. And these sweating patients must not abstaine from meate, for that the emptinesse of the stomacke is very hurtfull for them; and what meate and drinke is good for them, that shall be shewed hereafter. If the sicke person be so weak and feeble that he may not be let blood nor purged, then giue vnto him this drinke following, that shall doe him good: Take white *Diptamus*, *Tormentill*, white *Cozall*, *Gentian*, fine *Bolus*, Sealed earth, and *Verueine*, of each one dragme, beate them all very small together, and take thereof one quarter of an ounce, good Treacle one dragme, iuyce of *Scabious* foure ounces, Vineger halfe an ounce. But if you cannot get the iuyce, then take the water of Nut kernels, and let him drinke it warme: yet in Winter giue him wine in stead of these waters. The next day giue to the patient fine *Bolus* tempered with as much conserue of *Roses*, and foure ounces of *Scabious* water after it. Sometimes also must the common pills be vsed.

There is also to be made this cordiall confection as followeth: Take prepared *Rubies*, *Jacincts*, *Granates*, *Smaragdes*, fine *Bolus*, *Pearles*, bones of *Stags hart*, fine filed *Gold*, and small filed *Unicoynes* horne, of each one scruple, raw silk that is cut very small, *Roses*, *Amber*, *Citron peeles*, and *Shauen Iuoy*, of each halfe a dragme, white *Sugar* dissolued in the iuyce of *Limons* as much as you please, seeth the same as thicke as *Hony*, and mingle the rest amongst it to a confection. Giue this to the patient two or thre dragmes with fresh broth, for it strengtheneth maruellous much all the vitall parts, it resisteth all vapours, and breaketh the force of the *Ague*.

In like manner there are cordiall waters to be outwardly applyed, wherof some shall bee shewed hereafter.

Take *Rosewater* sixteene ounces, water of *Endiue*, *Buglosse*, *Nightshade*, *Baulme*, and of *Soyrell*, of each eight ounces, Vineger, and good white Wine, of each thre ounces, red, white, and yellow *Saunders*, of each one quarter of an ounce, *Cozall*, and *Roses*, of each one dragme, burnt *Iuoye*, *Saffron* and *Camfere*, of each halfe a dragme, then mingle them all together, and so wetting in it a double cloth, lay it ouer the heart.

Or take water of *Buglosse*, and of *Soyrell*, of each thre ounces, water of *Willow leaues*, *Roses*, *Mozmelwood*, *Grasse*, *Baulme*, and of the wilde *Wine leaues*, of each two ounces, *Spec. Cordialium temperatarum* a dragme and a halfe, *Saffron* eight greines, *Pyrrhe*, *Diptamus*, *Gentian*, *Paradise wood*, yellow *Saunders*, *Basill seed*, red and white *Behen*, *Jacincts*, and *Smaragdes*, of each halfe a scruple, iuyce of *Limons* thre ounces, Vineger one ounce, *Palmsley* five ounces, put them all together.

Item, take the water of *Buglosse*, of *Scabious*, *Violets*, and of *Burrage*, of each six ounces, *Rosewater* wherein *Musk* is dissolued eight ounces, *Specierum Cordialium* one ounce and a half, *Camfere* halfe a scruple, white *Cozall* foure scruples, prepared *Pearles* a dragme and a halfe, beaten *Gold* eight leaues, *Palmsley* foure ounces.

Note that you must temper the water and the *Palmsley* together: and when you haue taken twelue ounces of the same, then must you take a dragme of this powder and mixe it with it, and vse it as is before rehearsed.

Another: Take *Soyrell water*, and *Cardus Benedictus* water foure ounces, Vineger of *Gilliflowers* one ounce, *Species de gemmis frigidis* a quarter of an ounce, *Saffron* two greins, *Camfere* five greines, *Palmsley* halfe an ounce, temper them all together.

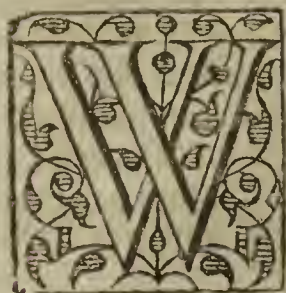
When as these cordiall waters are laid on the heart, then may you annoint the sicke bodie left breast pap with this salve following: Take one ounce of the best Treacle, iuyce of *Limons*, and of Vineger, of each halfe an ounce, *Saffron* and *Camfere*, of each one scruple; then mingle them together, and spread it on a cloth or on a red crimison clout.

This following is stronger: Take good Treacle two ounces, *Rubarbe*, and *Carlina*, of each one drag. and a halfe, old oyle of *Olive* twelue ounces, forty or 45. *Scorpions*: powne all that is to be pownded, and then let it seeth in water in a pot alone five or six houres long: afterwards straine it through a cloth, and first annoint the heart, the pulses, and the temples of the head. Afterwards he must be annointed vpon all outward signes or sores of the *Plague*, and at the last round about the necke: and this annointing must be done once euery six houres verie warme: the chamber must also be kept and continually sprinkled.

We haue also made mention here before in the sixt part, the second chapter, and tenth §. and shortly

shortly after in the Ague *Hectica*, of many things wherewith sick folkes are to be comforted and reuiued.

What is to be done after sweating. §. 5.



When as the patient hath sweat, is wiped, and laid in fresh bedding, then doe some counsel to giue him out of hand one dragme of fine Bolus, to wit, with Rose water if a great heate be adioyned, or with wine if without heat, and that not at one time onely, but euery day: but it importeth very much whether you haue the right fine and orient Bolus or not, for there are many kinds of earths vsed in stead of it.

Further, let him take immediatly after his sweating, to wit, three mornings (one after another) of these sirupes following, for the cooling of these hot agues, to warme the same first in hot water, and in case that he afterwards feele a sweating againe, then let him forthwith continue in his sweate if he can abide it.

Take sirupes of Limons one ounce, sirupe of Citrons halfe an ounce, water of *Carduus Benedictus*, of *Sorrell*, and of *Burrage*, of each one ounce, mixe them all together for a potion.

And if so be that after the vse of these three potions the patient should be purged (which in this ague is seldome needfull) then must it be done with this following:

Take of the common plague pills ten greines lesse than a dragme, and ten greines of *Agaricus*, *Kubarbe* one scruple, then make hereof small pills, and giue them all to the patient at one time.

Another regiment when any one is infected with the Plague. §. 6.

First, these pills following are to be giuen to the patient in the morning betimes: Take of the common plague pills a dragme and a halfe, that are formed with sirupe of Citrons, and then let the patient (if the infirmity may beare it) sleepe afterwards a little: the next day after shall he three or foure daies after other alwaies in the morning betimes, take a dragme and a halfe of fine Bolus powdered either with wine or with Rose water, as the time of the yeare requireth. This is a maruellous good medicine and without all danger, but onely that it somewhat bindeth the bodie, which may be pzenented with milde Clisters, which must be made of oyle onely.

It is not amisse for this intent to vse these confectiōs following euery other day, which strengthen the body, and make it sound: Take good Treacle one dragme, prepared Smaragdes seven greines, then mingle it with wine, and so giue it him.

But if the party can hardly take this, then let him vse one of these Sugar plates following: Take Iacints, Granats, Rubies, Smaragdes, Saphires, and bones of the Stags hart, of each one dragme, red and white Saunders, and red Corall, of each one scruple, burnt Iuorie, fine Bolus, prepared Pearles, Sealed earth, and Unicornes horne, of each foure scruples, field gold one dragme, Sugar sod in Rose water sixtē ounces, make it vp into *Manus Christi*, or Sugar plates, and take two or three dragmes of them at once.

As soone as the patient feleth himselfe infected, let him presently take this potion following, and if he vomit not the same vp againe, but sweateth after it, then it is a good signe of amendment, and a manifest token of health.

Take white *Diptamus*, *Tozmentill*, white Corall, Gentian, fine Bolus, Sealed earth, and burnt Harts horne, of each one dragme, Smaragdes, Camfer, and prepared Pearles, of each halfe a dragme, Myrthe, Saffron, and Citron seeds, of each one scruple: beat them very smal, and take of it a quarter of an ounce, Treacle a dragme and a halfe, *Sorrell* water, and good white Wine, of each one ounce and a halfe, mixe them for a potion, and giue it to the patient warne lying in his bed, that hee may sweate well, and that as long as he may suffer it: afterwards wipe him well, and lay him in another bed. But if the time of the yeare be cold, and the Ague not very hote, then may you put the more wine to the foresaid potion: and contrariwise, if it be hote weather, and the Ague hote also, then let *Sorrell* water be mingled therewith.

But speciall care must bee had that the patient cast not vp the potion againe, for the which it

It is good, that there be a great cup vnder his stomacke, without opening the skin, and some good sauer be holden before his nose, his hands dipt in cold water, or smell to toasted bread that is moistned with Vineger, and such like things mo.

Some forbid that men in sweating shall neither eate or drinke, which were somewhat indeed if the patient be strong enough: but when he is feeble, then haue you for this a good direction before.

How to purge those that are infected with
the Plague. §. 7.

In the end of the foresaid fifth §. we haue declared, that purging for this sickness is not greatly commended: neuertheless if great need require, then is there nothing more fit than the common plague pills, with somewhat tempered therewith. This potion following may also be given him with all safety, for that it doth cleanse the blood of all superfluities: Take of the confection on *Triphera Persica* and *Manna*, of each three quarters of an ounce, *Rubarbe* one dragma, then mingle them together in foure ounces of *Sorrell water*. Or take *Cassie* and *sowre Dates*, of each three quarters of an ounce, Confection of the iuice of *Roses* one dragma, then temper them together with *Sorrell water*.

Item, take *Triphera Persica* halfe an ounce, prepared *Agaricke* and *Rubarbe*, of each one dragma, and mingle them as before.

Another. Take the confection *Niasena* and *Triphera Persica* of each three dragmes, *Confectionis Hamech* a quarter of an ounce, *de succo Rosarum* halfe a dragma, mingle them with the decoction of fruits, or with *Buglosse water*.

But if the patient be so feeble that you dare not give him a purging medicine, then let him haue a Clister of fresh broth or herbs, with *Cassy*, the yolk of an *Eg*, course *Sugar*, oyle of *Violets* and salt. For all such diseases are the Conserue of *Burrage* and *Buglosse* very commodious, euen as they are also for all pestilent Agues, for they are both very comfortable; they reuiue the heart, resist venime, take away all weaknesse, make men glad, and cleanse the blood.

We haue before in the fourth §. written of other things mo that also do comfort the patient. This shall suffice that we haue spoken of the beginning of the Plague: we will now proceede and make mention of other accidents of these diseases, and teach their due remedies.

Of the vnnaturall heate in the Plague. §. 8.

Amongst the other seven accidents of this contagion (that we haue heretofore spoken of, and are alwaies permanent with the pestilent Agues) there is commonly great headach adioyned. Now to strengthen the head and braines, haue we set downe many goodly instructions and directions, in the first part, the first chapt. §. 2. and also afterwards in the headach of heate.

This potion following may you vse for the same: Take *Tormentill*, burnt *Harts horne*, red *Cozall*, and fine *Bolus*, of each one dragma, prepared *Pearles* halfe a dragma, *Camier* foure graines, beate them altogether to powder, and then giue thereof the waight of a dragma, tempered with *Sorrell water*. For this also serueth this Iulep following: take the iuice of *Balme*, of *Burrage*, *Buglosse*, *Sorrell* and of *Cicozie*, of each one ounce and a halfe, *Rosewater* and white *Vineger*, of each three quarters of an ounce, the iuice of *Citrons* or *Lemons* halfe an ounce, *Sugar* as much as you please: seeth the sugar to a sirupe, and when you will vse the same, temper it with *Barly water* vnto a Iulep. Or take Conserue of *Roses* foure ounces, conserue of *Buglosse* two ounces, *Species Triasantal* one ounce and a halfe, burnt *Iuozie*, *Sorrel*, *Melon seedes*, peeled *Gourd seedes*, *Citron seedes* and *Cucumber seedes* peeled, and chopt small of each one ounce and a halfe, *Sugar* one ounce, *Pearles* foure scruples, and fire leanes of beaten gold: then temper them well together for a confection: hereof may the patient vse as often as he will.

For this also is good the Conserues of *Burrage* and *Buglosse*, of *water Villies*, of the iuice of *Oranges*, and all that therewith may be made.

Of the vnſatiabſe and great thirſt. §. 9.

The ſecond accident of theſe peſtilent Agues is thirſt, that by little & little getteth the upper hand, ſo that the diſeaſed falling into a frenzie therebꝝ ſeeketh to leape into the water, or into welſ, thererebꝝ to coole themſelues, and quench their thirſt.

To coole the ſame, and to allay it, you may uſe this Iulep following: Take water of Sorrell, of Scabious, of water Lillies, and of Endiue, of each ſixe ounces, Branado wine ſoure ounces, Vineger two ounces, the iuice of Limons two ounces and a halfe, white Sugar as much as you will; ſet it for a Iulep, and then let the patient drinke hereof as much as he thinketh good. Another: Take Bugloſſe water, and of Sorrell, of each ſixe ounces, water of Cicoꝝ, Endiue, and Willow leaues, of each ſoure ounces, ſirupe of Citrons two ounces, ſirupe of Vineger, and of Oxysacchara, of each one ounce, Branado wine eight ounces: let them boyle a little all together, except the Branado wine: this being clarified, put the Branado wine vnto it. In like manner is alſo good the ſirupe of Citrons, Limons, S. Johns grapes, or berries, Roſes, and Endiue, being mingled with ſome cooling water; or elſe with well water or Barley water. Item, Well water which hath bene once diſtilled: but aboue all things that can be deuised, is nothing better to quench the thirſt, to withſtand poyſon, to comfort the heart, than the iuice of Limons or the ſame being pared, and cut in ſlices, and ſtrewed ouer with Sugar, and ſo to uſe them, and to take the liquoz of them with a ſpone.

Item take Quince kernels one ounce, let them mollifie one whole night in eight ounces of Sugar water, then ſtraine them: this being done, then temper therewith one ounce of the ſirupe of water Lillies, and oftentimes uſe it.

As for the thirſt, you haue diuers remedies thereto in the third part, the twelfth Chapter, and 10. §. which are altogether very good. And afterwards yet more, to wit, in the ſenententh Chapter in *Diabete*, and alſo in the deſcription of the Agues.

Of the bitterneſſe in the mouth. §. 10.



The third accident is the bitterneſſe of the mouth, which proceedeth of an inflammation of the Gall, whereof we haue written more at large in three other places, to wit, in the third part, the eleventh Chapter, & ſixt §. Alſo in the fifteenth Chapter, and tenth §. Item againe, in the third part, the twelfth Chapter, and ſixteenth §. in which places you may reade it. All ſuch patients muſt often hold the leaues of Sorrell in their mouths, or chew the ſeeds of the ſame.

They may alſo very wel hold in their mouth Gum Arabiack, and ſwallow it downe by little and little.

Of the want of Appetite to meate. §. 11.

The fourth accident in this Ague is the loſſe of appetite: whereas this ſicknes requireth that the patient in this malady, more than in any other, ſhould be fed and kept in full ſtrength & power; therefore it is needfull in this diſeaſe, that the appetite be ſtirred vp: whereof we in the third Chapter, and ſixt §. and beſore that in the third part, the eleventh Chapter, and ninth §. haue treated at length.

Eſpecially you may prepare this ſtomachicall vnguent for it: Take Parmalade two ounces, Maſtick, Spica of Indy, Roſes, red Coꝝall, of each one dragme, Agaricus one dragme and a halfe, beate them well all together, and then annoint the ſtomacke therewith, or lay it on plaſterwiſe. Make alſo theſe Sugar plates following: take Parmalade made with Sugar two ounces, burnt Iuoꝝ, Maſtick, water Lilly flowers, and Roſes, of each one ſcruple; rub the Parmalade in a mortar with ſirupe of Citrons, and ſoyme the cakes of the waight of halfe an ounce: then take hereof at all times, to wit, morning and euening.

Of the weaknesse and sleepinesse. §. 11.

The first accident: Albeit we know well that nature grievously striveth with this malady, and thereby is wearied, weakened, and void of all strength, that is no wonder: for that cause it is highly commaunded that men must haue especiall regard to the strength of the patient, for the which also are diuers meanes set downe how to preserve his strength: so that it is needlesse to rehearse the same at this present. Also it hath bene shewed in the first Part, the seuententh Chapter, and in mo other places.

Of the binding in the body. §. 13.

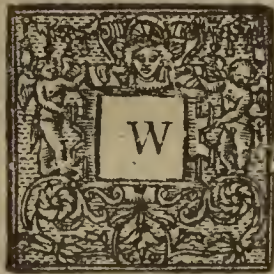


The first accident is the binding of the body, which is augmented by the heate. And to remedy the same, are no strong things required, for strong purgations are not good in this sickness; yet if great neede be, you haue had before in the seuenth §. also in the third part, eleuenth Chapter, and 20. §. of the binding in the body diuers fit remedies, amongst which many easie and cooling purgations may be chosen: wherof those that will cure this sickness, let them beate 4. ounces of *Sebestes*, and steepe them in water, and then giue to the patient many times of it to drinke. But if you will haue it more forcible, then steepe with them the leaues of the lesser *Auic.*

Of the losse of sleepe. §. 14.

Now the seuenth accident of these pestilent Agues is losse of sleepe. For this must you take *Violets*, *water Lilly* and *Clecampane* rootes, of each one drag. seedes of *Dill* and *Saffron*, of each one scruple, make them into powder, then bind them vp in silke, & hold it continually before the nose, and smell to it. But of this haue you further discourse in the fifth part, the twelfth Chapter, and first §. the which you may reade ouer, and vse it for this purpose.

When a Plague sore appeareth. §. 15.



When these foresaid meanes haue bene vsed, and that there appeare a Plague sore, then must you follow such things, as hereafter shall be set downe: but before we intreat of that, it is not demaunded in vaine whence this Plague sore *Anthrax* proceedeth, and of what nature it is: wherof the learned do write in this manner.

Anthrax proceedeth of grosse and hot humors: which when they begin to putrefie, then do they alter into a very hurtfull poyson: sometimes it is red, otherwhiles yellow, and sometimes black, which is the very worst & most venomous. For this manifesteth that nature is not strong enough to expell the venomous matter into the vtmost & furthest parts, whence of necessity followeth, that the foresaid venomous humors are dispersed in the noble parts of the body inwardly. To remedy the same you shall begin with letting of blood, and that vpon the same side where the Plague sore is: Afterwards you must vse boring and pricke the same deepe, whereby the grosse blood may be drawne out: Lastly, you must purge the patient with some of these foresaid purgations, that are set downe before in the seuenth §. And especiall haerde is to be taken, that for this Plague sore men lye not thereon (as men vse to do in other swellings, that the matter might be expelled) but attractiue things are to be vsed in this, for to draw the matter out wards, and that chiefly in the onely place of the plague sore.

In like manner you must lay no hot nor moist thing thereon, that ingender matter or corruption, but rather such things as dry greatly, and are reasonable cold by nature, that they may take the heate, and hinder the vapor thereof.

But if that there appeare any rednesse in any place of the body that would not impossu-
mate,

mate, then are you to vse these things following : Take the inside of a Radish, the Radish leaues, Elderne flowres, and Bayberries, of each halfe a handfull, seeth them all together to pap, and then put halfe an ounce of white Mustard seade amongst it, afterwards make a soft plaister thereof, and lay it on the rednes. Item, take a blacke Cockrell, plucke him aliue ouer all his belly, and then bind his belly ouer the rednes, or ouer the swelling, for the naturall warmth of the bird will draw out the venime into him. Other sit his belly aliue, and so lay it thereon liuing. Or take a liuing Pullet, cut him by vnderneath, and so bind him open against the swelling : hold the head in thy hand, and so let him dye. Then shortly after take another, and do as before. Further, lay thereon ripening things and cure it, as the other swellings. Some lay thereon liue frogs.

Or take beaten Tormentill and Ginger, of each a like quantity, and put thereto as much Treacle : afterwards put it into an Onion made hollow, and rost the same in a milde fire, or amongst the ashes : lastly, stamp it to pap, and stirre three yolks of Eggs amongst it, and then lay it thereon.

And the better to draw out the rednes and swelling, the old Physicians accustomed to make a plaister of Elderne leaues, of Scabious with the rootes, (to wit, of each alike) and to mingle the same with leauen, and so lay it thereon.

Some do counsell also that you may temper therewith Salt, salt-Peter, and Comfrey. And if you will haue it yet stronger, then are you to put powdered Mustard seade thereto, and in like manner Pigeon dung, for that draweth out the swelling exceedingly, and maketh it great, all which aforesaid things you must often cause to be renewed.

This next following hath very great force to draw out the venime : Take coles of the Tillet tree, and make them glowing hote, afterwards sprinkle them with wine and vineger : when as they are flaked, then bind them warme in a cloth that is wetted in the foresaid vineger and wine, and wring out againe, then lay these coles warme thereon, and when as the cloth is wahren yellow, then put it away, and take another.

Item, take the rootes of Crowfoote bruised small, and apply it on the place where the paine is, and the venime shall be drawne out very much. Others do vse this thing following, which is also maruellous good to draw out the Anthrax, that is, the Plague soze. Take a great Onion wherein Treacle is rosted (as is lately taught) or lay thereon a plaister of *Oxycroceum*, which is alwaies found ready at the Apothecaries, and temper as much *Diachilon cum gummis* thereto. You may also make this plaister of leauen, Elderne flowers, and Treacle tempered together : for as it is admonished, this Treacle is aboue all other things to be commended for this sickness, both inward and outward. Also all Chirurgians are here to be admonished, that they haue care to open these swellings before they be maturated, be it by the actuall cautery, or by incision, and that they hold open the same as long as is possible.

Item, the foresaid plaister of *Diachilon* onely is also very good for to maturate and ripen it.

Or take the common plaister *Diachilon* three dragmes, and the iuice of Celandine, and make thereof a salve with a little ware. Or seeth Colewoozts with a little Bacon, and lay that thereon, and when you see that the swelling beginneth to impostumate, then are you to vse these plaisters, salues, and other things following : Take Hollihocke rootes, Scabious, and Mallowes, as much as neede requireth, seeth it, and stampe it all together to pap, and make thereof with Barrowes grease a mild plaister. Or temper wheate meale with Sallad oyle till it be a pappe, and lay the same thereon.

Another. Take Mallowes, Hollihocke rootes, Linseed, beaten altogether, & wheaten meale, of each a like much, seeth them all together, and powne it to grout : then mingle it well with Saffron, & so lay it warm thereon. Now when as the swelling is once maturated, then you must open it out of hand, be it with an actuall or potentiall canterie, or by incision, & so keepe the same open. In the meane time while this swelling is a healing and runneth as yet, you must daily giue the patient a spoonfull or twaine of Scabious water, or Rosewater with fine Bolus, and sometimes *de Species liberantes*, that thereby the poyson may be expelled from the heart. This plaister following doth also ripen very much : Take the middlemost rinds of Elderne, stampe them very small, and temper them with white Vineger, afterwards straine them through a cloth, and put the reio white Mustard seade beaten, but not too much, for it is very sharpe, and make

make a pap thereof, and lay it on the swelling. Some suppose that this swelling of the Plague doth ripen much if one rub it ouer by day and night with a Saphire stone: but they that haue proued it, and found it to be true, may write *Probatum est*.

If the Plague soze be of a very bad nature, then must the same be burnt out of hand, or a corrosiue laid thereon: but if it be of no maligne nature, and not too hard, then must you vse drying things that corode not.

Others bind Bullets or young Pigeons vpon it; and after that they haue set cups or Horse-leeches thereon, wherewith they intend to draw out the venime, to strengthen the part, and to allay the paine.

Some haue also for a custome, when as the Plague soze doth shew it selfe any where, that they make an issue with a corrosiue on some place of the patients leg, and keepe the same open, wherby all venimeous matters therby might haue their course. When as now the Plague raigeth throughout a whole realme or countrey, then is it no bad counsell to do the same, when the patient hath first bene purged: and the same may be done on the right leg, foure fingers broade vnder the kne, on the outside of the leg. And this is also good for the that are troubled with the Gout. You may vse also in stead of the actuall or potentiall cauterie these salues following: take *Cantharides* two ounces and a halfe (the heads and wings pluckt thereof) powne them small to powder, & temper it with one ounce of Barrowes grease, molten ware, and hony, of each half an ounce, Camfer and Dragon bloud, of each a drag. and a half. This being well mingled, you must then spread thereof as much as will couer halfe a Doller vpon a cloth, and lay it ouer the place where the plague soze appeareth, and it will in sixe or seuen howres draw a blister, then open the same that the matter may run out. This being done, let not the patient sleepe in tenne or twelue howres, nor drinke wine in thre daies. And for as much as through these accidents there is commonly great anguish and paine, then you must for allaying thereof vse this potion: take Treacle and Rithzidate, of each half a drag. iuice of Scabious foure ounces, temper them all together, & giue it the patient to drinke meely warme.

Now for to kill the plague soze: Take two or thre yolkes of new laid Egges, and temper therewith about halfe an ounce of powdered salt, and lay it thereon new euery quarter of an houre. This reiterating must be so often done, because these plaisters are infected themselves through the venime, specially when the soze is broken. And if this be not enough, then take therewith Scabious, Comfrey, and Pallowes, of each as much as you please, and therof make a plaister. And if that the soze would corode further, then take fine Bolus, Dragon bloud, Vineger, Rose water, and the whites of Eggs, as much as you please, and spread or lay the same plaisterwise round about the soze.

Another: Take soot of the chimney, beaten salt, Sage, & Wheate that is chewed in y^e mouth, of each a like much, and make a plaister thereof with blacke Sope. And if so be that this plague soze will not be killed through these foresaid things, then put thereto some Scabious and Comfery, and then cleanse afterward the soze with *Mundificatiuum de Apio*. Take Louage, one ounce, Barley meale two ounces, seeth them together in water to pappe, and put thereto Sallad oyle, You must also often wash this plague soze, to wit, with water of *Carduus Benedictus*, for that cleanseth and healeth. These vlcers do many times spread wide abroad, whereby the flesh about is spoiled: for this, you must vse stronger remedies, as the salue of Egypt, *Mercurium precipitatum*, or that which is better, burning with an hot iron or gold, whereby all putrifying is taken away, and the part fortified; for the actuall cautery is an effectuall remedy that strengtheneth the parts that be of a cold nature, and doth defend them from putrifaction. Some also do scarifie the vlcers round about with a razor, and then spread fine Treacle therein. But as the blacke edges of these vlcers increase notwithstanding all these applications, then is it a signe that this venime is very strong, wherefore must you burne it deeper, and annoint the scarres with sweet Butter, or with pap of Hollihocke rootes, or of Pallowes and Butter together. But when the swelling or vlcers do yeld matter, then must you lay no more maturatiues thereon, that thereby the matter augment not, and the healing be the more hindered. Lastly, you must haue care to ingender flesh and skin, wherof we will write and treate further in their due place.

When as this Anthrax or plague soze is thoroughly killed, then take Scabious, Comfery, of each a handfull, and a little Salt, then temper it together with fresh Barrowes grease, and lay it warme thereon, and charge it new thre or foure times in a day and a night.

Another : Take Scabious foure handfulls, Treacle one ounce, Barrowes grease one ounce and a halfe, Stamp the herbes and make a plaister thereof, and refresh it often, euen as is aforesaid. You are to cleanse the vlcers with salue of Turpentine, iuice of Scabious, and the yolks of eggs, especially when all other accidents are past. This plaister following is also especiall good: Take greene Rue one handfull, leauen half an ounce, Pepper one dragma, Salt a dragma and a halfe, three or foure dry Figs, powne them all well together, and make a plaister thereof, and refresh it twice a day. It is of a wonderfull operation : for it will separate the bad flesh from the good, and that in the space of two daies.

When these swellings come to impostumate, and haue need of cleansing, then are you to vse the salue *De Apio*, and therewithall you may prepare these things following : Take Turpentine (that hath bene often washed with water and Scabious) one ounce, Saffron seuen graines, and temper amongst it the yolkes of two eggs.

Or vse this thing following to cleanse and to ingender new flesh : Take Turpentine that is washed with the iuice or water of Scabious foure ounces, Barley meale one ounce, two yolks of Eggs, Saffron, *Sarcocolla*, Gallick, & Frankinsence, of each halfe a drag. temper it all together.

Thirdly, take small beaten *Sarcocolla* halfe an ounce, and hony of Roses as much as need requireth for to make a mild salue thereof, and vse it so long till it be thoroughly whole. For this also may you see what hath bene written in the fift part, the first chapter, 16. §. And further in the fift part, the seuenth chapter, and 14. §. where this matter hath bene treated of at large.

When as there is no plague sore perceiued. §. 16.

If there appeareth no Anthrax or plague sore, and yet neuerthelesse the pulse and the vaine sufficiently shewed that a pestilent Feuer were at hand, and that the patient by reason of his age and power may suffer well the letting of blood, then must his Lyuer veine be opened in the right arme. Other do counsell when as the Ague endureth, and his strength good, that the *Saluatella* on his left hand should be opened, and to let out foure ounces of blood.

For letting of blood in the Plague. §. 17.



We haue befoze declared that amongst al other remedies for this swelling, the letting of blood is beneficiall, but to the end when neede requireth it be not omitted, you shall obserue these instructions following. When as after sweating you find that any thing appeare (be it a blacke blister, or any thing else) and that the patient is aboue thirtene yeares old and be strong, then must you let him blood on the same side, and vnderneath the swelling, and make a good issue that the blood may issue forth the better. If the swelling appeare behind the eares, which the Physicians do call *Parotidas*, or *Gemellos*, euen as we in the first part the 9. Chapter, 4. §. haue shewed, then must you open the head veine on the same side in the arme, and if it will not blæde, then must you open that veine in the other arme. Or if the swelling appeare in the arme pits, on the breaſt, or on the ribs, then must you open his Lyuer veine in the arme on the same side. Some giue counsell that there should be put thereto three or foure Leeches one houre after, that they might suck out a good deale of that venomous blood. But if this Anthrax or plague sore be any where about the pziuities or in the groines, then must you let him blood in the veine vpon the foote, or betwæne the great Toe and the next vnto it. And if that will not blæde, then must you open the veine in the other foote, and let out more or lesse according to the age and abilitie of the patient. Some also haue annointed the swelling behind the eares with Hens grease: afterwards you must giue him the confection *Philonium Persicum*, yet at all times by the counsell of a learned Physician: also in like manner the *Troisci de Carabe*, and herewith we will conclude.

As much as first belongeth to the meate: you must note, that it is not needfull that one neede in a pestilentiall Fener to forbear meate, as in other hote and strong Agues, as in the Pleurisie, or continuall Ague, and other such like: but the need requireth here, that there may be often giuen to the patient (yea as some suppose euery thre or foure houres) to eate and drinke in the time of the plague. And it hath indeede bene found, that all those that haue forced themselves to eate, were much sooner cured than the other; wherefore doe they well, that feede such a patient often with light meates that are dry and cold by nature, whereby they may withstand the heate of the Ague by their cold, and the moisture of the bad and slimy humors by their dryth. These are strained Pease, Barly pap, Oaten pap, Vassel nuts, Capon broth, Ven- broth, or of any other young flesh, wherewith Buglosse, Burrage, and such like hearbs are sodden, whereof you may make *Panadella* with grated bread. And it is to be generally noted, that you may dresse all his meate with solwe things, as with Vineger, Veriuyce, iuyce of Limons, and such like. But if the fresh broth be too swete, then may you therewith temper two yolks of Egges, which are first to be beaten with Rose water, and so make thereof a solwish broth. All solwe things are also good for it, for that they prouoke appetite, which presently is taken away in these Agues by the putrifaction in these diseases, which specially febleth the stomacke, inso- much as very often they are addicted to vomit, whereby the patient will also be weakened: for if the patient can keepe no meate in his stomacke, then can the body retaine no nourishment of the meate that is taken. But to returne againe to the wholesome meate for the plague, there are also good small Damaske prunes, conserues of Cherries, conserues of Raspes, and such like. Also all grane hearbes are to be stewed, to wit, Burrage, Lettice, Sorrell, with a little beaten Sanders added thereto. The iuyce of Limons, of Oranges, and of Citrons, is a speciall sauce for all his meates.

The most commodious drinke that he may drinke is Barly water, the iuyce of Limons, Oranges, Sorrell, Pomegranates, or tempered with the sirupe of the same. Also it may be sodden like a Iulep, and the sirupe tempered amongst it. The common sozt may seeth amongst it Berberies, Sorrell with the rootes, or Quinces chopt small. But when the patient is wearie of this drinke, then may he vse a draught of Almond milke, or thin Beere; and he may also drinke for this sicknesse Well water tempered with Rose Vineger. Distilled waters, as the waters of *Cardus Benedictus*, Sorrell, Burrage, or water of Buglosse are very good for him. Item, water wherein vnripe Grapes are sodden, or mixed with Veriuyce: also the sirupes of Roses, of water Lillies, Violets, and of Cicozie, and their Iuleps, are much commended for this sicknesse. And with all these foresaid meates and drinks is *Mannis Christi* prepared with Beacles, for this maladie much commended. Item, conserue of Violets, of Roses, of Gilloflowers, and specially conserues of Cuckobread, taking the bignesse of a Walnut of it.

Contrariwise, the patient must vtterly forsake Wine, and all meats that are drest with Spices. Fish, Pilke, and all rost meate is hurtfull vnto him, and after meate the patient must keepe himselfe very quiet.

Of a conuenient ayre for the Plague. §. 19.

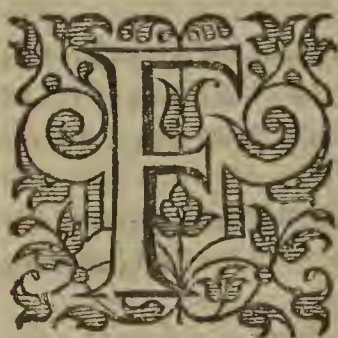
The ayre that is good for such sicke folkes, must be cold and dry, because the sicknesse requireth all cole things, and that by the dryth all putrifaction may be withstood. Wherefore must the chamber (as it is said) be sprinkled with Rosewater and with Vineger, wherein Saunders and Camifere are tempered. Item, the chamber must be sprinkled with all cold and fragrant hearbs and flowers, and in case there be any bad sauors or vapors in the chamber, then are the fuming candles, or odoziferous cakes to be vsed; whereof we haue largely written before, and shewed how they are to be made. Besides these, it is also good counsell that there be kept a good fire burning in the same house, to wit, of Juniper wood, or any other swete wood. But if so be there be no bad ayre in the patients chamber, then are you not to kindle any fire in that chamber, but vse any cold and odoziferous things; and you may hang clothes that are made wet in Rose water, or Rose vineger, and wung out againe here and there about his bed or couch.

How they shall gouerne themselves that escape this sicknesse. §. 20.

A s for all them that recouer from this Plague or any other lingring sicknesse, all thinges are good that strengthen the stomacke, and prouoke appetite to meate, and mildly open the body, as these confections following: Take *Mirobalani* *Chebuli*, *Indi*, *Rubarb*, *Cinnamon*, *Cardus Benedictus*, and *Cloues*, of each one dragma, *Pastick* a quarter of an ounce, *Aloe* three dragmes: mingle them all together with the iuyce of *Rints* wherein halfe a dragma of *Agaricke* hath bene steeped, then take thereof morning and euening the bignesse of a Chestnut. For this may you also looke the foresaid third Chapter, and twelfth §. where you may finde a further discourse of these causes: and further if it be needfull (as is rehearsed) then look in the second part, the eleuenth chapter, where touching these things a perfect direction is giuen.

The 17. Chapter.

An exhortation for them that keepe these Patients.



First, they that assist and keepe them that are infected with the Plague, must haue care that the patient be laid vpon a high couch or bed, that the venimous dampes and stench may rest aboue, and be the lesse hurtfull to the standers by. And it were also not amisse that there be a burning fire alwaies betwene the patient and the standers by. If there bee a chimney in the chamber, then looke what is spoken thereof before.

Secondly, when one cometh neare or toucheth the patient, then must his mouth be kept close shut, and draw his breath onely at his nose. He shall annoint his nostrils with wine wherewith fine Treacle is tempered.

The standers by are also to vse euery other day the Plague pills euery time a dragma, or a dragma and a halfe. He must also take oftentimes *Withzidate*.

Thirdly, fine *Solus* preserveth men from all infection of the Plague if a dragma and a halfe of it be taken with Wine and Rosewater.

Fourthly, if you take as much of the golden Egge as the bignesse of a Hasel nut one day one, and another day another: to wit, pills, or any such like. All they that visit them that be sick of the Plague must wash their mouths with Vineger, wherein *Wormewood* and *Rue* is sodden, before they come at them, and eate some *Garlicke* with a bit of bread. Further, they shall alway hold a *Pomander* in their hand before their nose.

All what is described in the beginning of the Plague, to wit, how the healthie are to gouerne themselves with them that haue the Plague, is also very requisite for this purpose.

All that is hitherto set forth for this disease are very passing and good meanes, which God through his gracious goodnes hath ordained and created for the good and welfare of man, wherefore he will of vs for these his benefitts be praised, and be acknowledged for the onely Physicion both of the body and of the soule: and therefore we ought especially to pray vnto him for his blessings, and thanke him for the gifts receiued, for without him all Physicke is in vaine, and of no effect.

The 18. Chapter.

Of the Scuruie, Scorbuticus Morbus.



The Scuruie which is called in Latine *Icteria nigra*, or *Scorbuticus Morbus*, is none other but a spreading abroad of melancholike humors throughout the whole body, chiefly caused and proceeding of the obstruction of the spleene. These sicknesses are for the most part incident vnto them that leade an idle life, and feed on grosse meats and drinckes.

They that are burthened with this disease haue commonly a bleake and leadish coloz, their breath short with an oppression at the heart, and a lost appetite, wearisomnesse of the whole body, the gums are blew and swollen,

swollen, quickly prouoked to blæd and putrifie; otherwhiles blew o2 greenish spots ouer all the body, stiffness in the knæes, and most commonly they haue blacke small speckles like fleabits vpon the shins, and aboue that their vrine is commonly browne red.

Thus to cure this sicknesse the patient is first to receiue an easie purgation, as the potion made of *Decoctum laxativum*, of *Benedicta laxativa*, o2 of Sene leaves: this being done, then may one open his Median veine and let him bleed well, if he otherwise be full enough of blood.

The next day after you must prepare for him this Greene potion following, whereof we must euery day thre o2 foure times take a good draught: to wit, in the morning and before none one time, after dinner two times, and after supper and going to bed a good draught more.

Take *Becabunga* and *Watercresses*, of each two handfuls, stampe them in a stone o2 wooden mortar to pap, powze thereto a pint of wine, and a pint of small Beere: afterwards stirre them all together, and straine them through a cloth, then giue thereof to the patient to drinke as is abovesaid: and you must continue this till that the patient be thorough whole.

Another: Take the rootes of *Horseradish*, which is called *Raphanus sylvestris*, as much as you thinke good, grate the same, o2 beat it small to pap, and powze vnto it the moyty Whay of milk, and the other halfe *Rhenish* wine, o2 you may take some small beere as much as you please, and then mingle it with stamped *Horseradishes*: afterwards straine it through a cloth, and drinke thereof thre o2 foure times a day, as is aforesaid.

Item, take *Scuruigrasse* two handfuls, o2 as much as you please, stampe it to grout in a stone o2 wooden mortar, temper it with as much small beere and wine as you thinke meet, o2 after as you can drinke it, for the stronger the better: lastly, straine it through a cloth, and drinke thereof as aboue.

And if it come to passe, that in this sicknesse of the *Scuruy*, the gums of the patients mouth were vtterly spoiled and putrified: then wash the mouth with wine, and annoint the gummes with sirupe of *Bulberries* and with hony of *Roses*; and if need so required, then must you annoint your gums with the salue of *Egypt*, called *Vnguentum Egyptiacum*. This may suffice for the cure of the *Scuruy*.

The 19. Chapter.

Of the detestable sicknesse, Drunkennesse.

I will perchance offend the gentlemen drunkards, that I haue here put their sicknes of drunkennes after the infectious Plague, and Agues, and that I haue compared their sicknes to those: but I will omit here y^e losse of euerlasting life, disdaine of humanity, and credite, consumption of worldly wealth, strife, murther, blasphemy of God, disclosing of secrets, whoredome and many more vngodly works that ensue thereof: wherefore we will here onely treat of the hurt that the body may hereby take thereof, and let other iudge afterwards, whether this sicknesse be not worse than the Ague, yea worse than the Plague it selfe. For *Salomon* speaketh not in vaine, y^e Drunkennes hindreth all wisdom, which cannot be otherwise confirmed thā that it maketh a man a foole; darkneth it not the vnderstanding: infleth it not the brains, y^e memory, & all the senses: bringeth it not more forgetfulnesse with it, than is perceiued in young children? Behold only how the hands, the feete, the head, yea the whole body tremble and quake, how the sight is darkened, the tounge stammereth, and how that there is not one member of the body that is able to discharge his duty aright. Yea, say they, this sicknesse hath neither need of the Physitions nor Apothecaries counsel, make thereof as waighty a sicknes as you can, it may be holpen with a very pleasant medicine, that is, with a sweet sleepe. Whereto I say and answer: Oh good drunkard, there followeth with the time some other thing thereof, to wit, that thereby the good complexion of your Liuer is spoiled, so that it doth not ingender any good blood, but other bad humors wherby the Droopie afterwards ensueth, o2 it doth so inflame the same with his stinknesse, that the whole body will be filled with *Cholera*, that lastly spoileth and fireth the whole masse of blood, wherof then is caused fearfulness, frightings, speaking in y^e sleep, heavy dreams, the losse of all good colour, of naturall seed, vnfruitfulness, leprosie, and lastly, a madnes it selfe.

Item,

Item, the Palsy, Lethargie, the falling sicknes, and diuers such cold diseases. Is there not prouoked through this drunkennesse a corruption of the stomacke? the parbaking of limy and grosse humors? weakning of all the members? the gout? and to conclude, an vntimely death? so that it hath bene sene, that some in their drunkennesse haue remained dead. Who is it then that doth not take this drunkennes and swilling or gulling, for the most contagious, perillous, and sodainest sickness? Wherefore to helpe this extreame sickness, there is no certainer nor speedier remedy, than *Sobrietas*, which is sobriety, and fasting or abstinence; and albeit that this receit seeme to be altogether bitter, sowre and vnpleasant for these Ale knights, yet notwithstanding it will expell the foresaid malady, it sharpneth the vnderstanding and wits, it maketh a good stomacke, wherby good blood is ingendred, & bringeth to the body none other but health. I conceale, that it strengtheneth the vitall spirits of al healthy bodies, causeth godlines to serue their Creator, to seek his glozy in holinesse and righteousness, & to obey his commandements.

Whereas then some haue so weak a stomack, that they are of necessity constrained to drinke wine: notwithstanding are so feeble of braine, that how soberly soener they drinke it, it disturbeth their heads and maketh them drunken. For this purpose may these things following be vsed: to wit, iuice of Quinces, or raw Quinces well chewed, and the iuice taken downe: likewise the iuice of Citrons, and Limons, or of their sirupes, do hinder drunkennes: Honey is also much commended if it be taken after much drinking of wine; for thereby will the vapors of the wine be so driuen downwards, that it cannot weaken the vnderstanding nor the braines. Bitter Almonds confected, Conserues of Gilloflowers, after that you haue drunken much, do preuent drunkennesse. In the old time men did make a Garland of Saffron flowers and did weare it on their heads, the same vertue is ascribed to the blew Violets. And it is said that white Colewoorts cut into Sallads and the same eaten, or the seeds therof chewed in the mouth, shold hinder drunkennes: for the iuice of Colewoorts, or the pith of the stalkes doth stay the vapors of the wine from ascending into the head. The precious stone Amethyst shold also preserue man from drunkennesse.

But for to defend and preuent all contagions that proceed of drunkennes, we will adde some things moze. First, he must be vrged to vomit with *Oxymel* of Squills, with Radish seede, with a feather dipped in oyle and put into the throte, and thereupon he must fast and sleepe: and after he awaketh againe, you must froth his members, to wit, his hands and feete, with warme water, wherein is sodden Roses, Cammomill and a little salt, and tempered with some oyle of Violets, whereby the vapors may be drawne downwards.

Item, lay a cloth vpon the head that is made wet with the iuice of Cucumbers, Purslaine, or in any of their waters: the patient must keepe himself herein very sober, and vse light meates, Colewoorts, Lentils, yong Pullets, and yong Pigeons drest with the iuice of Limons, and Pomegranates: the prepared and confected Coriander is also very good, and sleeping thereupon vntill that all the wine be digested, which may be sene by the concoction of the urine. It chanceth oftentimes that drunken folkes haue great thirst, which if it cometh not through the abundance of wine, then giue them faire fountaine water to drinke, and sowre fruites to eate.

You haue also an especiall thing in the first part, the twelfth Chapter, and fourth §. which is good for drunkennesse and thirst after drunkennes. There is also a great difference in drunkenness, and that according to the nature of them that are drunken.

He that is sanguine doth sing, dance, laugh, and is merrie: he may be compared to children that sone laugh, and for the most part know not why nor wherefore: and when as a long time they haue bene merrie, then begin they to sleepe till they haue slept it out.

The cholericke man is in his drunkennesse angry, raging, clamorous, addicted to fighting, and will not be corrected nor admonished of any bodie, one cannot bring them to bed, they haue much babbling, and are much bragging.

The *Phelegmatici*, they will be wearie, lazie, sleepe, and keepe themselves quiet.

The *Melancholici* are sorrowfull, bewaile sometimes their sinnes, their friends disease, and that is the greatest imperfection of their drunkennes: they are therein like to the Apes, but in this they are all alike, that they stammer with their tongue, they reele, and carrie not by their right wits.

How hurtfull also drunkennes is, doth appeare in many places of this our booke of Physicke, where

where we admonish all men to refraine it, and that not onely of this vnmeasurable dzinking, whereof we now make mention, but also where all expert Phisitions doe forbid wine. And we will for a conclusion adde this to the rest, that the Rape Wine and Beere Wine drunken after meate, doth make one more drunken and sleepe, than any other kinde of Rhenish wine. And it is a common opinion that watered wine doth sooner infect the head, than pure wine. But this is to be vnderstood of grosse and thicke wine, which by the putting to of a little water is the more subtiler, whereby the vapour sooner fumeth into the head.

You haue also many remedies before in the first part, the first Chapter, and eight §. that are commodious for the paine of the head through drunkennesse.

The 20. Chapter.

Of Frighting and Feare.



Et no man wonder that we speake of Frighting amongst other sicknesses: for it is not onely found by experience, that through many sorts of distemperature of the blood many sundry sicknesses are prouoked, but also a sudden death it selfe: whereof cometh not onely the foze mentioned, but also thereby is caused an inestimable feare and faintnes of hart, whereby they become most unfit for all woorthy and knightly prowesse, and are depriued of all counsell and induements. Of this faint hartednesse and feare, the Philosophers doe write, that the same for the most part do raigne and dwell in the heart of such as are of a cold nature, which being sodainly and hastily set vpon, their subtillest blood runneth with such a streame to the inward parts of the body, and towards the heart, that it seemeth, that the naturall heate should be suffocated; whereby cometh such bleaknesse and quaking, yea sometimes swoonings, debilitie of the sinewes and muscles, that it makes frighted persons very feeble and weak, whereby also the motions of the muscles are so disturbed, that both ozdure and vyne slides from them, their teeth chatter for cold, they are thirsty, and the whole body shivering and shaking.

For this are two principall and also certaine remedies (euen as *Horatius* saith) to wit, that one should build a wall of Steele about him, that is, shall alwaies haue an vpriight conscience, that cannot accuse him of any misdealing. Secondly, that he feare God, and haue righteousness alwaies before his eyes: which medicines do so free men of all frighting, that (like as *Dauid* saith) it will alwaies goe well with him: and know for certaine, that God of his goodnesse hath with his holy Angels (as it were a strong towre) compassed him round about, whereby he will defend him.

But the faintnesse of hart is also to be holpen with naturall medicines. Note therefore, that when the blood through frighting is stirred, and runneth towards the heart (as it indeed happeneth) then must of necessitie the trembling and quaking follow after it: for which you haue in the second part, the first chapter & seventh §. a very good Elderne water, and many other things described. When a woman (with child especially) is frighted, then do some bid, that there should be taken a quarter of an ounce of clarified hony, and therewith some scraped Nutmeg, and so eate it all together.

Wine moderately drunken, maketh the fearefull and faint-harted men, stout and courageous.

And it is a common custome, if any be sore frighted, that he be admonished to make water, and if there be any that after such frighting can come hardly to himselfe, and fell into a swoone, then is he to vse those things that strengthen the hart, for which there are many remedies described in the second part, the first chapter, and first §. and also afterwards in the description of the heart.

Of Trembling.



As much as the trembling or quaking is a signe or token of feare, (yea for the most part is caused thereby) therefore it might be needfull to write somewhat amply thereof: But we haue made in the first Part, the twelfth Chapter, and twelfth §. a long discourse thereof, and therewith also shewed, that this is a disease of the Waines.

Also of the trembling and panting of the heart, hath bene spoken at large in the second Part, the first Chapter, from the third §. vnto the first §. Wherefore I do suppose, that it were needlesse to discourse any further thereof at this present.

Of the impediments that come of Falles.



As to what diseases men may fall, by falles, stumblings, blowes, pinches, and such like, is sufficiently knowne to all men: whereof wee haue also written in diuers places, and especially in the second part, the fifth Chapter, of the vomiting of blood: and also in the eighteenth §. of the clotted blood, where very good remedies are described, and therefore here are but a few declared. But if any be bruised much through a fall, then haue the Chirurgians a speciall experiment, that they speedily flay off the skin of a Leather, the which they must lay warme round about the bruised or wrenched member, and keepe it warme, and this should helpe in one day.

Brimstone sodden in strong wine, is also very good: In like manner powred Garlick tempered with Barrowes grease.

Item, take Bran of Rye meale, the roots of *Ebulus*, of each a like quantitie, seeth them together in a little Vineger, and so binde it vpon the wrenched or bruised part.

There was once a child fallen out of his Cradle, who thereby had got a swelling on his arme, which was healed by annointing it with oyle and salve of Roses.

For this also doe serue all golden and waters of life, principally if any swooning were at hand, the same waters drunken and laid vpon the bruised member, and annointed both heale. And if the dead Palley or falling sicknesse ioyne with it, then looke into the first part, the twelfth Chapter, in the end of the thirtieth §. where are shewed some good remedies commodious for this purpose.

And if the ioynts be remooued from their naturall places, then reade the description of the Crookebacke, in the second part, the fourth Chapter, and second §. In like manner also of the dislocation in the fourth part, the seventh Chapter, and first §. where verie good remedies are described.

The end of the sixt Part.



The seuenth part of this Booke speaketh of certaine
Poysons, and Venims, of Plants, Mettals, and Beasts.

The miserable life of man is not subiect to sicknesses and diseases enough, as well inwardly as outwardly, but there must be diuers venomous things to hurt and annoy the same, which are almost among all creatures, and with such hurtfull quality indued, that they bereaue men of their liues, some sooner, and some later. But God of his goodnesse hath ordained innumerable and wholesome meanes for it, and that almost in the smallest creatures, as in Herbs, Rootes, Earths, and other: amongst which the simplest in sight haue otherwhiles the most vertue to resist the strongest poyson; preserving both man and beast from death, even as hereafter may be seene in many places, which ought to admonish vs to praise and thanke God almighty for our health, and to acknowledge him to be the fountaine of all goodnesse. And to speake and treat thereof in this our Booke of Physicke, we purpose to rehearse them in this seuenth Part, wherin shall be onely admonished of such poysons as are knowne in Germanie; and (as one may speake) are euery day before our eyes. For what poysons are or may be found in the East, and in Aphyrica, if were superfluous to speake of them at this present. We will part these poysons or venims into three kinds: whereof the first shall be the vegetables, as Herbes, Rootes, Plants, Seeds, Juices, and such like: the second sort are the venomous Mettals: the third sort are certaine Beasts, and whatsoever else commeth from them, whereby men are harmed: so that the summe of this seuenth Part consisteth in two things. First, to know all the venims whereby harte may be taken to either chew them. Secondly, if it so chance that any one haue taken any of them unwittingly, or were ministered vnto him by another; how that one may helpe him, and shew how that venime might be withstood, and how to extinguish his deadly qualitie. For it is very needfull that euery Physician or household be prouided with good remedies against all manner of venime, whereby he as soone as need requireth, may haue somewhat in readinesse that he may minister against the venime so taken. For in all such causes there serueth no delay; as there be but a few venomous beasts and other, which if they be not remedied out of hand, do so infect, that afterwards they remaine irremediable, as we haue also shewed in other places.

And therefore must we match and meete with these venomous and hurtfull things, imitating the first rule, if any man be poysoned by meate or drinke, then is a vomit the principallest remedie. Or if he haue receiued any venime through thrusts or biting, then must you set cups or bores with pricking thereon, scarifying or cauterizing the sound flesh about the wounds, and at the last if need be, cut off the whole ioynt or member. And those thrusts and bits are to be cured by some infection and application, so to hinder the violence and operation of the poyson. The poyson taken inwardly is subdued through tart and sharpe wine, and other meanes: and lastly through purging, sweating, and such like, as hereafter shall be taught. Regard is also to be had of the qualitie of the venime, and of the strength of them that haue taken it; that the strongest poysons may be expelled with the strongest remedies: and the smallest venims with milde medicines and remedies. Also regard must be had to the time of the yeare, and to the age of the poysoned person. This is now brieely prefixed for a Preface, we will now proceed to the remedies.

The first Chapter.

All those things that are good against Poyson.



All that by the learned may be used against Poyson, shall here be described and specified; and we will shew and name those things that are well knowne, and easily gotten. For what may it profit vs to counsell any man to take the gall of an Elephant, the blood of a Crocodile, and the Egges of a Toxopse in the Sea? First, Meriuyce (which is of himselfe good alone) or sirupe made thereof, is very good, for it withstandeth all Poyson.

The rootes of Valerian, broluue Betonie, and Rue, of each a dragme, taken with Wine, is also good against poyson. Conserues of Gilloflowers and their Wine are also good for the same: the Beuerced, the conserues and wine of Burrage do also withstand poyson. In like manner also the iuyce and the sirupe of Citrons, and all that is made thereof.

Carduus Benedictus leaues are also marvellous good against all venime (it is said that Frederick the Emperour was the first that brought the same hearbe out of Greece into Germany) for the iuyce, water, powder, and seed of it are all good against poyson.

Fennell seed is also much commended, Sealed earth (if it be right) is of all Physicians accounted for a noble medicine againe all venime.

Peucedanus and wilde Radish are also much commended.

Wine of Harts tongue is also used for the same, albeit the auncient Physicians doe make no mention thereof.

The Conserues of Elderne flowers is also very good, and is accounted a conserue for the common people.

The Conserues of Hyssope, and the wine of the same, doth also contend with venime.

Pep, Comin, and Caraway, are more strong than the Fennell seed. *Agaricus* is good if a man will purge.

Angelica is of all Physicians accounted good against all manner of venom, and recommended by the name *Lasertium*.

Eringus withstandeth all venime. The Oleander which the Grekes call *Nerion* and *Rhododendron* is also commended. The long Hartwoort is also good. Rue hath an especiall efficacy against all poyson: and in like manner the seeds of wilde Rue; Rosemarie is also praised of some: the learned write not any thing thereof. *Sagapenum* and *Serapinum* is also accounted good for it.

Wormewood, and all that is made of Wormewood is marvellous good against all venime. The compounded things that are commodious against all venime, shall hereafter follow.

An exhortation for all those that are afraid to be poysoned. §. 2.



Ancient Physicians were wont to haue an old Proverb, and to say, that Venime is so proud that it dwelleth commonly in Gold and Siluer: whereby they meant, that great personages that eate and drinke out of Gold and Siluer, are in greater danger to be poysoned, than the common people that doe eate and drinke out of earthen dishes; wherefore must such high personages that are afraid to be poysoned, diligently take heede of the meate and drinke that they eate, and that are dressed of diuers things.

Also they must not take too much of all swete, salt, and sowre drinckes; and they must not eate too eagerly nor too hastily, and they must at all times haue great regard of the first taste of their meate and drinke.

But the most surest way is, that before the meale tide he take somewhat that may resist venime, as Figs, Rue, or Nuts: each by himselfe or tempered together. The Citrons, Kape seed, Pep,

Pepe or any of those that are described before, the weight of a dragme taken with wine, now one and then another, is very much commended. Sometimes also two Figs with a little Salt; then againe Rithzidate or Treacle, and such like mo may be vse before the meale tide.

When any bodie perceiueth that he hath taken Poyson. §. 3.



At if one be sure and perceiue, or certainly know that he hath taken poyson, then must there be no long disputing what is to be done: for in case that one will be long a counselling what shall be done, then will the venim in the meane time infect his bloud and other vital parts: whereby the partie may be neglected, and afterwards also remaine incurable. Therefore must the common meanes be vsed (as is said before) to prouoke him to vomite and cast, and that thzough the taking of luke warme water tempered with Sallad oyle or with sweet Butter.

There are here and there in this booke diuers remedies expressed, whereby vomiting is to be furthered, which may be vsed for this purpose, and you may seeke for them in the Table. And as soone as the patient hath vomited, then are you to cause him to haue a loose and open bodie, which may soone be brought to passe with a strong Clister, whereby the remaining sharpnesse of the venim, that might remaine behind in the stomack, or in the bowels, might be driuen out and expelled.

The signes when one is poysoned. §. 4.



Albeit that the signes of those that be poysoned, and the nature of the Poyson taken, or the biting of a venimous beast are diuers (as shal hereafter be moze at large declared:) neuerthelesse can it not be but good & requisite to comprehend them all vnder one. First they get a vehement paine in the stomacke, in the belly, and in the bowels, paine of the Liuer, the kidneys, and the bladder. Often they get a hoarsnesse, gnawing and biting, shiuering, cold, dumbnesse, & conuulsion of the sinewes, feeblenes of the pulse, the Lethargie, swimming of the head, darknes of sight, and a shoztnesse of breath, yea that they seeme to choke, great thirst, blæding, lacke of appetite, great heat, great feeblenes of the face, losse of vnderstanding, of might, & mo such like symptomes; yet hereby cannot sufficietly be known the nature of the poyson that hath been taken. For example, if any man hath taken *Cantharides* (which are Spanish Flies) he getteth diseases in the tongue, in the stomacke, and in the kidneys, the bladder is inflamed, hee can scarcely make water, to wit, without infinite paine, blood, and great sharpnesse. The Caterpillers of the Fir tre called *Buprestes*, and the *Salamandra*, do also cause the foresaid accidents.

Item, all those that haue taken *Opium* doe fall into a very deepe sleepe, or altogether into a maladie, that is called *Lethargus*, to wit, the sleepe sicknesse, they get bleake spots, they ware sluggish, cold and stiffe, and are depriued of all their senses.

The like chanceth to them that haue taken the iuyce of *Mandragora*, or the iuyce of Hemlocke.

The Venbane seed maketh men not onely foolish and raging, but as it were mad, or as if they had taken *Aconitum*: they be not onely choked that haue taken *Aconitum*, but also those that doe take Loadstooles, Ceruse, Gippes, and Dre blood: but (as it is said) we shall hereafter further discourse and admonish at large of this matter.

Here we will most of all intreat of those poysons especiallie that grow, and whatsoeuer also proceedeth thereof, and adde vnto them their Latine and Greeke names:

Of the venimous Plants and such like.



The *Mandragora* is not otherwise in Latine nor in Greeke, and is by good reason placed amongst the venims, for that by her nature which is cold in the third degree, it doth choke one: and when one taketh too much of the iuyce, then causeth it a sleepe vnto death. It is also very drie, yet may with discretion the waight of one dragme be giuen thereof as neede requireth: for the learned write, that if any man be too soze frighted or feared, so that he must be cut or burnt, then must there be giuen one drag. of this roote vnto him, and he shall then fall into so deepe a sleepe, that he shall thre or foure houres long remaine insensible, in which space the Chirurgians haue time enough to doe their worke.

But what the Toothdrawers or Pountebankes do with this roote of *Mandragora*, (making the people beleue that they grow vnder the gallowses of the vyne of the hanged thæues, hauing the forme of a man) is knowne to all men.

Henbane is called of the Greekes *Hyosciamus*, and at the Apothecaries *Iusquiamus*, which is almost as much to say, as hogs beanes, and that by reason that this herbe is deadly poyson for swine, if they be not presently well washed, and drinke much, or doe eate Creuets, which haue a speciall operation against this poyson.

This Henbane is of thre kinds: the one hath red flowers and blacke seede: the second hath yellow floweres and yellow seeds, and are both by their very cold nature venimous: the third hath white flowers and white seeds, and is also cold in the third degree, which of the Physitions is very aptly vsed in some causes: but if you cannot get the white, then take the yellow, and leaue the blacke. You may make of the new seede a iuyce, which is dyled in the sun, but it may not be kept aboute one yeare. When you haue taken this iuyce, then will it make one frantick, and as he were drunken, but by certaine medicines the same will quickly away. You must take therefore the milke of an Asse, or in stead thereof Goats milke or Cowes milke.

Item, Hony water is very good for it, if he drinke much thereof: when you are weary thereof then cease, and then drinke againe afresh. Water wherein Figs were sodden, is also very good for this. Cucumber seeds or Pingles sodden in Wine and so vsed, are good for this purpose. Item, wine that is somewhat salted, and tempered with Barrowes grease, is also not ill.

Item, there is very commodious for it Pettle seede, Cicozie rootes, white Mustard seed, Cresses, Radishes, Onions, or Garlicke, any one of these taken with wine, and then afterwards the patient laid to sleepe, euen as one that is drunken.

Coriander is a knowne seede, called in Latine *Coriandrum*, and in Greeke *Corion*, or *Coriaren*. The learned haue diuers opinions of it, *Dioscorides* writeth, that it is cold, but *Galenus* and his followers doe reiect this opinion, and saith, that it is hote, or at least somewhat warming. And albeit this seede be somewhat venimous, yet may the same easily be corrected, to wit, when it hath bene steeped in Vineger, and is dried againe, and then may it be vsed in many medicines as you may finde euery where, &c. Take prepared Coriander, &c. The nature of his venime is, that when one eateth too much of this seede, or drinketh too much of the iuyce, then will the head be thereby so out of frame, as if a man were drunken: it maketh one hoarse, and as if he were dumbe, or if he speake, yet are they but vireuerent words. In fine, it is not without great danger: for it hath bene often found, that after the taking of the iuyce death hath followed, therefore it is good counsell, that you vse of this a little, and but seldome: yea some will correct the Physitions that daily vse this seede for strengthening of the head, by reason that it is much contrarie to the head, and noysome. Now to take away the venime of this seed, you are first to cause the patient to vomit, and that with oyle called *Irimum*, or in stead thereof, with oyle of Olives, both of them taken with the warme decoction of Mozmeewood. Also you may fry an Eg or two in this oyle, and mixe it with pickle of salt fish, and so drinke it, or the pickle alone, well salted.

Henbzoeth,

Hen-broth or Goose-broth. In like sort sodden wine mingled with ley, are very good for it.

Nardus seeds or *Nigella* seeds, called in Greeke *Melanibion*, and in latin *Nigella*, by reason of his blacknesse. There are foure kinds of it, two blacke, the which (by reason of their pleasant smel) are planted in the gardens: another which groweth of himselfe in the fields: the fourth sort is yellowish, and hath no difference from the black kinds. The nature of them all is hot and dry, which maketh them venemous, when one taketh too much thereof he is in danger of death. And herein is a wondrous work of nature, that contrariwise it resisteth poison, and in old time (by reason of his pleasantnesse) was baked in bread. For what diseases then this seed is good, that is shewed and taught in moe other places.

Milke thistle. This roote the Greekes call *Chameleonta*, for that the leaues do alter their colour after diuers sorts, according to the nature of the ground, now black, and then greene, now blew, and then yelow, and into diuers other colours: In Latine this herbe is called *Carduus Suarins*, that is, Sowthistle, for that it killeth hogs if they eate this herbe mingled with Barley meale. In like maner it killeth Rats and Mice if they eate thereof, and drink not thereafter immediatly. The Apothecaries call this herbe *Cardopatum*. Because that this is hurtfull to the said beasts, therefore cannot it be but hurtfull to men if they eate too much thereof. And the same is manifested by his nature, for that it is hot in the second degree, and dry in the third: yet this roote is often used for many things, and highly commended, and that most of all against the venome of the Plague. There are two sorts, blacke and white *Milke thistle*, both of one nature: notwithstanding there is here to be noted, that the blacke is to be used onely outwardly.

The *Pewtree* do the Greekes call *Smilax*, and the Latinists *Taxus*. This tree is well knowne, he groweth prosperously in cold and shadowie places, for such is his nature. That he is placed amongst the venims, is not without cause: for it hath been tried, that if bottels be made of it, and the wine kept therein a certaine time, it killeth a man. In like maner doth the fruite of the same tree which groweth in Spaine. Moreover it is sayd, that whosoever slepeth vnder the shadow of this tree, or vpon the leaues, and specially vpon his blossomes, must dy, for that the whole body will thereby be ouercooled, that a man must dy sodainly. His leaues are not hurtfull for the wild beasts, but onely for such beasts as do not chew their cud, as the swine, Horses, Asses, &c. they are killed with it. It is said also, that if a copper naile be strooke into his stem or body, then will this venome vanish away. His smoake should kill Mice. And his venome will also be taken away by the same means that hereafter is prescribed against the venome of Hemlocke, where you may seeke and finde the same.

Wild Cucumbers and their iuice *Elaterium*, whereof is so many times admonished that men must deale with it warily, and vse but a very little at one time, except it be in grievous sicknesses, as the Dropsie, and such like, the Greekes do call this herbe *Sicyagrion*, which is wilde Cucumbers, for that the same are like to the tame Cucumbers. When these wilde Cucumbers are ripe, and softly handled or wrong, then break they open, wherefore you must looke to your eyes, for they are hurtfull. In Latine it is called *Cucumis Anguinus*, *Sylvestris* and *Erraticus*. The Apothecaries and common people call it a wilde Cucumber. His iuice is *Elaterium*: it is made as well of the rootes as of the leaues: but it is not so forcible as that which is made of the fruite. Of all medicines, there is none that continueth longer good than the same, for *Theophrastus* writeth, that it hath bene found good and forcible 200. yeares, and it ought not to be used until it be thre yeares old: it is hot and dry by nature, for which cause *Dioscorides* doth place it amongst poisons. It is so vehement, that when a woman vseth it in pessaries it killeth the fruite. But we haue written of it also in the Introduction.

Fleawort. The Greekes do call the seed of this herb *Psyllium*, the Latinists *Pulicariam*, by reason that the seed is like to Fleas, or that it hindereth the breeding of such vermin: The Apothecaries do keepe both the Latin & Greeke names. It is (as some say) cold in the second degree, & is measurably dry and moist. Others do ascribe great cold vnto it, wherewith this following doth agree. Albeit this seed be comodiously used, as many places of this booke may witness, yet hath it neuertheless his venom, to wit, when one vseth too much thereof, for that it maketh the whole body cold, sluggish, feeble and vnapt. Against this may be used that which is prescribed for Coziander.

Crowfoote, the Greekes do call *Batrachion*, the Latinists *Ranunculum*, that is Frogwort, either because it willingly groweth (as Frogs doe) in moist places, or for that the Frogs gladlie hide themselves vnder it. Some call this hearbe *Flammulam*, by reason of his burning nature;

for being applied greene, it doth not onely excoziate the place with paine, but also if the flowers be long thereon, it maketh a hard escarre: The beggars haue learned this so well, that therewith they open their legs, and make them soze, that they are lothsome to behold, to the end that thereby they may get the greater almes. As much as appertaineth to the venome of this herbe, it is by nature hot & dry, so that it burneth not only the outward parts, but also the inward parts, when it is taken inward. The root dried prouoketh næsing, if one hold it a good while at a tooth, it drieth so much that it falleth to pæces.

Apiastrum, which the Apothecaries do call *Apium risus*, is also of the same nature. We call it water Crowfoote: it is with vs very sharpe, but much sharper and moze venemous in the Island *Sardinia*. Al that eate therof are depriued of their vnderstanding, the sinewes of their mouth and lips are so mightily conuulged that the patient sæmeth allwayes to laugh, when neuertheles he dieth: whereof that vulgar prouerbe is spzoonng, *Sardinus Risus*, which is, *Sardinias laughing*, that is as much as when one laugheth where he had moze næde to wepe.

How to cure this venome, you are to giue to the harmed abundance of hony water and milk to drinke, and annoint the body with some warming salue, or to put the patient into a bath of warme water, among which oyle is tempered; and in fine to vse all things for this purpose that is to be vled for the crampe and conuulsion of the sinewes.

Rightshade do the Grækes call *Strichinos* or *Trichnos* and the Latinists *Solanum*, the which name the Apothecaries haue turned into *Solatrum*. Whereof are foure kinds described by the learned, whereof the first is garden Rightshade, which may be eaten amongst other pot herbs. The second sort are the winter Cherries, whereof we will not write any thing. The third sort prouoketh slæpe. The fourth sort maketh men mad and out of their wits, wherefore it is called in low Dutch, *Dulcruyt*, that is, *Addingwort*. The Rightshade that prouoketh slæpe, is colde in the third degree, like to *Opium*, whereof we will speake shortly, but it is not altogether so cold: and albeit that sometimes the root of this herb is taken for the droppe, yet notwithstanding that the same be forborne, for it hath often hapned, that when one hath taken too many of the berries, that he thereby is become raging and mad, yea so stiffe ouer all his body, as though all his ioynts were dislocated. This sickness accustometh commonly to endure three dayes, so that some deceiuers accustome to vse the same to bring men into a misbelæse, as *Plinie* writeth. If one take the waight of a dragma of this roote, it maketh a man lusty, friendly, and causeth wonderful fantasies, so that they sæme to be foolish, and to haue forgot all shamesfastnes. And such as take two dragmes thereof, they wil be wholly mad & raging: and if one take half an ounce, then will death follow; for the said *Plinie* writeth, that the Grækes with such like meriments haue plaid the fowles: whereby may easily be noted, that these two species of Rightshade ought not to be vled for any medicine inwardly. And this foresaid making mad is none other than that the Grækes call *Dorycnion*, which was vled in old time for the poisoning of arrowes. The taste of this hearb is like milke, it prouoketh hoarsnesse, it hurteth the tongue by his moisture, it expelleth blood by vomit, driueth out matter and filth by stoule, euen as they that haue the red or bloody fire. Thus befoze those and such like accidents do appeare, you may vse these remedies following, to wit, that the patient take much Hony water, wherein Violets are sodden; and then vomit it out againe. In like manner are you to vse the milke of an Asse, Goats milke, or new warme wine, wherein Anis seed is tempered, or wherewith bitter Almonds are mingled. The water wherein Mussels, Crabs, and such like are sodden, is very commodious to bee drunken for it, yea Mussels themselves eaten raw, and likewise clifters: and in fine, al that may draw the venom out of the body.

Æscingwort is of two sorts, to wit, white and blacke Æscingworts: the Grækes call it *Elleborus*, and the Latinists *veratrum nigrum*, whereof we haue at large discoursed in the Introduction. We take this herbs name of the operation, because it vgeth næsing. The auncient Phisitions make much ado with it, and committed many follies by it. Both these rootes are in vse, yet it is with them as with other things, that whosoever taketh thereof too much it is poison, and bringeth him into the perill of death.

These rootes are hereby knowne to be venemous, when as they are digged vp, & that the vapour of them riseth into the face of the digger, that thereby he hath great paine in the head, & swelleth much: wherefore it must be digged vp speedily, and the digger ought to stand with his backe to the wind, & to eate some Garlick befoze, and then drinke a good draught of wine after it. Black Æscingwort killeth horses, oxen, and swine, and purgeth downewards. White Æscingwort is not

not so hurtfull for cattell, and purgeth upwards. The Phisitions specially forbid that none of these rootes shal be vsed in women, old folkes, nor children, nor in them that haue a short breath.

Poppy heads, and the iuice of them, called *Opium*; the which is knowne with vs very well, is called of the Grækes *Mecon*, and of the Latinists *Papauer*. Some of them haue red flowers, which are *Cozneroses*, the which if one plant, they beare white, gray, and blacke seeds, of which the white are the best, and the blacke the worst. All their natures are cold vntill the fourth degree, therefore not onely the seed, but also the whole herbe prouoketh sleepe. There is also a yellow sort, but the same is hot and dry by nature. And by reason of the extreme cold, is this herbe numbered amongst venomes, not (if it be measurably vsed) that it bringeth any hurt with it, for that the seed thereof is baked in bread, but onely when one taketh too much thereof, and that chiefly of the blacke, which is much stronger than the white, in prouoking sleepe, for thereby is the sleepe sicknesse *Lethargus* caused. And of this blacke Poppie seed, or of these heads (the which grow not in this countrey, but elsewhere) is the iuice made, dried, and afterwards is called *Opium*, which is vsed in many places of this booke. But if you are to vse it inwardly, then must it (as we haue often admonished) be warily taken in hand: for if there be too much thereof giuen at once, then doth it cause a man to sleepe so long till he dy: Therefore there are a number of auncient phisitions that affirme that none ought to be vsed little or much of it, to wit, inwardly, but to leaue and refuse it as a very hurtful poison, But if it happen that any haue taken thereof too much, then are you to giue vnto him salt with *Oxymel* to drinke, euen as is to be done when any body is poisoned with *Loadstones*.

Loadstones, do the Grækes call *Mycites*, the Latinists *Fangi*: whereof are many kinds, and some when they are dyest cannot hurt, yet at all times giue no good nourishment, for that they are hard of digestion, and are auoided downwards, as they were taken. In fine, all learned men agree in this point, that some through a secret nature, and other through their quantitie, doe kill one no otherwise than as if they were strangled with a cord or rope. Therefore it is rather a brauery, and an intolerable lickerishnesse of them that eate the same, and put their health in danger, than any part of wisdomie.

Do not we reade of the Empero^r *Claudius*, & of whole families, that meeting together at banquets, and eating of the *Loadstones*, haue died instantly? We speake not here of those that eate the same moderatly, and onely for pleasure, and yet that they do no great good to those that vse them: for they augment the cholericke humors, and inflame all other bad humors of the bodie. One may know them hereby, that in dyest they ware hard: they also get a venemous nature if they grow about rustie iron, or any foule thing. Item, by any venemous beasts, as Adders, Snakes, Loades, and such like, when they haue their holes thereabout, and so infect the same.

Therefore it is to be well noted, that when any haue taken thereof, and find any hinderance of the breath, or otherwise finde himselfe ill at ease, that then the patient must immediately be caused to vomit, whereby the poison may be cast vp; which may be done by the taking of the pickle of fish and ley mingled together, or by the decoction of *Marierom* and *Hyslope*. The force of this venome may also be allayed by Hens dung taken with vineger.

Esula, all the venemous herbes that giue milke, are seuen in number, described by the ancient phisitions, and all of them are called of the Grækes by one name, *Tithymalon*, and of the Latinists *Herba lactaria*, as milke herbes, the Apothecaries call it *Esula*: of these herbes there are some species vnknowne, wherefore we wil not waste much time in describing them: all together (yet the one more than the other) are hote in the fourth degree, and drie aboue measure; so that if one breake a sprig thereof, and holdeth the same to his tongue the space of many houres, he cannot be rid of the burning. Also if you lay the potoned herbe on the whole skin, then beginneth the same forthwith to inflame and burne, so that it seemeth that a cole of fire lyeth thereon.

In like manner also doth this roote manifest his venome first in the digging vp, whereby the digger and also the preparer are to expect more danger than hath bin told of *Aselingwort*, and by reason of her great venom, is this roote but seldome vsed by famous phisitions for the purging of superfluous *Cholera* and *Melancholia*, euen as you may see in some places of this booke: but how a man shall prepare this roote, that haue you before in the Introduction.

The herbe *Wolfsbane*, and specially the roote, is of the ancient phisitions and Poets accounted the most venemous Plant; so that when they will once talke of poison, they call it *Aconiton*, with which name the Grækes and the Latinists call *Wolfsbane*, which is of two sorts, whereof

the one is called *Perdalianches*, for that it choketh the Panthers, and hath a roote that at the end is like the tayle of a Scorpion, which is called of the Apothecaries *vua versa* or *Lupina*. The other sort is called of the Grekes *Lycotonon*, which is Wolves bane, for that specially more than any other beasts it straightway strangleth the Wolfe, notwithstanding that it also killeth the Foxes, Swine, and all other wild beasts, if the powder of this roote be strewed vpon any thing that they come to eate. In fine, of all venomes there is none that sooner killeth and taketh out of the world, and that not onely when one taketh it inwardly, but also if one touch it: For if one touch any the cattell therewith about their members, then must they dy the same day. His nature is to corode continually inward, and maketh the parts that it toucheth sinking. Both of these sorts grow much in Germany in the ballies and on high hills. And verily there is another wonder of nature with it, to wit, that this venome most mightily withstandeth all other venomes: As for example, when one taketh this Wolves bane or Donkeshood, then must he expect none other than present death, vnlesse there be another poison before in the same body, as if one were stung before with a Scorpion.

Wolfsbane finding another poison in a mans body, opposeth it selfe against it after a most vehement maner, and expelleth it, yea and combateth against it no otherwise but as a warrior that omitteth all other things, and setteth onely vpon his enemy, in which strife they remaine both slaine, and the man retaineth his life. As soone as one hath receiued this poison of Wolves bane, there cometh a swimming vpon him; chiefly if he would arise his eyes will ranne, he feelth great anguish in the breast, and in all inward parts: his breath will be short and grievous, therefore it is needfull that you endeavour to expell this poison by vomits and Clifters. First, there is good for it sodden Parierom, Rue, Dorehound, Wormewood, and Wormewood wine, Housleake, Southernwood, Milke thistle, wilde Cypresse, and moe such like. In like manner also the right Balsame, if you giue it with the waight of one dragme with hony, or with milke, Beniercod, pepper, and Rue, of each one scruple, may be taken with wine for this purpose.

Also the rennet of a yong kid, of a yong hare, or yong Roebucke drunken with vinegar, is also very good.

The wine wherein a peece of glowing gold, a peece of siluer, or a glowing iron is quenched, is also highly commended for it. Or ley and wine, wherein a henne is sodden. Fresh broth made with Beefe, mingled with wine and drunken. The herbe of wild Cypresse is also very requisite for it.

Hemlock is well knowne euery where, and is called of the Grekes *Conion*, of the Latinists and Apothecaries *Cicuta*, but by vs it is called Hemlocke. It killeth men, and that very extremely, if any one take of his iuice. It is a very cold herbe, and therefore very venemous. With this herbe haue the Athenians gotten the name of Tyrants, for that therewith amongst many other they murthered *Socrates*.

Against this poison it is very good that one do drinke much strong wine, and that betimes before the poison passeth to the parts of life.

It is also taken to be certaine and sure, that if his iuice be tempered with wine and drunke, that there is no counsell nor helpe to be expected against it.

Outwardly the Hemlocke is to be vsed in some accidents with aduantage, as hath bene shewed in diuers places of this booke.

All they that receiue of this poison, their head seemeth to run round, and their sight so darkened, that at last they can see no more, they ware hoarse, they lose their vnderstanding, the outward parts ware cold, and are conuulsed as if they had the Crampe, the pulse will be still, the breath tarieth behind, and they dy miserably. Wherefore (as in all other venomes) the patient is straightway to be made to cast and vomit, to minister Clifters, and continually ply him with wine, giuing him Asses milk, Cow milke, Wormewood, and pepper, tempered with wine and Rue. Item, iuice of Hints tempered with wine, is here much commended. In like manner also *Ameos*, *Cardamone*, or *Storax*, the waight of halfe an ounce, Pepper with Pettlesede, and Bayberries drunken with wine. Item, Wine cuide excessively drunken, and vomited vp againe, is against this sort of poison much commended.

Dogs bane is called of the Grekes *Ephemeron*, for that it killeth a man in one day. And that we may make difference of this roote from such as are not venemous, namely from the *Liri-*
consanfe,

consanſie, we will adde *Colchicon* with it, by reason of the countrey where it groweth in great abundance, and moſt venemous, the Latinists call the ſame *Bulbum agreſtem*, and the Apothecaries *Hermodytulum*. They grow almoſt in all medowes in Germany, and are ſweete in the mouth, whereby the ignorant (by reason of their pleaſant taſt) may be eaſily deceived, and allured to eate thereof, whereby they are in danger of death: ſo as ſoone as they come into the ſtomack, by and by they feele a burning & a paine ouer all the whole body, as if they had bin burnt with ſettles, they feele alſo a gnawing in the bowels, the ſtomacke will be hot and oppreſſed, and in time there commeth a laſke after it, ſo that the ſcrapings of the bowels and bloud doth follow, and laſtly death it ſelfe. For this are all remedies good that are preſcribed againſt the venom of toadſtooles, to wit, vomiting & clifters. It is good beſore the venome get the maſtery to drinke water wherein is ſodden Dken buds, Acoynes, Pomegranate peeles, or wild Thyme, and is mingled with milke. Item, you may alſo uſe one of theſe iuices following, as the iuice of Cicozy, of Blackberry leafe, of Hirtles tempered with wine, the inward parts of Cheſtnuts powdered and mingled amongſt it is alſo very good. In like maner it is eſpeciall good to drinke Marierom with Lie. And aboue all things, there is nothing better than Cow milke, or the milke of a Buſſell drunken in great abundance, and held in the mouth: ſo if one haue ſuch milke: it is no counſell to ſeake any further ſo any other things.

The third Chapter.

Of the venemous Mettals, and ſuch like.



As we haue ſpoken in the deſcriptiõ of the ſoreſayd venemous plants only of ſuch as are well knowne in this countrey, ſo we will here treat of certaine mettals, and of all that cometh thereof, and teach alſo thereby when any body is poiſoned therewith, how that venome is to be reſiſted.

Ceruse, the Latinists call it *Ceruſſam*, & is taught by *Dioſcorides* that the ſame is made of lead by the vapor of the vineger. This art was found long ago, but now at this time it is made moze eaſie. The Ceruſe taken inwardly, is deadly. Through the taking in of ceruſe ſoloweth hoarſneſſe, cough, drouth of the tongue, coldneſſe in the outward parts, loſſe of vnderſtanding, and the members will be thereby weary, ſuggiſh, and ſeebled. Theſe accidents are to be holpen by theſe meanes following, as with hony water, with ſodden Violets, or Ballowes water, with warme milke, with beaten ſeed of *Sesamum* ſodden in wine, with Lie that is made of Wine aſhes, with oyle of Marierome, or with *Oleo Irino*, or with water wherein Peach kernels are ſodden, Pigeons egges with Frankinſenſe, ſodden Barley and Prunes: you may giue any of theſe things which you will, and as often as you will, and caſt them out againe. In like manner there is good for this *Scammonea* ſodden with Hony water.

Gips is very like vnto Chalke, ſo it is made of many ſtones by calcination, and alſo digged out of the earth. His nature is, that when it is made ſoft with water, it is immediatly altered againe into a hard ſtone: the ſame doth it alſo in the body of man, whereby it ſtranglety preſently: wherefore all that is preſcribed againſt the venome of the toadſtooles, is alſo good for this. Item, oile that is ſodden with Ballowes in ſtead of water, by reason that it is fat, prouoketh a ſlippery paſſage for vomiting, and hindereth alſo the exulceration of the paſſages. Likewise, there is alſo good the oile of hony water, or drie figs ſodden therein and ſo drunken. The lie which is made with the aſhes of the Fig tree is maruellous good for it: or in the place thereof you may take the aſhes of Dken wood, and eate Figs. Alſo you may uſe the aſhes of the Wine, and temper the ſame with wine, and drinke much thereof, and then caſt it or vomit it out againe.

Lime and Gips are very like one to another, and they match one another with their venome. The red myne, whereby ſome do vnderſtand the red lead, and ſome ſinople, or mine of the quick ſiluer, *Sandaraca*, *Auripigmentum*, which is Orpiment, they are for the moſt part al of one nature, that they torment the intrailes with an intollerable paine; and in caſe that there be no remedies had for the ſame in time, then doth it kill him. Wee will alſo adde to the former the yelloſw, red, and white Katsbane or *Arsenicum*. For this is commodious all that expelleth venome, abateth his ſharpeſſe, and looketh the belly, whereof there is much ſwitten beſore. The iuice of Holli hokes and of Ballowes is ſpeciall good for it, by reason that they are both of thew mollifying.

For this also you are to giue him a potion wherein Linseed and Rice are sodden, or Milke tempered with Hony water must he drinke vnmeasurably. In like manner also all fat flesh broth.

Quicksilver is called in Greeke *Hydrargyron*, which is Water silver, and in Latine *Argentum vivum*: we call it in this country Quicksilver, and is of *Plinie* called a venome exceeding al other venomes. It doth also manifest the same in mans body, not onely taken inwardly, but also annointed ouer the outside. That it is such a poison not only of the blood, but also of the venemous pocks, and of other maladies moe, as you may see and reade before in diuers places of this booke. Some do say, if one drinke it, it presently runnes through the body: but if any such thing happen, yet notwithstanding there remaineth somewhat thereof behind in the body that doth hurt the same and the intrailles. For the remedy of this poison, one must drinke much milk, and then vomit it by againe: or in stead thereof Wormwood wine, or water wherein Smallage, the seeds of Clary, and Parierom, or Flop are sodden. For this is also very requisite small filed gold, which doth draw the Quicksilver vnto it in a wonderful manner, as by experience may daily be scene at the goldsmiths and other, how quickly it cleaueth to the gold, and when it is warme, it minglerh it selfe with the gold, where neuertheles al other things that are cast vpon it are expelled from it, and swim on the top of it, and letteth them not fall to the bottome. There may also be well vsed, against the venom of Quicksilver al that standeth witten against the litharge of gold. Further, it is wel known to all the world that there is no stronger venom than the *Mercurius sublimatus*, like as al Chirurgians and Pockmasters do find by experience, when as they do vse the same in any vlcer. How one shal prepare the litharge of silver, *Plinie* doth teach the same diuersly, we wil here admonish of his poison: when the same is drunken, then doth it make in the body, & in al the intrailles, not only an anguish, but also an extreme pricking & paine, it pierceth the inward parts, by his waight it stayeth vrine, it swelleth the body, and procureth a leaden colour. When as a patient hath vomited exceedingly, there are you to giue him wine to drinke with the seeds of Clary sodden in it, Pyrch, wormwood, Flop, seeds of smallage, pepper, *Ligustrum* or dried pigeons dung.

The fourth Chapter.

Of the venomes that come of Beasts.



What great commodities Almighty God hath giuen vnto vs in Beasts, is sufficiently knowne vnto all the world, and the same is to be scene in the foresaid parts of this booke, and in diuers medicines. For behold, what is moze base and lesse esteemed than the Earthwormes that breede in the stinking dunghills, and also liue therein, neuerthelesse they are vsed in grievous sicknesses both inwardly and outwardly with great good. The venemous Scorpions and Vipers are wholesome medicines against venome and other diseases, and yet moe such like, whereof one might write whole bookes, as the books of all Physicians and Philosophers do testifie; yea it hath bene found oftentimes that the ordure of some beasts hath holpen in deadly sicknesses.

But to the contrary, there are foure little beasts not fearefull but hurtfull, against which hurts and harmes there are here very good remedies taught to defend & preserve one from them. For what is a moze friendlier beast towards men than the Dog? What beast is moze obedient, and can be lesse without the company of men? Yet it is not vnknowne to all men how hurtfull and perilous the biting of a mad dog is; for if there be not presently very good remedies vsed against it, then will the same man be mad also, and all other men that shall be bitten by the sayd mad man. Wherefore we will in this fourth Chapter speake of certaine venemous beasts and wormes, whereof we by the grace of God (in regard of the South countries) haue but a few in Germany. Wherefore we will omit *Basiliscus*, *Amphisbena*, *Cerastes*, *Dipsades*, and such like venemous beasts moe, which are to be found onely in *Africa*, and admonish of those that are knowne of vs, and adde vnto them the remedies that are requisite against their venome.

The first are the Ants or Pismires, which truly are prouident and laborious little beasts, whereof we will not here describe the nature, but will discourse so much as serueth to our purpose. When it is found, that men through their pissing soele in their skinne, that which is moze greater than is the stinging of Nettles, for the place thereof swelleth. They annoy also thereby all herbes and trees. And for to driue away the same from thence, you are to take

take Cow dung, and temper it with vineger, and therewith annoint the body of the tree, or take Pitch or Rosin for it. They shunne also the smoake of Brimstone, and the fume of Harierom in such sort, that thereby they forsake their holes. Some affirme the same also of Cicorie, or (that is better to be beleued) of *Esula*, which herbes and the smoake of the sulphur doth not only hunt them away, but also killeth them. These Ants and their eggs are also vsed in phisicke.

When any man is stung with Bees, Waspes, or Hornets, then doth he not onely complaine of great paine and heate, but also of great swelling of the place where he is stung, whereto you may vse this following most commodiously: Make a plaister of Linsæde meale and salt tempered with vineger: or stampe Hollihocke leaues and lay them moist thereon. You may also do the same with the flowers of Baulme. The same doth wild and tame Rue, the milke of new figs, salt fish, and the pickle of the same. Item, sea water, when the place is often moistened therewith. Take Treacle or Bithridate as big as a hempe seed, and annoint it thereon, or if you haue nothing else, then take the moist earth out of the garden, and annoint it therewith. It is said that if one be once bitten of a scorpion, that then neuer afterwards neither Bee nor Waspe will bite him. The same is also written of the wormes that grow on Coleworts, when they are tempered with oyle, and annointed therewith. This is also worthy to be thought vpon, that when one beareth any odoriferous things, that then the Bees are the readier and greedier to sting the same party than otherwise. Although that there be no *Cantharides* or Spanish flies in Germany, yet are they common at all Apothecaries. They are also very much vsed of the Chirurgions, and of other, as may be seene before in many places: but by reason that some most vnprudently take the same in hand, and also will vse them inwardly, therefore cannot I conceale their payson. These Spanish flies be of the Caterpillers or little wormes of the figge tree, Pearre tree, Fir tree, and Rose tree, &c. and when one drinketh them, then follow there afterwards all manner of painfull symptomes, so that one may seele from the mouth euen to the neck of the bladder a sharpnesse and great exulceration: and he supposeth that he alwayes smelleth pitch, the right side swelleth inwardly, the vyne wil hardly voyd, and passeth away with blood, and in going to the stoole there auoideth the scrapings of the bowels, like to them that haue the bloudie fire. They lye in great smart, are also feeble and impotent. The head swimmeth so much, that otherwhiles they fall to the earth, vntill at the very last they are bereft of their vnderstanding. And to remedie these grievous accidents, there must be giuen to the patient Sallad oyle or some such thing to drinke for to bring him to vomit: and when this is done, then are you to minister vnto him a clister that is sodden with Rice, Hollihocke rootes, Fenegreke, Linsæd, Pallowes, and such like. If one may get the right *Nitrum*, then is it very commodiously vsed with *Oxymel* (our Salt peter is not the right *Nitrum*) whereby the rest that remaine sticking in the stomacke and in the bowels might be washed off and expelled. Afterward you are to giue him wine and sodden Must to drinke, wherein is sodden Pingles or Cucumber seed. This may also be effected with milke or hony water: and in like manner also Goosegrease and sodden wine. There is a pappe of Barley meale to be layed vpon the swolne place, made with hony water. It is also to be noted, that at the first there must no plaister be layd thereon, so that will do moze hurt than good.

When all hath bin done that is abovesayd, then are you to annoint the body with oyles that be warme by nature, and then to bathe after it, so that thereby all that may hurt the body might be drawne out. You must also see that the patient haue alwayes a loose body. He may eate Cockles, yong Buckes or Kids, and Swines flesh that is very fat: And he shall also seeth Linsæd with it, for that mollifieth and dampeth the eagerneesse of the poison. He shall drinke excessively swæte wine. The rindes of Frankinsence and sealed earth, the one or the other, the waight of a quarter of an ounce taken with Must, is also much commended. Item, there is good for it the decoction of Bennitoyall. Item, Drage, stamped Rue, and the iuice of the same drunken with wine. In like manner also Colo milke that is described in the third part, the twelfth chapter, and 11. §. beginning thus, Take Gentian, &c.

But aboue all these are the *Antidota* good, as also both the Treacles, the Bithridate, *Alexipharmacum*, and such like.

It hapneth also oftentimes, that the people that trauell through the countrey do vnawares drinke an horseleach, which according to the olde wont without interceasing sucketh bloud within the body: but if it remaine hanging within the throate, then may it be seene. But when

this hapneth, then must good hēde be taken that you venter not to get it out with any tongs or other things, for that commonly they leaue their tēth sticking in the flesh, whereby afterwards grow griuous impostumes, and it booteth not thereto that they be cut off, they leaue not there, for their sucking: and if they fall deeper into the body, and come to hang at the mouth of the stomacke, that is easie to be knowne by their drawing. Thus for to cure this accident, he is to drinke pickle of fish, or any other salt water, holding it in the mouth, and to gargarize therewith. Item, *Angelica* sodden with Beates. Further, take Rue, seeth it in vineger, and drinke it, or hold it in the mouth, according to the place where the worme is fastened. Or take Vineger that is heated with a glowing iron, melt butter therein, and giue the patient to drinke of this vineger. For this is also very good the meale of Lupins tempered with water, and the same holden in the mouth. The Woodlice are a filthy stinking vermine, neuerthelesse they are said to be good against all venome, which if they be burnt, and the fume of them receiued, they cause the Horseleaches to fall off.

The Flea is a vile troublesome and bloodthirsty little beast, which bereth both man & beast: To drine them away or to kill them, there is no fitter meanes than that you keepe the chamber alwaies very cleanelly, sprinkle it with water, and swāpe out the same cleane, for that they do grow out of dry dust. Item, you may also vse these things following: Seeth Coziander in water, and therewith besprinkle the chamber, and also let the linnen be washed therein. This same driueth also lice away: yet note that of late was written of the Coziander, that thereby the head take no hurt. Item, take Coziander, wilde Thyme, seede of *Tribulus Aquaticus*, and Elderne leaues, seeth them in water enough, and besprinkle the chamber therewith: this driueth away and killeth the fleas. The same vertue is ascribed to the smoake of Penniroyall, and the powder of Rue strowed in the chamber: and all those things that may be used for Lice and Woodlice.

The Italians and other nations moe haue a minde to eate Frogges, which other nations doe abhorre: but we will dissuade all the world from them, and specially such as bzeede in stinking poudes and waters, and are dunne, which are no like the right frogges, for they prouoke a swelling of the whole body, with a bleake and yelloſw colour, like vnto the Holly tree: thereupon followeth a short stinking heauy bzeath, hoarsnesse, and effluxion of the naturall seede. Now then for to remedy this mischance, you must let the patient vomit mightily, and drinke ouer much wine. For this also may you giue him of the Cipers roote beaten a quarter of an ounce.

Further, you are then to admonish the patient that he endenour himselfe mightily to run, and walke much, or take some other exercise in hand, thereby to sharpen the body: and he shall bath euery day.

We haue said befoze, that there is no more perillous venome than that of a mad dogge. And concerning the madnes of a dog, it is most perillous in hot times: as when the Sun entreth into Leo, to wit, in the moneths of Iuly and August, which thirtie dayes we do not only call the dog daies of the Dog star, but also for that dogs in those daies are most inclined to madnes, and then hurt men most of all: wherefoze the hunters during these thirty dayes ought to giue to their hounds meate tempered with hens dung. This madnes ceaseth also of it selfe when it beginneth to freeze, and that but seldome.

The signes of a mad dog are these; he will neither eate nor drinke, and he someth at the mouth and nose, beholdeth euery one ouerthwartly, and with a heauy looke, and biteth as well men as beasts.

If a man be bitten by him, then is there at the first no other accident perceiued, but only that the wound cleanseth it selfe, and is very painfull. Afterwards there followeth thereby a maruelous extremitie, which the Graekes do call *Hydrophobos*, which is the feare and fright of the water, which oftentimes in the dogges and in men is so forcible, that they come out of their wits. Notwithstanding that they feare most of all the water, yet neuertheles they throw themselves into it and drowne themselves. This feare of the water they get not all at one pzeired time, but they get chiefly the same (that neglect the bit most) about the fortieth day, some after the first moneth, yea some also very well a yere afterwards.

The auncient Philitions do write that this franticknes of the biting of mad dogs hath manifested it selfe seven yeres after that they were hurt by them.

They

They that are infected with this disease, doe also get a conuulsion in all the sinewes of the whole bodie, and chiefly of the face, it will be red, and thereby commeth a great sweat, and extreme feblenesse.

Some can abide no light, and others are vexed with an intolerable headach, many howle like Dogs, and bite all others that they can come by, who will be afterwards as mad as they. The auncient Phisitions write also that they be very few that do recouer.

Yet for this hath bene found many wholesome remedies; whereof we shall speake hereafter.

There are two kindes of meanes: the one common, which is good against all bytings and stinging of all venimous beasts: the second, that is good alone against all byting of mad Dogs, if one doe but presently put it in practise. But if it be deferred too long, it is vsed in vaine. First, there are some things that a body must prouide to haue alwaies in a readinesse, that the same may immediatly be adhibited.

Take for this Creuets, and burne them with as much of the roots of Bzionie to ashes; then powne them small and preserue them. Secondly, haue alwaies in a readinesse some smal beater roots of Gentian: and then if there be any bitten, cast in twelue ounces of Strong Wine, two spoonefuls of the ashes of Creuets, and a spoonefull of the foresaid rootes, and then drinke this at foure times, to wit, in the morning early.

Item, for this is also commended the shels of the Lobster if they be powdered in drinke.

Item, one other more that is made of Creuets, and is very like to the former, to wit, as hereafter followeth. Take Creuets that are taken in Iuly and August, burne them alieue to powder in a luted pot, and then giue the powder in drinke with Treacle, to wit, one dragme and a halfe with water of Scabious.

Take also two or thre dragmes of this powder, and drinke it certaine daies together with the water of Fumitorie.

Another: Take Gentian, and Pyrre, of each one dragme, Ashes of Crabs a quarter of an ounce, giue thereof euery morning with Wine: or if the patient be full of heate, then take fountaine water in stead of wine.

Item, the iuyce of Balme is also very good for this; or to beate the leaues to powder and drunken with Wine. In like manner one may also twice a weeke take a dragme in waight of the great Treacle, or of the Treacle *Diateffaron*, be it with Wine or any other distilled water.

You haue also in the first Part, the fiftenth Chapter, and twelfth s. a water of the great Bur, which is also wonderfull good against the byting of a mad dog.

Now a daies is much commended (and that by experience) the iuyce of Quinces if one take thereof once a day thre or foure ounces, that the same will maruellously preserue one from this venime.

And now to preserue this iuyce, you must let it seeth so long by a milde fire till that the skum is separated and taken away; then you may preserue it in a glasse with a narrow mouth, and powre thereto a little Sallad oyle: it is also good for all other venimes.

It is also written that clarified Hony taken daily, should preserue one that he cannot be annoyed with the byting of mad dogs. In like manner if one eate the Liuer of the same mad Dog, that the same should preserue the bitten person from all symptomes.

The wilde Roses powdered and drunken, are also found very good for it.

Besides all these foresaid remedies, one may vse things that cleanse the infected blood, which one may doe with these medicines following, if the same be drunken foureteene dayes together: Take scrape of Fumitorie, of swete Apples, and Pomegranates, of each halfe an ounce, water of Fumitorie, Buglosse, and Cicorie of each one ounce; mingle them together and drinke it fasting. Afterwards vse this purgation: take new Cassie thre quarters of an ounce, confectiō of *Hamech* one quarter of an ounce, *Inda* one dragme, make a Bolus or bit thereof with Cinna-
mom and Sugar, swallow it downe in the morning, and fast sixe houres after it. For this is specially commended, *Hiera* with Coloquint: for this is also good, thicke milke, called *Lac scistum*, for that it looseth, and doth withstand the venime. And as soone as the body is purged, and after that all the foresaid remedies haue bene vsed, it is then requisite, that one thinke vpon the byting or wound. First, the byting is not to bee healed, but it must be well rubbed with

Garlicke, vineger and salt, so long till it come to bléed apace. Some binde thereon liuing Hens and pullets : but loke what is wzitten thereof in the description of the Plague, whereas we haue spoken of the Plague soze.

Take also a salve of the iuyce of Onions, iuyce of Rue, Vineger, and Hony, wherewith anoint the wound thre or foure dayes together kéeping it cleane, the which will bring all things in securitie.

This doth also Garlicke fryed with Butter and layd thereon. Or an onion made hollow and filled vp with Treacle, and rosted in the ashes, wherof we haue befoze admonished. And you may also take two handfuls of Rue, fry it twice in butter, and apply it twice a day to the wound. Others take Garlicke, Rue, Salt, frankinsence, Pirrhe, of each a like much, beaten all together, and a plaister made thereof with wine.

Take Cheruil seed, seeth it in faire water and drinke thereof, wash the wound also therewith: this is good without and within.

The powder of Merucine is also commended for it that is gathered betwéene both our Ladie dayes for to strew on the wound.

There is also good for it all Pettie waters drunken: likewise the Pettie seed stamped to grout and laid vpon the wound. The Fennel roote is used after the same maner. These are now things that may be used outwardly, and that not onely thre or foure dayes as some suppose, but also some daies together with other things moe.

For as we haue admonished befoze, this venome doth otherwhiles not appeare in a twelue month after it : as may be seene, if one be bitten with a mad dog, and handleth a Hauen within a yeare after, that the same soule will be mad, or the man will be mad againe.

It is also especiall good that the wound be annointed within and round about with Treacle or Mithridate. For this also are requisite the peeles of new Melons and Pompeons beaten and mingled with wine, and laid ouer the wound.

Item, new Onions tempered with Vineger, or if the same cannot be had new, then are the same to be sod, and to drinke the decoction, and lay it also on the wound, or tempered with hony and wine, and so let it lie thre daies thereon. The kernels of nuts being chewed by one fasting and laid vpon the wound, should do maruellous much good.

Or take great rootes of Smallage, seeth them in water and drinke the decoction therof : Stamp the rootes and lay them on the wound.

Item, Rue mingled with Salt, these and the like things may be used at the first without all daunger. But in case that the venome of this mad beast lyeth hidden and dead a while, and the patient thereby supposeth to haue escaped all perill, the which neuerthelesse yet sheweth it selfe afterwards, wherefoze there are diuers that haue a manly heart, and had rather liue a painfull life, than to dye a painefull death.

Of the actuall cauterie and incision.

Some that will play surely, and will pzeuent all these befoze mentioned mischieses, do begin this cure at the first by incision and aduision, so that they cut out the sound flesh round about the wound according to the situation of the member, and also draw out the blood, and make the wound much wider : for how much larger the wound is, so much the better will the blood be drawne out, and the better is the wound to be handled, which is to be committed to the expert Chirurgions : but burning is better than cutting for it, and it is commended to be moze surer and moze forcible, because the fire sameth all venomes, and letteth not the same pearce any deeper into the body ; and also the wounds heale not so fast, which must be kept open so long as may be.

These things following are very requisite for to kéepe the wounds open, as all salt things, powdered wilde Garlicke, iuyce of Onions, and powdered Wheate that is made moyst. These things make the wound wider : and after such kind of incision or aduision set on bores, and scarifie the sound flesh, that thereby the infected blood may be sucked out. And if it be perceiued that the wound heale too fast, then must the same of necessity be opened againe with fire, or with incision, that there be no venome included. How the wounds are to be cured, that is known to all Chirurgions.

To conclude, this is to be added, in case that neither the easie remedies now mentioned, neither yet the incision nor aduersion had bene used at the first, then are they to be omitted and left altogether, and not put the patient to such paine in vaine, for then cannot the venome that is spread ouer all the body, be drawne any more to the wound, neither be drawne out.

An order of dyet for them that are bitten by a mad Dog.

All they that are bitten with a mad Dog, must vse those things that doe withstand poison, and interrupt the violence thereof, that the same penetrate not to the inward partes. For this doth first of all serue strong wine sodden thoroughly, and milke for his drinke: it is also good that you put into his meate, Garlick, Onions and Leekes: let him vse Treacle and Mithridate sometimes. He shall feed euery day vpon eager and sowre meates that do hinder the venome. Sweating before and after meat is also very good for him. But aboue all things is the Elleboze highly commended, if he vse the same but once in forty daies: for it is proued already that those that were vbered with the feare of the water, that they were only cured by the taking of Elleboze, when as they had used all other meanes and remedies before.

Moades are beasts well knowne, that are full of colde venome. Against this is to be used all that which is described against the venome of the Frogs that haunt stinking poles.

That Lice be lothsome and filthy vermin and beasts, is knowne to the whole world, and hath sufficiently bene shewed in the first part, the third Chapter, and eighth §.

Milke that is turned doth sometimes very quickly strangle them that doe drinke the same, for that through her letting it stoppeth the pipes of the Lights. Against this must the Whay of milke be tempered with Vineger, and giuen to the patient to drinke, and the patient compelled to take it. The same doth also dried Pep, and the iuyce thereof. In like manner also *Angelica* tempered with Vineger and water. Item, *Thymus* with Wine and ley, and some ashes with it. All salt things must be shunned, for thereby will the milke be turned more. In like maner must haere be taken from vomiting, for the clots might very well strangle one.

Dre blood is very grosse when it cometh first from the Dre, it will be some hard and clotted: this killeth a man also if he drinke thereof, for it setteth it selfe at the *vuula*, and strangleth a man, it refrigerateth the sinewes of the thyoate, whereby the same is stoppt: the tongue will be red, and one may see some part of the blood sticking betwene the teeth. He must also be kept from vomiting, for the clotted blood remaineth in the thyoat. In this must the blood be resolved and the body opened. And for this are especiall good great Figs that are not very ripe, and yet full of milk, when they are giuen with Vineger and Water. The iuyce of Beane straw with Vineger, and Cowegrease eaten, or used otherwise is also very good. All they that doe recouer of it, doe auoide much filth and other matter through their stools, and the belly and stomacke must be often annointed with Barly meale and Hony tempered together.

Caterpillers (which are the right destruction and spoile of all Plants and Gardens) are also in some sort venomous, yet the one more than the other: but they that line on the Firre trees are the most venomous. If it chanced that any body swallow one of these, then presently both he get a great paine throughout the whole mouth, and therewith a swelling of the belly, of the tongue and the stomacke, with a paine in the belly, that it seemeth that his belly is full of Wormes, his whole body will be burning, and getteth a great disemperature in the stomacke. This venome is to be remedied with those things that are ordained against the venome of the Spanish Flies: but in the stead of Sallad oyle, the oyle of Quinces is much better.

Snakes and Adders are of diuers sorts throughout the world, and *Africa*, *Media*, *Ecbatana*, and *Troglodytis*, are marvellous much plagued therewith, euen as now adaies Italy is in some places. Wherefore may Dutch men and English men account it for a blessing of God, that they cannot say as men doe of *Africa*, that there are more men slaine by venome than by the sword. And because this seventh part discourseth onely of poyson of venomous beasts, we wil adde here to the rest al the principallest things that are set forth by the learned against the biting of snakes and such like venomous beasts.

Wherefore we will speake first of the roote of *Aron*, that is, Cuckopit: when Snakes are smoked therewith, then will they be all as if they were drunken, and remaine stiffe. In like manner, when this roote is beaten to powder, mingled with oyle of Bayes, annointing the place there

therewith where they doe vse, then will they be hunted away. This roote is also to be drunken in red wine against all venome.

If the fruite of the tree *Platanus* be taken with Wine, then doth it withstand all stings of Snakes and Scorpions.

Clecampane rootes drunken in Wine, are also good against the stinging of venomous beasts.

The roote of *Mandragora* is also good for it, principally if any must be cut or adusted for these venomous beasts bitings, for it bringeth the patient into a deepe sleepe, and maketh him wholly insensible, euen as befoze we haue taught.

If *Ebulus* be set on fire, then doth the smell of the same driue away all manner of Snakes. The leaues thereof layed in Wine, and drunken thereof, are also good against all kindes of poysons.

The leaues of the Ash tree wzong out, and the iuyce thereof drunken, and laid vpon the biting, withstandeth the poyson of Snakes as vehemently as any thing in the world: For this tree hath such antipathy with the venome of Snakes, that the snakes shun the shadow of this tree. *Plinius* writeth also, that if one compasse them in one place with fire, and in another place with Ashen wood, that they had rather run into the fire than be touched with that wood. This bad wzome doth also not creep out of his winter hole, befoze and vntill that the Ash tree beginneth to blow, the which is a maruellous worke of nature. Whereouer, the Ash tree shall not let his leaues fall befoze and vntill that the Snakes be copen againe into their holes.

Right Balsam is commended against all venome of Snakes: but by reason that we haue not the same, there are many kinds thereof distilled, wherein euery one is to vse all diligence that he can to attaine to the right Balsam as nere as he can possibly: whereof you shall find diuers descriptions in the last part, where you shall also haue liuing and golden waters which are verie commoious for it. And for that England and Dutchland (as is already said) are almost free from these bad beasts: we rest contented with the easiest and best knowne things: in like maner leaue the *Balsamum artificiale* to the charge of the Chirurgians.

Tencrium do the auncient Physicians say to be the most precious remedie against the venome of Snakes, whether it be taken in drinke or laid vpon the bite. In like sort the great *Tencrium*, whether the same be taken greene, dry, decocted, or the iuyce thereof.

Mugwort is also taken to be very good for the biting of Snakes, if the same be laid in wine, and some thereof drunken and laid vpon the wound.

Betony and all herbes of that vertue, as Gilloflowers, &c. the auncient Physicians do write to haue such power against the biting of a snake, that if this herbe be laid round about her, shee had rather be killed than creepe ouer the same hearbe: so which cause the wine and conserue of this hearbe are highly esteemed: so is also the powder and seedes of the same.

Beuercod is good for many things, as is sufficiently befoze declared in the description of other sicknesses. And amongst other it is also good against the biting of snakes, and biting of other venomous beasts, if the same be mingled with other things, according to the importance of the beast that hath so bitten. This if it be vsed in time of need, you may take thereof halfe an ounce with wine.

Buckes and Goates haire set on fire driueth away all Snakes.

Pennicoyall withstandeth all Snakes by nature, by reason of the saueur or smell: wherefoze it is to be strewed vpon the place where as the Snakes haue bitten one, and to be drunken with Wine.

Purflaine eaten and applied also vpon the soze, draweth out the venome. It is also good for all other kindes of poyson if one drinke the sap thereof with Wine or Hony: but the wilde Purflaine is the best.

The iuyce of the flowers of Selseheale drunken with Wine, should be good for all the venom of beasts.

The nuts of the great and small Cipers trees, which may be had at euery Apothecaries, stamped and drunken with Wine, are also good for this. In like manner the same Cipers hearbe (which is to be found in many gardens) is very highly commended, for that it withstandeth all poyson of Snakes if it be drunken with wine.

Nardus seede is renowned to driue away Snakes by his smell and sauoze.

Dill mingled with Rue and Swines bread, with Pepper, and so giuen to eate, is good against the biting of Snakes.

Acornes are also good, to be drunken against this venome.

Hens egges hard sodden, and tempered with Cresses, are good, being laid vpon the biting of Snakes.

Merueine steeped in wine and drunken, is very good likewise if it be laid thereupon.

The roote of Gentian is in diuers manners good against venom, as befoze hath bin declared, but chiefly against biting of Snakes: it is commended aboue all others if one take a quarter of an ounce thereof with wine.

Pease meale tempered with Vineger, drunken and laid vpon it, is also very good.

The smoke or fume of Ases lights will also driue away venemous beasts.

Venemous beasts cannot abide the smoke of Ferne, wherefoze it is good that it be strewed vpon the places where they haunt.

Fennell, and especially the seede of wilde Fennell drunken with Wine, is much commended for it.

Haire of Womens heads burnt, hath a maruellous power to driue away Snakes and Spiders.

Galbanum is a gum that driueth away all venemous woymes. The herbe Cuckowbread, the waight of a dragme drunken with wine, hath many times bene approued.

Barly meale laid on with Vineger, withstandeth venome. Some do giue the roote of Celandine, the waight of three dragmes with wine, or make therof a salve, and lay it on the venemous biting of a Snake.

The bzaines of a Cocke or Capon are also good for this being vsed in meate.

The seedes of Helw is amongst other seedes most commended if the same bee drunke with bitter Almonds, or the iuyce of this herbe with bitter Almonds and with wine. In like manner also, if one be annointed with the oyle thereof, then doth it preserve him against the biting of Snakes.

Hares rennet is very forcible against the venome of Snakes, and also for moe other things.

Heath *Erica* is much commended against the venome of Snakes.

Harts horne hunteth them also away through his smell.

The round and long Hartwort, the waight of two dragmes drunke with wine, or tempered with vineger and laid thereon, is also much commended.

Dogges Garlicke that groweth in Vineyards, is also very forcible against the venome of Snakes.

Cleuers haue also a speciall force against Snakes and their venome, if one drinke the waight of a dragme of them.

Helilot hath this nature also, that it is saied that there was neuer sene a Snake to haue come neare this hearbe. In like manner the seed of it is much commended being taken with wine.

Garlicke driueth away all Snakes through his saour and smell: it is also very good against all venemous stings of beasts; and if one mingle it with bread and Hony, then may it be eaten for that intent.

Coleworts with Barly meale layd thereon, or the iuyce thereof tempered with Vineger and Fenegreke seede, is also very commodious.

Cozne Hints doe also driue Snakes away.

The dung of all foure footed beastes tempered with Wine, and laied thereon, is also commended.

Crabs that are caught in fresh water, and in the sea, are also very commodious for this, as we haue admonished in other places moe.

Wilde Thyme hath also great vertue for it when the leaues thereof be drunke with wine: and the smoake thereof driueth them also away.

All pickle of salt fish is also highly praised for this vse, as hath bene taught elsewhere.

The roots of Louage with Barly meale, or tempered with wilde Baulme and laid thereon, is also very commodious.

Bayberries tempered with Wine and drunken, is good against all cold venome.

Eriogon

Eringus the waight of a dragma drunken, tempered with water, and layed thereon, is also good.

A liue Housle applyed to the place hath a speciall vertue for to draw out the venome: howbeit Hens, Pullets and Frogges are also very commodious for it, as we haue oftentimes shewed before.

Must drunken is an bitter enemy to Snakes: so is all sodden and falsified wine.

How forcible puts be, not onely against Snakes, but also against all venom, if one vse them with Figs and Rue, we haue oftentimes declared before.

Oleander which the Grekes call *Rhododendron*, is marvellous, for his leaues are venome to all foure-footed beasts, and yet a medicine, for men against the venome of Snakes sodden with Rue in wine.

Carew are rubbed on the byting allwageth the paine out of hand.

Piony rootes, whereof there are two sorts, are both of them good for this purpose.

Pepper is for all cold poisons measurably used, taken for a speciall medicine, euen as we haue declared in other places moe.

Pistacies are also very good against all poison.

That Rue is good against all venom, and against the byting of Snakes, we haue already said in many places.

The rennet of Faunes that dye in their dams bellies, is commended to be marvellous forcible for it.

For this is likewise commended the Padder.

Radishes sodden with water and vineger, and laid thereon, are accounted very good.

Great Centorie, which is called *Rapontica*, the waight of a dragma of it giuen with wine.

The Water of Larkes spurres is saied (being drunken) to be good against the byting of all venemous beasts, if the byting be washed with it. The same is also to be used against the Plague.

The iuyce of white water Mintes a quarter of an ounce drunken with three or foure ounces of wine, and the byting washed therewith, is much commended.

The seedes of yellow Rapes or Turneps, and also the rootes and the herbe caried about one, will preserve him from the byting of Snakes: and if any body be bitten, then must the seed with the grease of any birds be stamped and laid thereon. The seed of the common Rapes is very good against venome, being taken in the stead of Treacle.

Salt is very good against all poison.

Sugar is to be tempered with oyle, and laid thereon.

Swines bread hath a great vertue against all venome, as we haue admonished in moe other places.

The iuyce of Scabious is also taken to be very good against all venome of Snakes and Scorpions.

The three sorts of Dragons doe drive away all venemous beasts if one carrie the roote about him. It is also good (being drunken) for them that are bitten of them.

Larkes are also good when they are tempered with Vineger.

Mustard seed is to be mingled with vineger, and applyed thereon.

They flye from the fasting spittle of man, and if they get it in their mouth, they must die thereof.

Southernwood strewed on the place where the Snakes haunt, or where fume and smoake thereof is, driueth them away. Also Southernwood is good against all venome, being taken inwardly and applyed outwardly.

Codwort (which in Latine is called *Aster*) is also for this highly renowned.

Syrax Calamita, as the sent thereof is very acceptable to all men, so contrariwise there is nothing that Snakes may lesse abide.

Tamariscus is good against all poison.

Woodlice (albeit they be lothsome worms) neuerthelesse they are aboue all things commended of the renowned Philosophers against the poison of Snakes, and also against all other poison.

If the venemous Snakes euer come to sent or smell the leaues or wood of Iuniper, then creep they alway: they are also good against all venemous beasts.

Lysimachia is also commodious for all these things.

The iuyce of Onions applied to the biting of a Snake and tempered with Hony, is very good against all venome.

The Gnats that plagie beasts and men with their sting in Sommer, and in like manner all plants, are depelled by the smoake of Pomegranate peeles, and of *Galbanum*, also by the smoke of *Nardus* seed and Lupins.

But forasmuch as (thzough the grace of God) we haue no Scorpions here in England nor in Dutchland, therefore it is no great neede to write much thereof, by reason that al that is writ- ten against Snakes is also requisite for the same; yet cannot we conceale this miracle, that the Scorpions themselues are a remedy against their owne poison, if the same be beaten and layed thereon, or if they be roasted and eaten. In like maner you haue their oyle, and other their vertues moe described here and there thzoughout this whole booke.

Spiders are well known beasts, whereof there are many sorts described by the ancient Phi- sitions, which as they do differ in fashion, colour, and in weauing their webs, so they do also differ in payson.

Albertus doth describe eight kindes of them, which wee haue all here in this Countrey. Some doe liue by catching of Flies: others by catching of water Mozmes and small fishes. Some also are enemies to the Toade and Snake; for that it hath bene scene that such Spiders haue letten themselues downe by one of their threds vpon the heads of such beasts, and leaue them not before and untill they haue killed them. Other are deadly enemies to the yong Cuets, which thzough their spinning do binde the mouth too, and do smother them, and hale them into their nets, that thereby they might sucke out all the moysture of them; and by the diuersitie of the venemous nourishment altereth also their venemous nature, whereby the same is some- times moze forcible or moze milde. And also their manner of dwelling is not all one: there dwell many in houses, other in the fields and in the hedges: some dwell willingly by the water sides, but we will not write heere any moze of their natures, but discouer their venomes. Of all the venomes of the Spiders, that which the Grækes call *Phalangium* is the most renowned, and albeit that the same is not knowne in England nor Dutchland, yet we will describe the nature of this venome, whereby one may be taught to asswage all the lesser stings, and the harme that may come thereby, and how the same may be cured. The Grækes call this species of Spi- ders the Wolfe, for a difference from all other Spiders that are not so noysome. These Spiders are hairy, and haue a great head. The shee Spider (which onely spinneeth) bringeth thre hun- dret yong ones at one time, and she receiueh also the reward of her noisome fruitfulness, to wit, that she is killed of her owne yong ones, and afterwards sucked out, which they would also do to their father if he with might did not withstand them. If then any body be stung with this *Phalangio*, then will the place of the stinging be red, neuerthelesse without paine or heate, howbe- it that it yeldeth some moysture, and as sone as there is vsed any medicine against it, then be- ginneth the body to shake, the sinewes of the knees and the inward parts wil be fable, and they will be conuulsed as if it were the crampe, they take a great anguish in the members, the pati- ent can scarcely make water nor goe to stoule, he getteth a sweate thzoughout all his body, his eyes runne and are dimme. Against this must the ashes be vsed that are burnt of the Figge tree, tempered with salt and wine, and so laid thereon. Item, Hartwort, Barly meale, and Vineger tempered to pay.

You are also to wash the sting with some water wherein Smalage was sodden. To bathe often is also very good. For this one is to take a quarter of an ounce of any of these seeds follow- ing with wine, to wit, the seed of Southernwood, Annis seed, Hartwort seeds, the rindes of the tree *Platanus*, or the seed of Melilot. Item, the fruite or rinde of *Tamariscus*, or wilde Cipers sod- den in wine.

Some wil say if one take the iuice that is strained out of Crabs with milk and seeds of Smal- lage, that thereby the patient will immediatly be whole.

Plinius writeth of the water of Smalage, that the same hath a special vertue against the stin- ging of the Spider.

And there may be vsed against the Spider *Parierome*, *Nardus* seede, Southernwood, *Hyas- cinthum*.

cintum, iuice of Mulberries, field berries, and Framboys, being tempered with hony and wine, or each also alone.

Woodlice, albeit that they be good against diuers other venomes, yet neuerthelesse are they very lothsome to all men, shrewdly byting, and bloodthirsty, whereby they take away a bodie's swete slepe, and specially bere the young childzen, for which there hath bene much counsell sought to drine them away.

For this is very good the smoak of the great Ferne. Item, if Horseleeches be cast on the fire, and they be fumed with it. Birchboyes set in the chamber drine them also away.

The water that we vse daily for our necessity hath by nature no venome in it, yet if one drinke it too cold, likewise strong Wine, and by and by after bathing, or after that one hath run hard, then doth there ensue great paine and stiches, which diseases may be expelled thorough letting of blood and purging.

Of the wozmes that breed in the belly grow diuers diseases. In like manner also of such that grow in the fingers, in the ariegut, in the wounds, and other places moe. What is to be done thereto, that haue we sufficiently declared elsewhere.

Thus for a conclusion of these venomes of beasts, and of the seuenth part of this booke, there is yet somewhat to be added that some account for witchery, to wit, when there is giuen to any body that which exciteth loue, by which commonly such miseries doe follow, that they that receiue the same become mad and foolish, like as daily experience doth teach vs.

Ouidius writeth, that *Philtra* do weaken the wits, and by their vertues they make men foolish and mad. This do we call the louers herbe, as if witchery had power to commaunde one to loue another.

This witchery (or rather this poysoning) do women vse most of al, intending thereby to constrain men that they should loue them. The vngodly heathen that haue excelled therein, and chiefly the Thessalonians, haue taken great delight therein, and also strange misbeliefe, that are rather to be concealed than disclosed.

It is very difficult to ordaine any certaine remedy for it, because it cannot well bee knowne (for that there be so many kindes of them) by what meanes it hath bene put in practise, so that the same must rather be iudged by the signes apparent to the eyes, than by any other signes: yet haue I found out two things described by famous Physicians, which are very good for this purpose: but the first thereof is very strong, and is not to be vsed without counsell, but the other is somewhat safer and easily approued.

Take a Valerian roote with the herbe, five or sixe roots of *Gentiana Crucata*, a small handfull of the rootes of wilde Cucumbers, and a quart of Wine with halfe as much water: afterwards seeth it softly about a quarter of an houre, and drinke therof morning and euening: And you are to seeth therewith a little Cinkfoyle.

The other: Take the middlemost greene rindes of Elderne shread small one handfull, let it drie well, afterwards seeth it in a pint and a halfe of Goates milke till about the halfe, straine it, and drinke it as aforesaid. Hereof will some say, that the same purgeth all things whatsoever hath bene giuen vnto any body by women to this intent, although it had bene done three years before.

The end of the seuenth Part.

The

The eight and last Part of this Booke,

containeth sundrie things.

The eight and last part of this generall Practise of Physicke, is ordained for those things that do not concerne any speciall diseases, which are before sufficiently described, but that are meete and good for to helpe sicke persons, to strengthen the weake, and to maintaine health: which also may be vsed in the kitchin for pleasure, and for other purposes moe; as Electuaries, Potions, Conserues, and Confections of all kindes of Fruits, of Flowers, of Rots, and of other Plants: Oyles, Sirupes, and Juices: Golden and vitall Waters: Herbed and Aromaticall wines, and such like; whereof otherwhiles hath bene admonished, how that the same may be prepared, and to the end that the vertue of them all might be knowne. Wherefore we will also declare their vertues and operations.

The first Chapter.

The Confection of Calmus.

This very precious and necessarie Confection, is prepared after sundrie maners: for besides this, that it is very common, it is also very pleasant and acceptable. But first of all there is to bee noted, that the auncient Physitions had another roote, and not the yellow Lilly roote, which we haue now in vse: yea ours is not to be compared to the old *Acoro*, neither in vertue nor in operation. The learned doe esteeme the *Calmus* to be the right *Acorus*, which is also very requisite for this Confection. Other be of opinion, that it is the great *Galingal*, which is also good for it: Wherefore (in mine opinion) this first Confection is to be vsed rather than the other following. And if so be that you had rather haue it with the taste of Sugar than of hony, then boile Sugar to a sirup. First, we will describe one of the Confections of *Mesua*, wherof there is allwaies one found ready in all well furnished Apothecaries shops, and afterwards one other sort more, whereof each one may take that liketh him best: Take the roote *Secacul*, or in the stead of it, take of our powdered *Calmus*, and prepared Pingles, of each five ounces: seeth the rootes in faire well water, and stampe them to grout: afterwards put five pound of the best well scummed hony vnto it, & then seeth it all together by a soft or gentle fire, vntill the moisture of the rootes be all consumed, and stirre it about, to the end that the rootes burne not: when as it is decocted thicke enough, then take it from the fire, and temper these things following amongst them, powdered very small; to wit, Pepper one ounce, long Pepper, Cloues, Ginger, Roses, and Bace, of each halfe an ounce, Nutmegs, Galingall, and Cardamome, of each three drag. temper them well together. This Confection is marvellous good against all diseases of the sinewes, it sharpeneth the wit, it asswageth the headach, and is also good against all old sicknesses, but especially against all rheumes, which fall out of the head into the breast.

The second: Take *Calmus* which beareth the yellow Lillies, which groweth in moist places, and is faire and of a hoyselish colour, 16. ounces, make it very faire and cleane: afterwards cut it in thin slices, and seeth it so long in faire water, vntill they be mellow, then straine the water well from it, and powze a pot of red wine vnto it, and let it boyle well, then powze the wine from it, and stampe it all to grout, and put five pound of clarified Hony vnto it, and let it seeth well with the wine vnto a Confection, at last put vnto it five ounces of Ginger, Cloues, Nutmegs, Bace, Cardamome, long Pepper, and Galingall, of each one ounce and a halfe, Pepper three quarters of an ounce, beaten all together very small.

The third: Take *Calmus* prepared as before, and chopt small, two pound, clarified Hony foure pound: seeth the roots very wel in red wine, afterwards put them to the Hony, and let it so

ſæth by a milde fire vntill it be very thicke; then temper therewith ſmall chopt Almonds, eleuen ounces, Ginger ſoure ounces, Pepper halfe an ounce, long Pepper and Cloues, of each one quarter of an ounce, Cinnamom one dragme and a halfe, Galingall, Cucubes, Cardamome, Putmegs and Mace, of each one dragme, ſtirre them ſo long together with a wooden peſtle, vntill that it be cold.

The fourth: Take drie ſliced *Calmus* one pound, and ſæth it in two quarts of ſmall Wine; afterwards powne it to grout, and take Honey or Sugar two pound, let it ſæthe till it be thicke, when it is a little cold, then temper with it ſmall cut Ginger ſixe ounces, powdered Cloues, Putmegs, Mace, and Cardamome, of each one dragme and a halfe, long and common Pepper, of each three quarters of an ounce, Galingal one drag. and a halfe, Greins one quarter of an ounce, temper them all together.

The fiſt: Take *Calmus*, cut it in ſhues, and take twenty ounces of it; ſæthe it in three pints of red wine, ſo long vntill all the wine be conſumed; ſtamp it, but not too ſmall, then take a pint of clarified Honey, and let it boyle by a ſmall fire, afterwards put the prepared roots vnto it, and 8. ounces of ſmall ſliced Ginger, then let it boyle againe by a milde fire, vnto a confection, when it is lukewarm, then temper with it common and long Pepper, Cloues, Cinnamom, Putmegs, and Ginger, of each halfe an ounce, Galingall, Mace, Cardamome, Cucubes, and Greines, of each a quarter of an ounce beaten ſmall together, temper them ſo long vntill they be all warent cold.

The ſixt with Sugar: Take *Calmus* as beſore 12. ounces, ſæth it in Muſcadell vntill that the wine be waſted, ſtampe it to grout, and put thereto ſoure pounds of common clarified Sugar, with as much wine or water, then put the roots vnto it, and let it ſæth vntill it be thicke; when it is a little cold, then temper amongſt it Ginger very ſmall ſoure ounces, Cinnamom, Cardamome, Putmegs, Mace, Cloues, *Calmus* and Cucubes, of each three drag. temper them well, and let them ſæth ſo long as one would ſæth Eggs hard, then keepe it in a gally pot.

How to make Veriuyce for the Kitchin, and for Phiſicke. S. 1.

Veriuyce is to be preſt out of the beſt Grapes a good while beſore they be ripe, and if ſo be that one will keepe it long, then muſt the ſame be ſodden: but if ſo be that you will vſe this Veriuyce in the Kitchin, then temper a good deale of Salt amongſt it, and ſtir it the ſpace of a whole houre, afterwards put it into a ſmall veſſell, and caſt ſome vnripe Medlars into it, then ſhake it well about, to the end it may worke and be cleare. But if ſo be that you will keepe the Veriuyce for Phiſicke and without ſalt, then fill a glaſſe with a narrow necke, and powre vpon it ſome Sallad oyle, then will it remaine good the ſpace of a whole yeare.

There may alſo be made of this vnſalted Veriuyce a ſirupe called *de Agreſta*, to wit, in this manner: Take the iuyce of vnripe Grapes, when it is firſt preſt out, ſixe parts, white Sugar 3. parts, and let it ſæth ſoftly vnto a ſirupe: further, then clarifie it with the white of an Eg. This ſirupe is marvellous good in great heate, it ſwageth thirſt, allayeth all wambling, parbaking, and laſke, which is cauſed of the gall: it is alſo very meete in hote cholericke Agues, and aboue all meaſure good for all women with childe, which be inclined to vomiting, ſo that it ſtrengtheneth the ſtomacke, and withſtandeth all venime.

The ſecond Chapter.

Of the artificiall Balme which may be vſed in ſtead of the right *Balsamum*.

Becaule that the right Balsam is no where to be gotten, or although it be brought vnto vs, yet common people cannot haue the ſame, by reaſon of the deareneſſe: wherefore haue many Phiſitions endeoured themſelues ſo to diſtill ſuch an oyle, which might haue the ſame efficacie and vertue: and verily the Phiſitions and Chirurgians haue found therein an eſpeciall operation, wherefore I cannot pretermitt the deſcription of ſome of them.

Fiſt

First, this ensuing is a very precious remedie against the poxe, against all diseases of the mother, and of the stomacke.

Take faire cleane oyle of Turpentine sixtene ounces, stop it very close; afterwards take *Lauander*, *Sage*, *Betonie*, *Roses*, *Rosemarie*, *Mints*, and *Bayleaves* of each a small handfull, rootes of *Angelica*, of *Ireas*, of *Valerian*, *Clecampane* rootes, and *Diptamus* of Candy, of each one dragme, flowres of *Burrage*, of *Buglosse*, of *Lauander*, and flowres of *Spike*, flowres of *Sage*, of *Camomill* and *Stechas*, of each one quarter of an ounce, *Annis* one drag. and a halfe, *Piony* rootes, *Licozice* and *Spica* of *Indy*, of each one dragme, peels of *Citrons*, and of *Oranges*, of each two scruples; Stamp them all small together, and then powre vnto it the oyle of Turpentine, and so let it steape the space of a whole day, with metly much water with it, that it be couered therein: afterwards distill it out againe in water, at the first with a gentle fire, vntill it be warme, and that so long as any oyle or water doth come out of it, afterwards separate the oyle from the water.

Secondly, if you will distill it once againe, then put to the foresaid water and oyle 3. ounces of liquid *Stozar*, and distill it as before.

Thirdly, takered *Stozar* two ounces, *Frankinsence*, *Myrthe*, *Lacca*, *Basticke*, *Bdellium*, and *Benzoin*, of each one ounce and a halfe, stamp them all together and distill it as before.

Fourthly, take *Ginger*, *Galingall*, *Zeduarie*, and *Gentian*, of each one quarter of an ounce, *Cubebes*, *Cardamome*, *Greines*, and *Pepper*, of each one dragme and a halfe, selected *Rubarbe* and *Saffron*, of each halfe a dragme, *Putmegs*, *Pace*, *Cloues*, and *Calmus*, of each one ounce, stamp them all small together, and put it into a glasse body: then put vnto it againe the foresaid oyle and water, let it so stand and steape, and distill it afterwards, then separate the oyle from the water, and keepe it well stopt.

You haue also in like manner in the second part, the first Chapter, and third §. an artificiall Balme, which was ordained for the Emperour *Ferdinandus*, and another in the first part, the twelfth Chapter, called *Hypobalsamum*.

This following is also highly renowned: Take selected *Myrthe*, *Aloe*, *Indy*, *Spica*, *Dragon blood*, *Frankinsence*, *Bdellium*, *Balsam fruit*, *Saffron*, *Bastick Gum*, *Stechas*, red *Stozar*, *Laudanum*, and *Beuercod*, of each one quarter of an ounce, *Turpentine* thre ounces and a halfe, yelow *Cowslips* halfe a handfull: further, distill them all together as is before said.

These thre last be very forcible against all *Palleyes*, if the lame members be annointed therewith, and if that one doe drinke a drop or twaine thereof with wine, it is also very good. These Balmes be also good for all fresh wounds, so that they may be healed in two or thre daies therewith. They be also very good against all diseases of the sinewes.

Another which is common with all Chirurgicalians: Take selected *Myrthe*, *Aloe*, *Spica* of *Indy*, *Dragon blood*, *Frankinsence*, *Pomy*, *Opopanacum*, *Bdellium*, *Ammoniacum*, *Sarcocolla*, *Laudanum*, *Balsam fruites*, *Saffron*, *Basticke*, *Gumme*, and liquid *Stozar*, of each one quarter of an ounce, fresh *Beuercod* two dragmes and a halfe, *Muscus* halfe a dragme, *Turpentine* foure ounces and a halfe, powne all that is to be pownded, and adde the *Turpentine* vnto them with a little water, and distill all together in seething water, as is said before.

Of Beere. §. i.



Common Beere is made in the countrey of many kinds of Graine, as of Dates, of Barley, and of Wheat; whereby it is also of sundry natures: That which is made of Barley is cold of nature, in comparison of wine: that which is made of Barley and Dates, is lesse binding, and maketh also fewer winds, and doth also nourish lesse: that which is brewed of Wheat or of any other grain, is hotter, warmer, and more binding, the thicker it is, the worse; the thinner the better; that which is well Hopt, causeth one to pisse freely, and loseth the body, but it is not wholesome for them that haue weake braines; and that is vnwholesome wherein y^e seeds of Ruse be decocted, for that the drunkenesse of such Beere weareth away much slower then the drunkenesse of wine, for that it maketh grosse vapors in the head, and a tough slime, which will hardly bee digested. If it be not well sodden, then doth it cause much wind, puffeth by the

belly. But very old and well sodden beere, doth make people fat, increaseth the bloud, and (in women that giue sucke) the milke, and that especially if the same be brewed of good cozne. Thus for to keepe beere long, take about halfe a pound of prepared Coziander vnto a barrell of beere, and seeth the same in two quarts of the same beere, afterwards straine it, and wring it out, and powze it warme into the vessell, yet may it tight, and let it stand so still a day and a night. Some do take a new earthen pot, knoocke the same in peces, and cast it into the vessell, and put also vnto it a new laid egge.

The third Chapter.

Of Clarret wine, Hypocras, and Herb wines.



These aromaticall wines and such like haue no certaine prescription, for that each one maketh them according to his owne good liking and pleasure, the one putteth much spice vnto it, the other much Sugar, and another lesse of the one or of the other. Some do also make them with Hony, like as hereafter some do follow for an example.

Take elected Cinnamon three ounces, censed and small cut Ginger and Graines, of each one ounce, Galingale one ounce and a halfe, Nutmegs, Cloues, Cardamome, and Cucubes, of each one quarter of an ounce, being pownded all together grossly, powze a quart of wine vpon it, and stop it tight, afterwards set it a whole night in a warme place. This being all done, then take foure quarts of wine, and one quart of cleare skummed Hony, powze the Hony vnto a little wine, and so let it seeth softly together: afterwards then powze the foure quarts of wine vnto it, and all the steeped Spices, and let it cole a little, then powze it so thoww a straining bagge, and that so oftentimes together vntill the wine runne cleane thowough it. This Claret wine may be put into a little vessell, and the spices thowough which the wine hath runne, are to be hanged in the vessell in a long bagge, then will it remaine good a long time. This potion is very good against all cold and moist diseases of the head, of the braines, and the stomack. It is also good for all cold women, and for all old people: it strengtheneth the digestive vertue, prouoketh naturall heate, and consumeth the Phlegma.

Another: Take *Species de gemmis frigidis* three dragmes, *Aromatici Rosati* one dragme, Cinnamon one quarter of an ounce, white Sugar seven ounces, good strong wine one quart, steepe them therein, and powze it oftentimes thowough, as is sayd before. Of this Claret wine are they to drinke oftentimes which haue a weake stomacke, and an obstructed Lyuer, or to steepe sometimes therein a peece of bread.

A common Claret wine: Take Cinnamon, Pepper, and Graines, as much as you please, clarified Hony also as much as you list, powze it then all together thowough a woollen bagge, as before. You may also take Cloues, Nutmegs, and other Spices: in like manner also Sugar in stead of the Hony.

You haue also in the third part, the eleuenth Chapter and 5. §. a Claret wine called *Stelladia* which is much vsed in Italy. There is also another sort made which is almost like vnto some of the former, but there be not so many spices taken for it: to wit, but halfe an ounce of pownded Ginger, Cardamome one dragme, and Sugar halfe a pound or more, vnto a quart of wine, and so filtered together.

There is also an aromaticall wine which is called Hypocras made thus: Take Cinnamon 2. ounces, sliced Ginger one ounce, Graines one quarter of an ounce, Galingall, Cloues, Nutmegs, Cucubes, and Cardamome, of each one drag. of these grosse pownded spices you shal take vnto a quart of wine one ounce and a halfe, according to that you will haue the Hypocras strong, Sugar halfe a pound or more; then set it in a warme place to steepe a whole night, and afterwards powze it through the bag as al y rest. There is commonly taken for this, red wine. This Hypocras hath the same vertue as the Claret wine hath: yet are all young people to refrain from such like drinke, and from Palmsey and Muscadell, to the end that they do not increase heate by heate. This Hypocras and Claret wine may also be well made for all weake bodies, that it be somewhat laxative.

But if so be that there be any sick persons which be forbidden wine, or if that he drinke not the

the same willingly by nature, and that neuertheles the decoctions did not agree with him, then may this potion following be made, called *Hippocras fontis*: Take Cinnamom, Figs, Cloues, and Ginger, of each one quarter of an ounce, Graines one dragme, good Well water a quart, which is coloured well with red Saunders, and then put the spices beaten grosse into it, and let it boyle a little. If you will haue this potion sweeter, then put in some Sugar in the seething, or some Hony, and then let it distill thorough the bag, as is said before.

You haue also in the third part, the twelfth Chapter, and 4. §. another aromaticall Wine, which might be placed among these.

In the end of this part shall moe aromaticall wines be described.

Of Clifters and their vse. §. 1.

If one know how to vse these Clifters aright, and to prepare them, then can there be no more profitable, nor yet safer medicine inuented. Therefore there be before and almost in all sicknesses so many kinds ordained, and thereby taught how that the same shall be prepared, that it is almost needlesse to write any more of them. Neuertheles to prosecute this our methode, we will here discover certaine common and milde Clifters. In small Agues, and when the patient is weake or scant as yet recovered of some long sickness, then are these ensuing to be vied.

Take Pallowes, and Violet leaues, of each one handfull, boyle them well together: take of this decoction twelue or sixtene ounces, mingle Cassie, Hony, and course Sugar of each three quarters of an ounce with it, oyle of Olives three ounces, Salt one dragme or somewhat more, temper them all together, and minister it reasonable warme: for such like Clifters may you take Hen or Gutton broth.

Another that relaxeth and cooleth: Take Violet leaues and Pallowes, of each one handfull, Mercury, Bætes, and water Lillies, of each halfe a handfull, Lettice and Purslane, of each somewhat lesse: seeth them in sufficient water, and take thereof as much as is before, oyle of Violets foure ounces, Salt one quarter of an ounce, and minister it maxly warme.

In hote Agues: Take Bætes, Pallowes, Mercury, and Violet leaues, of each one handfull, boile them all together in sufficient water, and then take thereof twelue or sixtene ounces Cassie, Hony, Sugar, Salt and Oyle, as is said before.

When the patient doth complaine of great paine and wind in the belly, then boile therewith grosse powdered Fennell seed, Annis, Comin, and Caraway.

There is also an especiall Cassie prepared for a Clifter, in this manner following: Take Violet leaues with the flowers, Pallowes, Mercury, Bætes, and Helilot, of each halfe a handfull, seeth the same in a little water, straine it and wring it out, then wash therewith the Cassie out of the Pypes, for to get all the black out of them, and then afterwards seeth it short, vntill it be thick, when as then you haue six ounces thereof, then put nine ounces of Sugar vnto it, and let it seeth vntill it be thicke enough. This Cassie doth loose very miloly.

Of confected Seedes. §. 2.

Here we will now speake onely of all seedes which be confected with Sugar, as Cozian der seede, Fennell seede, Annis, Comin, Caraway, and such like, Item, of some fruits, as Almons, Pingles, Pistaces, Hasell nuts, Cucubes, and of other mo confected roots, which may be confected with Sugar: and because the same by reason of the Sugar and otherwise are very pleasant, wherby they will not onely serue for the kitchen, but also for Physick, wherefore we will here describe the nature and operation of them all.

We haue in the seuenth part often admonished of Coziander, and giuen a caneat of his venom, that the same ought not to be vied vnprepared; otherwise it is by all Physitions aduised, that morning and euening confected Coziander should be vied: for it dryeth vp the ascending vapors of the stomacke, it strengtheneth and dryeth the brains, it is good against all swimming of the head, and against the Palsie; it is good for the stomack, and procureth sleepe, inio much as then these vertues be ascribed to the Coziander, to which the Sugar addeth only the pleasantnes: you may looke what the Table saith of all the other seedes.

The confected Annis seedes are good for them which haue a stinking breath, and cannot sleepe: it prouoketh vrine, it quencheth naturall thirst, it taketh away the windinesse of the belly, it is good for all paines of the stomacke, against all diseases of the Liuer, of the Lights, of the Matric, and it helpeth the digestion. It is also good against all hoarsnesse, thortnesse of breath, and especially for all cold diseases of women, and for all them which be much plagued with the Whites. Lastly, it augmenteth also much the milke in women.

The confected Fennell seede is good against all popson, and especially against the venime of Snakes, it moueth womens termes, it warmeth the backe, it asswageth the paine of the same, it breaketh the stone, it expelleth vrine, the stone, grauell, and the slime whereof the grauell is ingendred: it increaseth womens milke, it cureth sorwe belchings of the stomacke, it is good against all wambling and vomiting, it allayeth the Cough, and all hoarsenesse of the throte. But aboue all is this Fennell seede commended against the darknesse of the eyes, for it preserueth people from all belmes on the eyes, it sharpeneth the sight if one take the same morning and euening, to wit, after meales, and cheweth the same long.

Comin doth grow much in *Apulia*, it hath the same vertue with the Caraway. It is also very good for them which be plagued with the grauell, and can hardly make their water.

The Caraway seede is hotter and drier by nature than the Annis or Fennell, therefore it is stronger and more forcible, and especially doth it warme the stomacke, and all inward parts, it openeth all obstructions, it forceth vrine, it breaketh the stone, it expelleth sand and grauell, it driueth out winds, and it taketh away all paine and chollicke of the belly.

The confected Almonds are good against all diseases of the Lights, and the throte, against all dry Coughs, and narrownes of the brest, it strengtheneth all weake people, and all them which do consume away. The bitter Almonds do expell vrine and grauell, they do dry the braines, and do hinder the ascending vapors, they withstand all drunkenness, and be good against many diseases of the brest, and of the lights.

The hasell nuts haue in some sort the same nature with the Almonds: but they with the red shales haue an especiall operation and vertue for all scowzings and laskes, and especially to staunch the bloody flure. All sorts of hasell nuts be more wholesome confected with sugar than otherwise, as one may see and reade in many places of this booke.

The Pingles be also of the same nature with the Almonds: and be especiall good for al leane folkes, for that they strengthen much: yet are the kernels to be layd 24. howres before to sleepe in Rosewater, and then to be dried againe, for they augment much humane seede.

Of the confected Spices, Peeles, Rootes, and such like. S. 3.

The Ginger, the Cinnamō, the Cloues, the Nutmegs, the Mace, Cucubes, Orange peales, Citron peales, Marioram, & the sliced Licorice, are likewise confected with Sugar. These foresaid do keepe all alike the properties of their natures, and be speciall good in time of the Plague, for that they make good breath, which will not lightly be infected.

It is also to be noted, that all that which is to be confected for phisicke, must be couered very thin with sugar, but onely the spices may well be confected somewhat thicker.

The common baked Ginger sugar is thus prepared: Take one pound of Sugar, and seeth it with Well water, clarifie it as the sugar is wont to be boyled for baked sugar, and when it beginneth to be cold, then mixe five dragmes of powdered Ginger amongst it, and when you see that it beginneth to be thicke, then powze it vpon a stone or a table, which is made fat with a little sallad oyle.

Yet another baked sugar: Take Ginger two dragmes and a hake, Cinnamom one quarter of an ounce, Cloues one dragme, Mace and Nutmegs, of each halfe a dragme, Sugar one pound, seeth it, and do as before. You haue in like manner also in the third part, the eleuenth Chapter and 20. §. a baked sugar, which purgeth mildly, whereof one may take a quarter of an ounce at once.

The fourth Chapter.

Of preserved Fruits, Flowres, and other things.

To the end that all fruites, Flowers, Kindes, and in fine, all that is preserved with Sugar or with Honey, be not parted from the former, therefore we will in this chapter comprehend all that is preserved in Sugar, or decocted, as Conserues, and also declare their vertues.

How to confect the Elecampane roote. S. 1.



In the spring of the yeare is this roote to be digged out of the ground, and the outtermoſt pæles to be cut off, the roote made very cleane, afterwards cut it in ſomewhat thicke ſhues or ſlices: this being done, then ſæth the ſame very ſoftly in two kindes of water one after the other, to the end the bitterneſſe may be taken away, and be very mellow. Then lay them on a cleane cloth, to the end they may ware ſomewhat drye. Put them in a leaded pot, and powre mæly hard ſodden Sugar vpon them (but that it be not too hot) vntill the rootes be covered. This ſhall ſtand ſo a day and a night, then ſhall the Sugar draw all the moiſture vnto it, which as yet is in the roote, and afterwards powre the Sugar off againe, and boile it vnto a ſirop: this being done, then powre it lukewarme vpon it, and do this ſo often as the rootes giue any moiſture from them.

Theſe preserved Elecampane rootes be a very good medicine for all cold diſeaſes of the bladder. They take away the piping of the breaſt, and the ſhortneſſe of breath. They be alſo good againſt the Cough, the ſpetting of blood, againſt the paine of the ſides: they ſtrengthen the ſtomacke, and the digeſtion: They cleane alſo the ſame from all vncleane humors: they breake the ſtone, and move womens termes: they ſeparate alſo all tough phlegme of the breaſt, they heale the vlcers of the Lights, and all inward parts, and eſpecially they warme the ſtomacke and the Matric.

To preserve blacke Cherries. S. 2.

Take blacke Cherries as they come from the tree, then cut off the ſtalkes, for two pound of Cherries take one pound of Sugar, and ſæth the ſame, and clarifie it: when it is there halfe boyled, put in the Cherries, and then let them ſæth all together ſoftly, to the end the Cherries do not breake, and that ſo long, vntill that the Sugar be drawne betwene the fingers with ſmall threads. And when as now the broth is almoſt cold, then put the Cherries in a leaded pot with the ſtalks vpwarts, for ſo they will remaine good a whole yeare. And in this manner ſhall red Cherries alſo be preserved.

Theſe Cherries be not onely acceptable for them that be ſicke, but alſo good for all kind of heate, they moiſten the dry mouth, the tongue, and the throte, they quench thirſt, they make appetite, and reſreſh debility. The conſerue of Cherries is thus prepared.

Take blacke Cherries as many as you pleaſe, let them ſæth well in wine, wring them thorough a cloth, or thorough an hairen ſtrainer, and afterwards let it ſæth againe vntill it be thick, ſtirring it alwayes well about. Vnto three pounds of this iuice put two pounds of Sugar, and afterwards ſæth them together to the full thickneſſe. There may alſo a Conſerue of Cherries be made with ſpices, as hereafter ſolloweth: Take of the foreſaid Conſerue whiſt that it is yet warme one pound, and temper powred Cinnamom amongſt it, and Nutmegges, of each one quarter of an ounce, Ginger and Galingall, of each one dragma, Cardamome, Cloues, Mace, and *Lignum Aloes*, of each halfe a dragma. This latter conſerue doth ſtrengthen the heart more than the former.

Conserue of Eyebright. §.3.

Take Eyebright in July with the white flowers, strippe the flowers and leaues from the stalkes; afterwards chop them small, and take one pound thereof, and stampe amongst it two pound and a halfe of Sugar, and then set it in the Sun, and stirre it well oftentimes about. This is the Conserue of Eyebright which is very commodious for the Eyes, as in the first Part is sufficiently declared. It sharpeneth also all darke sight, it drieth the braines of all cold superfluous humors, it strengtheneth the Luer, and openeth all obstructions, it expelleth the yellow Jaundise, and the Ague that proceeds of an vncleane Stomack. In conseruing of all flowers and herbes is to be noted, that all they that are hot & dry, as Lauender, Marioram, Balme, Sage, Pints, and such like, one is to take to one pound of them, two pounds and a halfe of Sugar: but to all that is moist, as Burrage flowers, and Bnglosse flowers &c. is but two pound to be taken.

Conserue of Betonie. §.4.

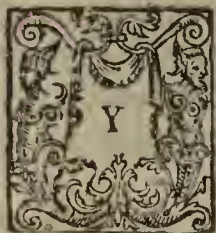


Betonie is very highly and worthily reputed of all Physicians, whereof there be three kinds, to wit, brolwe Betonie which is the vpright Betonie, and also the Conserue which we will here describe. The second kind are our Gilloflowers. The third sort be the Cowslips, whereof we will speake hereafter in their due place. This conserue of Betonie is therfore not vniustly commended, seeing these vertues ensuing be ascribed vnto it. Some do write that it is good against the crampe, against the pallsie, and against the falling sicknes; it is also good against madnesse, against spitting of blood, and against the *Sciatica*; this herbe is also good against all paine of the Stomacke, of the kidneies, and of the bladder, of the liuer, milt, and all inward parts, it expelleth vrine, it looseth, & it helpeth digestion: it is also good against belching, it cleanseth the breast, it withstandeth the dropsie, the Ague, and it moueth womens termes. In fine, it is especiall good for all inward sicknesses: lastly, it is also good against all venime. If that one desire to make a conserue of it, then take onely the flowers for it, which are to be powdered together with Sugar, like as is taught at the first.

How the greater Pimpernell rootes are to be preserved. §.5.

Take the rootes of the greater Pimpernell which be about one finger thicke, wash them well, scrape them, and cut them in peeces about the length of a finger: but cut them longwise, & take out the heart of it, then powze fresh Well water vpon it, & let them seth like as is said of the Elecampane rootes, but they must not vtterly lose their bitternes. This being done, powze decocted Sugar, or Honey, vnto it: and when it is waterish, then boyle it again, and that so often as is needfull. These rootes expell vrine, grauel, and the stone, they strengthen the kidneies and the bladder, they cleanse them from al vncleannesse, they asswage all paines of the bowels, which do come through cold causes, and they be good against the suffocation of the mother in time of the plague, they be good against all bad ayre if they be holden in the mouth.

How Peares are to be preserved after two waies. §.6.



You may take such Peares as you thinke good which be new gathered from the tree, but none other but those that be sound. If they be too hard, then let them lye in a warme place the space of three or foure weekes, vntill they begin to be somewhat mellow: but handle them not much, for that thereby will they quickly rot. If so be you will preserve them, then haue an earthen pot ready and lay in the bottome of this pot some dried Wine leaues or Put leaues, & thereon a lay of Peares, &c. leaues and Peares vntill that the pot be full: afterwards fill vp the pot with old wine,

wine, and lay some heauy thing vpon the top of it that the Peares may not swimme. These Peares may be vsed for meate, and also for sicke persons for a comforting. The common people which haue no wine may doe it after the same manner with water. But if you desire to haue them of a better taste, then take Ginger which is made very faire, cut the same small and strewe it betwene each row. Item, take a new pot and put Peares into it (like as is said befoze) make the pot as close too as is possible: afterwards lay it so in a vessell with Wine, then will they remaine fresh and good the space of a whole yeare. These Peares may otherwhiles be rosted in the ashes, and strewe them with Fennell seed, and also after supper to eate them, thereby to close vp the stomacke, to the end the bad vapors may not ascend towards the head: they strengthen also the braines, and be especiall good for the sight.

If one will preserve Muske Peares, then are they to be gathered in faire dry weather, and in the decrease of the Moone, and when they be very ripe, then take of the very fairest and soundest of them, pare them very thin, cut off the stalkes and the flower on the top: then make readie a cleane sirupe of white Sugar which is well boyled: when you will take the same off from the fire, then lay the prepared Peares therein, and let them seeth two or three waumes together, afterwards coole a day and a night. This being done, seeth the Sugar once againe, and then luke warme powze it vpon the Peares, and doe that so long vntill that you see that the sirupe waxeth no moyster, otherwise they cannot continue. If you will haue them pleasanter, then put Cinna- namom vnto them, and they will be the better for the stomacke. These doe comfört and refresh all sicke folkes that do loath meate, and they close vp the stomacke against the ascending of all bad vapors: if they bee eaten at the first sitting downe to meate, then doe they binde the belly. But if one can get no Muske Peares, then may other be taken in their stead which be likeliest of all vnto Muske Peares in smell and taste, and to prepare them as is expressed.

How Oranges are to be preserved. §. 7.

This Apple is wont very seldome to be confected, but his pæles very often, the which are thus prepared: Take fresh Orange pæles, cut the whit out, and cut the yellow longwise: afterwards let it seethe so long as one would seeth an Egge hard, and afterwards let the broth runne off. This being done, then powze Sugar vpon it which is well boyled vntill that be well couered, and so let them stand the space of eight daies in the same, then bee they prepared. Oranges are prepared as followeth: Take the outtermost of fresh Orange pæles, cut the yellow the longest way, afterwards seeth the same in water vntill that the bitternesse may come out of it. Powze the liquoz from it, and then let it seeth againe vntill that they be thorough mel- low (to wit in good wine) then stamp them to ground, and at last put good Malmsey vnto it, and so much Sugar as you please, and so let it seethe well together stirring it allwaies well about. Some do lay them to steepe in a strong ley, and afterwards steepe them in water. But it is not so good, for that their force will be thereby much abated; so that it is better to seeth them in two or three waters, to the end that they may lose their bitternesse: they strengthen the heart and the vitall spirits, and therewith also the stomacke; they doe helpe the consumption, and drie the braines.

Conserue of Burrage. §. 8.

Amongst the learned there is debate, whether the name betwene Burrage and Buglosse, be exchanged, but therein is no great importance, by reason that both of them are of one nature, to wit, that the same are to be vsed in all venimous and pestilentiall Agues; they doe strengthen the heart and all vitall spirits: they withstand all venime, and all heauinesse of mind, and they do also cleanse the blood from all melancholy. In fine, they coole all inward parts. This Conserue is made of the blew flowers, as we haue taught befoze.

How Calmus is to be preserued. §. 9.

TAke faire perfect Calmus, powze faire Well water vpon it, and let it seeth together, vntill it bee thorough mellow, and that it lose some of his bitternesse: afterwards make these rootes faire from the outwardmost peales, & from al other uncleannes. If so be that some do swell too thick, then cut the longwise; and in case that they be too bitter, then let them seeth once againe in water: and then afterwards lay them to dry in a sieue. The Sugar is certaine times to be decocted, like as is taught before, vntill that all the moysture be waisted. This confected Calmus is most in all his force like vnto the Ginger, and especially it is very good for all debility of the stomacke that is burthened with some cold humoz, for that it consumeth the same humozs, and besides this, strengtheneth the stomacke: if it be taken in the morning, then doth it keepe folkes from all pestilentiall ayze, and maketh a swete breath: it expelleth water, and is especiall good for all diseases of the bladder and the kidneyes; it forceth the stone, and the grauell, and it prouoketh womens termes: it is warme and dry by nature, and hath an especial operation for to open all obstructions, &c.

How Citrons are to be preserued. §. 10.

A Common manner to preserue Citrons in Sugar or in Hony, is this, that one peele off the yellow rindes, and cut the white pith in round or long peeces, and then to separate the pith with the seedes from it. Further, the same is to be boyled in a water or twaine, to the end that the bitternesse come from it, and therewith may be mellow and soft: afterwards is boyled Sugar to be powzed lukewarme vpon it, and deale with them, like as is taught of the Elecampane rootes. This preserue is very good against all venime, it strengtheneth the heart, and all vitall powers: it is moist and cold in the first degree, and it is very safe to be taken.

How Citron peeles are to be preserued. §. 11.

TAke the peeles of Citrons, which be not pealed too thin, but that there remaine some of the white with it, and do therewith as is said of the Orange peales. These peales be warme and dry vnto the third degree, wherefore they are but seldome to be vsed: but in cold sicknesses they do help digestion, they withstand all melancholicke humozs, and also all diseases which may proceed thereof.

How Berberies be preserued. §. 12.

You must take of the very fairest Berberies that you can get, and wash the same very cleane, afterwards seethe them in a sirupe of good Sugar, and when the sirupe is sodden thort enough, then cast the Berberies vnto it, and let it seeth so softly a thort time, so that the berries doe not breake, and then preserue them in a glased pot. They be good against all heate and all other inflammation of the blood, and especially of the stomacke and liuer; they comfort sick persons in great thirst, they moisten the dry tongue, the throte and all the mouth. There is also a conferue made of this fruite, and that in this manner following: Take Berberies as before, and seeth the same in wine: afterwards straine them thorough a sieue, or searse, or thorough a cloth, and then let it be sorden vnto a Conferue, stirring it alwaies about. This Confection stoppeth the bloody fluxe, and cooleth the blood which is inflamed of Cholera, it obstructeth womens termes, and maketh appetite to meate, it is alwaies somewhat stronger than the conferue of Raspes. Otherwile hath it the same vertue or operation: the Apothecaries doe call it *Rob de Berberis*.

Conferue of Fumitorie. §. 13.

This bitter herbe Fumitorie, is very well knowne; if you will make a Conferue of it, then take the flowers of it, and powne the same with Sugar, as other Conferues, and as wee haue

haue taught of Eyebright. This confection is especiall good for al them which be full of vncleane blood, and also for all them that be plagued with scurfe, with the Pore, and with such like vncleannesse: it keepeth men in health, and also from all venimous ayre. Of this Conserue may freely be taken, as much as the quantity of a great nut, before that men will bath, for that it expelleth out the sweat, and all bad humors of the body: therefore it is also good in the beginning of the Dropsie, for that it openeth the liuer and all obstructions of the inward parts; it driueth out the yellow Jaundise by the vrine, and is very commodious for many other things.

How the Conserue of the fruite of the wilde Rose tree
is to be made. §. 14.

When as the fruits of these wilde Roses (which be called Priestpintle) beginne to be ripe, then take as many as you please, and seeth the same with red Wine vnto pap; afterwards wring it thorough a sieue, or searse, and so let it seeth well without putting any other thing vnto it, with a continuall stirring about, as other conserue. This Conserue hath a maruellous operation for to stoppe the scouring or laske: it is also good for all wambling of the stomacke: others doe make it to a Conserue with Must halfe decocted, wherewith they seeth it againe, and cast certaine slices of Parmalade vnto it, which is especiall good for a cold stomacke. This Conserue is more in vse with the common people, than at the Apothecaries, wherefore we will speake the lesse thereof.

How Abricockes are to be preserued. §. 15.

The skins of these Abzicockes are to be pluckt off softly, then powze vpon them Sugar decocted hard, not ouer hot; then let it stand so the space of one day, or somewhat longer, afterwards seeth the Sugar againe, and that so long as the Abzicockes doe yeld any moisture from them. Their vertue and operation are like to Peaches.

Conserue of Elderne berries. §. 16.

First for to write of the Conserue of Elderne berries, the same is holden by the auncient Physicians, and also amongst the common people, almost in stead of Treacle, and that not without cause, as you shall heare hereafter: and is thus prepared: Take ripe Elderne berries, strip them with a caule from the stalkes, wring out the iuyce and let it seeth by a milde fire vnto a pap. This Conserue is to bee taken against all inward venime, it cureth all blcers and swellings, it expelleth by sweat all bad humors and corruptions: wherefore it is to be taken before that one do go to the bath: but this cannot be done but only after purging, and that fasting. If this be so vled, then doth it consume the Dropsie at the beginning. It hath also bene found, if that this Conserue be spread vpon the Rose, that thereby it will immediatly weare away.

If thou wilt make Conserue of the flowers, then take the flowers when they bee very ripe, shake them from the stalkes, and let them dry betwene two clothes: afterwards thread them small vnto a pound of flowers, take two pound and a halfe of Sugar, powne them well together: afterwards set them in the sun, and stir them oftentimes about. This Conserue openeth the Liuer, driueth away all swelling of the belly, and all beginning of Dropsies, &c.

How Ginger is to be preserued. §. 17.

Take faire white Ginger, of the fairest races, and lay the same to steape the space of certaine daies, or so long vntill that the vppermost peales will be pared off, then take them off, and make them very cleane, afterwards powze fresh ley vpon them, and let them steape, to the end that they may swell thoroughly: and when as they be wahren very mellow (which may be perceined by cutting them thorough) then powze of the Ley, and wash them well with fresh water, prick the oftentimes with a small knife ouerthwart, and afterwards lay them a day & a night in
sweete

swete water, to the end that the sharpnesse of the ley may be taken away, and doe this so long untill you can perceiue no sharpnesse of the ley any longer: then spread the Ginger vpon a foure coynered linnen cloth, that the linnen may draw the moisture out of it; but if so be that the cloth be thorough wet, then lay it on another dry cloth againe. Some do spare this labour, and lay it vpon sieues; when it is very dry, then haue a dry sirupe ready, which is made of Sugar, or clarified Hony, and then do therewith like as is taught of the Clecampane roots, but above all haue good regard that the sirupe be not powzed too hot vpon it, for that thereby the Ginger will shrinke, yea be hard and vnpleasant: then keepe this Ginger in gallie pot. This confected Ginger is very good for all cold phlegmaticke sicknesses, and for a cold weak stomacke: it taketh away all vapors that doe ascend from the stomacke towards the head; it warmeth all the body, and all inward parts. At euening when one goeth to bed a good peece taken of it doth dry maruellous much the braines: Thereby will also the parts of generation in men and women be strengthened. But this may be gotten preserued greene out of the Indies, which is much better, than that which is preserued in this cuntry. The same was wont befoze times to be preserued after an easier manner, to wit, in this manner following: Take white Ginger as much as you please, burie it the space of 14. daies in moist sand, and wash it afterwards with a sharpe ley, lay it afterwards againe the space of fouretene daies in Rosewater: this being done, make a sirupe of Sugar, or of Hony, or both of them tempered together, cleansed and scummed well, and then lay the Ginger in this sirupe: but I cannot commend this manner of doing.

How Raspes are to be preserued. §. 18.

You must take the Raspes as they doe hang vpon the hedge, wash the same very cleane, and make them faire, if there be any vncleannesse with them, and then make readie a clarified sirupe of Sugar, and when as now the sirupe is almost boyled, then cast in the berries, and let them seeth softly therein a good while that they may not breake, and doe not also coole. Their Conserue is made as followeth: when the berries be very ripe, then strip them from the stalkes, and wring the iuyce thorough a cleane cloth, afterwards let it seeth softly, stirring it alwaies about untill it begin to be thick, then put as much Sugar vnto it as you please, and seeth it away like as all other Conserues. You may also boyle this iuyce without Sugar, and it is also better for Physicke. The Apothecaries doe call the same *Rob de Ribes*. This Conserue hath an especiall vertue to slake thirst, and to moisten the dry tongue, and all other inward parts, it maketh appetite, and that especially in hot times. In like manner may also this decocted iuyce be tempered with wine, and bled as a sauce amongst other meates.

How the Conserue of Hyssope is to be made. §. 19.

In July, take the flowers of this hearbe, and Sugar also with it, powne them well together, like as we haue taught of Eyebright. This Conserue is very good for the breast, the lights, and such like parts: it is also good against the cough, the narrownesse of the breast, and against the short breath; it consumeth and dryeth all cold rheumes: it exceedingly warmeth the breast, it strengtheneth the stomacke, the head, and the braines: it taketh away all ascending vapors; and is good against all poyson, and also very meete against all coldnesse of the inward parts.

Of the Conserues of Lauander and of Spikenard. §. 20.

Both these herbs are found to agree so neare in operation that the *Spica* is called the male, because it hath bigger leaues and eares, and the Lauander the female. Of both these herbs are the flowers only taken, & for euery pound of flowers two and a half of sugar, or otherwhiles three pound of Sugar, because they be strong: beate them well together. This Conserue is very good for all cold diseases of the stomack, and for all windines of the same, it easeth the paine in the belly, and the ascension of the Mother, it openeth all obstructions of the Liuer, it maketh brine, it

it dryeth the cold and moyst braines, it is good for the sinewes, palsey, and lamenesse that proceedeth of them, it restoreth the lost speech, it taketh away all cold rheumes that fall out of the head into the eyes, teeth, and other parts, and this conserue is especiall good against the corruption of the gummes.

How to preserue the *Eryngus* roote. §. 21.

This hearbe is called of the Phisitions *Eryngium*, the rootes onely of this herbe be preserued. The same are digged vp in the spring time or in haruest, wash and scrape the same well; afterwards cleaue them in the length and take out the hart, then cut them in mean peeces, seethe them and prepare them as you did *Calmus* and the great *Pimpernell* roots: or you may leaue them long, put onely the pith of them out and sticke it about with Cinnamon and Cloues, which giueth it a pleasantnesse. These rootes be also very good for them that haue any disease in the Liuer, they doe take away all paine of the Milt, the kidneies, and backe, they driue away the chollicke, they moue vyne and womens termes; they be also good against all venime, and against all purtsuenesse in the brest, they free one from the crampe, and of the falling sicknesse, they doe warme the parts of generation, and be especiall good for a cold stomacke.

Conserue of Marioram. §. 22.

Of this herbe are the leaues onely to be taken, and powne them with Sugar like the *Cybzright*: this Conserue is of a dry and of a warme nature, it is especiall good for all moyst and cold diseases of the braines, of the head, and of the stomacke, it openeth all obstructions of the liuer, and all inward parts, it doth strengthen the heart, and it hath the same vertue with the conserue of Lauander and of Spikenard.

Conserue of Balme. §. 23.

A Conserue of this hearbe is especiall good for all biting of Scorpions, of Spiders, and of Waspes, and is also good for all biting of mad dogges, the same beinge eaten or laid vpon it: it moueth womens termes, it asswageth all tooth ach and paine of the ioynts, it freeeth one from the poyson of the Loadstoole, it stayeth the scouring *Dysenteria*, and taketh away all collickes, it dryueth away all pensuenesse, it strengtheneth a cold stomacke, it warmeth the brest, and giueth a light breath, it cleanseth all blcers, and is good against all darke sight: of the white flowers of this hearbe is also a Conserue made like as of all other flowers, which neuerthelesse is not much in vse.

How Nutmegs are to be confected. §. 24.

Of Nutmegs take the very best, lay them to steape in sharpe ley which is made of woodashes, and let them lye so long therein, vntill they be thoroughly steaped, yea mellow and soft: afterwards powze away the ley, and peele off the vppermost gray skinner. This being done, powze fresh water oftentimes vpon it, to the end that the sharpenesse of the ley may be drawne away againe: then let them drye in the shadow in a Sieue: prepare afterwards a sirupe of Sugar which is well decocted, and so powze it luke warme vpon them; and if it ware waterish, then seeth the same againe, and that once euery thre or foure dayes vntill that the sirupe continue thicke. These Nutmegges be of a drye and warme nature, they strengthen the head, the braines, the heart, and all vitall spirits, they increase naturall heate, and all naturall powers, if so be that one take the same in the morning fasting, and in the euening after meate. They do consume all noysome and superfluous humors of the inward parts, they do strengthen the stomack and make fresh bloud, they yeeld a good and odoriferous breath, they ease all swellings and hardnes of the spleene, and they be especiall good against

against all cold diseases of the Liver: but they be not so good for the Lights: they have great power for to dry a moyst head. Now adates be they brought out of Indy preserved greene, which be much better and forcible, than they which be preserved in this countrey.

Conserues of Gilloflowers. §. 25.



There be of these well knowne flowers, the red well sauozing be the best to make a Conserue of; cut the vndermost white from it, and vse the leaues alone, and the white are you to cast away; the same is to bee powdered with Sugar like to other Conserues. This Conserue hath the same vertue that the conserue of Betony hath, for they are also a kind of Betony. These Gilloflowers are especially commended against all venome: this Conserue is also very good for the head & braines; drying and warming the same, it allayeth also the shaking and shivering of the quartaine Ague: it is also somewhat bitter, and is therefore good against all Wormes taken fasting, it is good against the paine of the teeth, it withstandeth drunkenness, and breaketh the stone. This may also be used as a preservation in time of the plague.

How Walnuts are preserved. §. 26.

About Saint Johns tide take greene Walnuts and pricke them through with a Bookein, and peele off the greene bitter shales from them; afterwards lay them eight or ten daies in fresh water or in running water which is more better, and they need not so much time also for it. When as now they be quite rid of their bitterness, then let them lye softly, vntill they be somewhat mellow, but not thorough soft: and afterwards let them dze in a steue, and then sicke their holes with Cinnamom, Cloues, and Orange peeles: also seeth the Sugar somewhat thort, as we haue taught in the preserving of the Elecampane roots. Some do pricke it without, but they put Cloues, Cinnamom, Galingall, Pace, Cucubes, and Cardamom in the sirupe, each according to his good liking: but if so be that you will preserve them with Honey, then it is not needfull that one peele them. These puts be commonly used at banquets, notwithstanding that they be also good for Physicke: they that be preserved with spices, doe helpe digestion and doe warme all inward parts: they close vp the stomacke after meate, and doe stay the ascention of the vapors, yet they are very seldome used in this Booke. Heere we will also admonish and teach how that one shall keepe ripe Walnuts a long time fresh, that the kernels may be peeled: for this are you to take good new nuts, bury them in sand, and when you will vse them, then wash away the sand. Or take a new pot; and strew therein a lay of dried Vineleaves, and then a lay of puts, and so forth, vntill the pot be full, wherein they will last long and keepe their taste.

Conserue of Buglosse. §. 27.

We haue befoze admonished in the description of the Conserue of Barrage, that both of these be of one nature and of one operation, wherfoze it is not needfull to discourse thereof more at large.

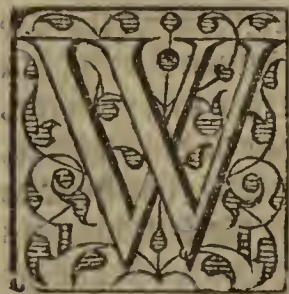
How Apples are preserved. §. 28.

Apples may be preserved as we haue written of Peares, some do powze vpon them wine-lees, and they wash them when they will vse them: Apples do cole the hot stomacke, they doe attenuate the tough slime and quench thirst.

Conserue of Pionie. §. 29.

TAke the leaues of Piony flowers (which do blow in May) and powne them very small, vnto a pound of Flowers take 2. pound and a halfe of Sugar, & set it the space of three moneths in the Sun, stirring it about euery day. This Conserue is very good against all fantasies, against the hag or nightmare (as some feare it) against the falling sicknesse, and swimming of the head, against the diminishing of the sight, and all diseases of the braines: it moueth womens termes; and clenseth them after childbirth: it is also good for the grauel, and for the yellow Jaundise, it suppresseth the vapors of the stomacke, it refresheth women that be vexed with suffocation of the Matrix, it is also marvellous good against the pangs of children, and it letteth the growing of the Stone in them: if so be that y^e children be too small that one cannot giue it them, then are the nurses that giue sucke to vse this Conserue in abundance.

How to preferue Peaches. §. 30.



When the fruite is ripe, then is the same to be plucked off with the hand that it may not be bruised: those Peaches are esteemed to be y^e best to preferue which be ripe about Saint Johns tide, and be somewhat smaller than the other: the vppermost skin is at the first to be peeled off with a knife, and the sirupe (like as is said of the Muske peares) to be sod vntil it be thick. They haue almost y^e same nature that the Muske peares haue, they comfort & strengthen the sick persons, they be good at the first, they moisten the dried tong, they do coole all inward parts, and be very good in all hot sicknesses. In this manner be the red & the wine Peaches preferued: peel the same and take out the stones; afterwards lay them in an earthen pot, and powre vpon them clarified and thicke Hony. These Peaches be not so pleasant as the other, but they be wel as forcible as the smal; and they may also be prepared with Sugar. And because that some people may not abide the tast of Hony, it may be washed off befoze they be vsed with water; it is also in the third part (where we speake of the bloudy flire) declared how these Peaches are to be dried and vsed. Item, the hurt which these Peaches do thzough their cold and moisture, that will be remedied thzough eating of their kernels, or with a draught of wine.

The flowers or blossomes of Peaches may also be preferued with Sugar as other flowers: this conserue is very necessary for children against the worms, because that children can hardly vse Worme by reason of the bitterness: and this conserue doth not onely expell worms; but letteth that none other can come to ingender. And if one haue suspicion of Wormes, then it is aduised that it be giuen, so that it strengtheneth the stomacke.

For to make Conserue of Prunes. §. 31.

TAke of the great Damaske prunes or other great horse Prunes which be somewhat soft, as many as you please, cut them open and plucke out the stones: then let them seeth in a pot, afterwards straine them thzough a strainer, and then let it seeth again vnto a pap, this cooleth all heate and quencheth the thirst in Agues. If you will haue a laxatiue Conserue, then take sweet Prunes. There is also made at the Apothecaries a laxatiue conserue called *Diaprunum solutium*, which you are to seek in the Table. Some do take for the first described Prunes conserue of the one halfe of Sugar, whereby it is also pleasant, but it is in hot sicknesses much more comodious to be vsed without Sugar.

But if you will onely preferue Prunes, then take the foresaid Prunes of Damaske, and then powre as much clarified hony vpon it which is not too hot, stirring it slwaies well about. If it be seene that the Hony be waterish, then must it be decocted againe, like as it is oftentimes admonished befoze.

How

How Quinces and other things are to be preferued. §. 32.

Of these noble and odouriferous Quinces haue many auncient and also later Whistions written much, and vled after sundry manners, whereby it is now come to passe, that there is scant any household of account where one findeth not alwayes something prepared of Quinces, wherefore we will discourse somewhat ampler thereof, and first of all describe diuers confections.

The Apothecaries do call the one *Diacrydonium simplex*, for that there is none other but Sugar or Hony in it, and is thus made: Take Quinces as many as you please, whereof the kernels be put out, and cut them very small, afterwards seeth them in Well water to the end they may be soft, then straine them through a Strayner or Sieue, so that there remaine nothing but the parings in the Sieue. Then take three pound thereof, Sugar or Hony that is well clarified about foure pound, or as much as you please, then seeth them together vnto a conserue or confection, stirring it about continually.

Another: Take cut Quinces which be cleansed from the seede, put them into a pot, and couer it on the top with a pewter potlid, turne it afterwards about into another pot which is full of water, and let the same seeth, that the vapoꝝ may ascend, and the Quinces, through the vapour of the neathermost pot, may be mellow, that they may be afterwards driuen thorough a Sieue: take foure pound thereof, Sugar three pound, and let it seeth so together to a conserue. Some do take but halfe so much Sugar as Quinces, but therein may each one do his pleasure, how lesse Sugar that there is with it, so much the better be they for Whisicke. Other do boile or foment the Quinces with good old wine, which is also not to be reiected. This following is more forcible: Take as many Quinces as you will, grate them very small, and presse out the iuice, afterwards powze it vpon other sliced or cut Quinces, and then let them altogether seethe thoroughly with Sugar or Hony. This is an especiall medicine for to strengthen the stomacke, it stoppeth all scowling and wambling, it strengthneth the inward weake parts, besides the digestiue and retentive vertues, and it prouoketh appetite. But note this well, if one will stop the scowling, that one must take it before meate, and against the vomiting after meate.

At the Apothecaries is prepared a *Dyacrydonium compositum*, or *cum Speciebus*, as hereafter followeth: Take thicke sodden iuice of Quinces, wherein is neither Sugar nor Hony, eightene ounces, clarified Hony one pound and a halfe, seeth it meetely thicke. When it is now warent luke warme, then temper these spices following (pownd small) amongst it: to wit, Cinnamon three quarters of an ounce, Ginger halfe an ounce, Pepper and Galingall, of each one quarter of an ounce, Cloues and Nutmegs, of each one dragma and a halfe, Indy Spica, *Lignum Aloes*, Mace, and Cardamome, of each one dragma. Zeduary halfe a dragma: afterwards powze it into bores, and make a hole or twaine aboue on the top. It is also well aduised that one take Sugar in stead of hony.

If you will haue a purging conserue of Quinces or Parmalade, then take of this foresayd conserue (whilst that it is yet warme) with the spices 22. ounces, and temper halfe an ounce of pownded *Diagridion* amongst it, and stirre it very long, to the end it be well tempered. This foresayd conserue of Quinces with the spices is more forcible for all the foresaid diseases, then the other, it causeth the winds to auoid, it expelleth all bad smells, it maketh a good colour, and it strengtheneth the naturall powers. For the kitchin and for housekeeping may this ensuing be prepared: pare as many Quinces as you please, grate them euen to the coare, and put all that is grated into a strong cloth, afterwards wring the iuice well out, and keepe it in a pot. This being done, take other Quinces, pare them and cut them in foure peeces, put out the seede, and seeth the same in water vntill it be almost as mellow as apap, and all the water be consumed, but put out the seedes cleane, and put it in a pot apart, and powze water vpon it, then let it seeth well, and straine it through a cloth. Lye also a course cloth ouer an earthen pan, and lay thereon a good deale of mellow Quinces, and rub them through it, so that the best may go thorough, then take afterwards faire white Sugar, and powze thereon some of the decoction of Quinces, let it seeth meetly hard, (then needeth not the conserue of Quinces to seeth so much) then take of this decoction of Quinces one part, and two parts of the other, and let it seeth vntill it be halfe thicke enough, afterwards put the Sugar vnto it, & then let it seeth thicke enough, stirring

stirring it continually : when as it beginneth to be cold, then put it into the bores. And if this Parmalade be not faire enough, then take off the vppermost skin with a knife. It is also to bee noted, that if it be not decocted drie enough, then can it not last aboue a yeare.

Now for to make a cleare and perspicuous Parmalade : Take faire great Quinces, wash them very cleane, grate them very small, wring out as much iuice as you please : take afterwards other Quinces, cut them in fire pèces, put them into a pot, let them be vapoured with hote water, like as we haue taught before, vntill that they be thorough mellow, then take halfe a pot full of the former iuice, and powre it vpon the former stewed and cut pèces, breake it well together, and then put the rest of the iuice amongst it; wring it thorough a thin cloth, vntill it be cleare: Of this iuice shall you not seeth more at once, than for to fill a bore therewith, and put white Sugar vnto it (beaten very small) as much as you please. If the iuice be troubled, then let it passe once or twice thorough a cloth, or so long vntill it be thorough cleare: afterwards seeth it speedily away ouer a slight fire : when it is boyled enough, then powre it into the bore, or wherein else you will, which might be made wet before: and when they haue stood one night, then may they be taken out. Note also here, that you must not take too little of the pap of the vapoured Quinces; for that the Parmalade should be very tough, and if one let the same seeth long, then would it be very brolne.

If you will make course Parmalade, then take the Quinces that remaine, whereof the best is strained out, and rubbe it thorough a haire sieue, and afterwards put more vapoured Quinces vnto it, and let it seeth away with Honie or Sugar. This serueth to dresse withall or otherwise.

A Parmalade not sodden: Take twentie or twentie five Quinces, pare them, and cut the halfe thereof in small pèces, the rest grate small, and presse the iuice well out: powre that vnto the cut pèces, and stew them vntill all be soft: afterwards wring them thorough a cloth and stire as much powdered Sugar amongst it, as you please, and then put them in a bore, and so let it dry vpon an ouen.

Item, take ripe Quinces which be not stony, pare them, and take out round pèces so deepe, til you come to the stones. You are to grate these Quinces, and to wring out the iuice, to the ende that you may haue a good deale of it, then powre this iuice vpon the pèces that you cut out, and then let it seeth vntill it be thorough mellow: then put cleare decocted Sugar vnto it, as much as you please, and then drie them with a soft fire, then put them in the bores, and let them drie well.

Another : Take foure ounces of fresh Quince kernels, let them steape a day and a night in Well water, or in the iuice of Quinces, in a warme place, afterwards wring out the slime thorough a cleane cloth, and then put thereto foure poundes of the iuice of Quinces in a leaded pot, and let it seethe all together by a soft fire: yet it is to bee strained then through a cloth againe, and afterwards also take two poundes of Sugar, and seethe it vntill it bee thicke enough.

Yet another course Parmalade : Take of the pith whence the best iuice is wring out, and put warme water vnto it, and seeth it well, then rub thereof thorough as much as you can, and put cleare Honie vnto it as much as you please, and then put some Pepper vnto it, and seethe it very thicke. If you will now know when these Parmalades be decocted enough, then let some fall vpon a cold Iron, and be cold; if it be enough, then will it easily part from the iron, and remaineth not hanging on the fingers, but it goeth cleane and dry off.

All these sorts of Parmalades, or Conserues of Quinces are very good for the stomacke, and helpe the digestiue power. The same may moreover be tempered in Palmsey, in Claret Wine, and Hypocras, and may also be vsed in stead of a sauce with meate.

It is also here to be noted, that all Parmalades, which are prepared with Wine, Spices, and such like, are good onely for old folkes, and for cold women, and for all them which bee cold by nature. Contrariwise, they that be prepared with Water and iuyce of Quinces, be meetly hote, because the fruit is cold in the first, and dry in the second degre: wherefore they be meete for all people which be hote by nature, and for all them whose gall ouerfloweth much in the stomacke.

Snow-white Parmalade is also to be made in this manner : Take pared Quinces, cut them, in foure or five pèces, and cut them out within: afterwards put honie vnto them, and let

them stew in a pot, untill that they be mellow: then take them out, and let them be cold, and sticke them about with cut Cinnamom an Cloues, put Hony vnto it againe, and then set it so in a cellar, that it may remaine moist; and lay some heauy thing vpon it, that they swim not. Item, take Quinces as many as you please, prepare them as before, powze wine vnto it, but let them not be stewed too mellow, especially if one will keepe them a certaine time: let them afterwards dry vpon a cloth: if you will sticke them about as before, that is wholly in your power: if not, bind in a cloth Cinnamom, Cloues, & Haze, and lay it in the decoction: afterwards take one part of wine, and two parts of Hony, and let it seeth so long vntil that al the wine be wasted, then afterwards powze Hony vpon it, but not too hote, to the end that thereby they be not too hard.

Before times, these were woont to be made in this manner following: Take a rough cloth and rub off therewith the vppermost parings of the Quinces, or pare them very thin, and then cut them in foure peeces, and take out the coare within; afterwards powze vpon them two parts of wine, and one part of Hony which is clarified, then seeth them so long vntill the skin do wrinkle, then be they enough: put them out, and let them be cold, lay them in a pot, and strew some spice vpon each row; afterwards powze the decoction (sodden short) luke warme vpon it. Item, take Quinces, take out the coares: and lay them in a pot close one to another, and let them stand stewing in an ouen, untill that they be mellow, so that they may easily be pricked thorough with bodkins; afterwards let them be cold, and then put them againe into another pot, and powze clarified Hony vpon it; lay some heauy thing vpon it, that they swim not about, then will they remaine good a whole yeare, and haue the same vertue of the common Marmalade. You haue also before in the description of Peares, how that they shall be made close in a pot, and should then be laid in a fat of Wine, you may also put the same in practise with the Quinces.

Lay the Quinces all the winter in small chopt straw, and couer them well, but lay none other fruite with it, and keepe them from the ayre. Other do take flocks, some Bran, or Hay, But the very surest is, if one wil keepe them the whole yeare, that they be couered in their own leaues, and afterwards couer them with Lome, let them dry, and set them somewhere in a cold dry place. There may also be made many kinds of things of Quinces, viz. the sirupe *Mina*, and oyle, and also the seedes thereof be used and the peeles.

Conserue of Roses.



Conserue of Roses which is ready at all Apothecaries and common in all houses is thus prepared: Take red Rose buds, which be pluckt in dry weather, as many as you please; clip them off vnder the white with a paire of sheares, then lay them on a cleane cloth, and one double cloth ouer them, that they may be well couered; let them lye so still vpon a table two or three daies, that they may wither a little, and afterwards stamp them in a mortar to grout: and to one part of the powdered Roses, take two parts of Sugar, and stampe them well together; afterwards put this Conserue in a glasse, and stop it close the space of three moneths in the sun; yet stirre them about once every day, with a wooden spatine: if so be that you thinke that they will be too hard, then set them afterwards in a cellar, that they relent somewhat. It is here also to be noted, that if so be you cannot get the right red Roses, then take the Carnation coloured, yea also the wild Roses, of the which I haue found my selfe, that the Conserue it selfe is of very good taste, and moreouer very forcible in working. This conserue of Roses hath an especial vertue to strengthen a weake stomacke, and to allay all cholericke humors; it strengtheneth the braines, it quickeneth and strengtheneth the heart, it cooleth the heate, and all inflammation of the inward parts. This Conserue of Roses may well be tempered with Rosewater or Well water, and be wrung thorough a cloth, and so in all hot agues to comfort the sicke persons with it: it moisteneth also the dry tounge, the throat, the breast, and the lights, and especially that which is new made: that which is old hath another nature of binding in all scourings and fluxes, it swageth the paine and sharpnesse of the same.

The purging Conserue of Roses is made thus: Take twelue ounces of Sugar of Roses, and temper amongst it at the least half an ounce of small powdered *Diagridion*. This conserue of Roses is

is also very good in sundry sicknesses, and especially in lingering diseases. There is halfe an ounce thereof giuen, or at the most thre quarters of an ounce at once, when as the *Diagridione* hath bene tempered amongst it at the least two moneths before.

The white Conserue of Roses is made like to the red. Some do make all Conserues of Roses with Hony in stead of Sugar, but this Conserue is hotter, and is seldome vsed.

There is also Conserues made of Damaske Roses, after the foresayd manner, which is very pleasant, and loseth mildly.

Conserue of Rosemary. §. 34.

This Conserue is very pleasant, not onely for Phisicke, but the flowers and the herbe is also vsed in the kitchen, with wine and otherwise. But as much as concerneth the Conserue, the Apothecaries do call it *Conserua Anthis*, and is made thus: Take flowers of Rosemary which are to be gathered in the spring, and in haruest, polve them to pap, and to one part of these flowers, take thre parts of Sugar, and powne it very well together, then set it in the Sun, stirring it oftentimes about. This Conserue is warme by nature, it attenuateth also all tough, grosse, and flegmatick matter of the inward parts, it drieth and strengtheneth the braines, it refresheth the heart, and maketh it merry, it strengtheneth the mortified naturall heate, it expelleth the yellow Jaundise, and withstandeth the Dropsie, it warmeth and cleanseth the breast, it maketh a good breath, it drieth out phlegme, & strengtheneth digestion, it withstandeth all venime that might hurt the heart, it taketh away the Cholicke or griping of the belly, it causeth one to sweate well, whereby it expelleth all bad humors out of the body, it cleanseth the blood, hunteth away all heavinesse and pensiveness, and strengtheneth all weaknesse.

To preserve the rootes of all red Beetes. §. 35.

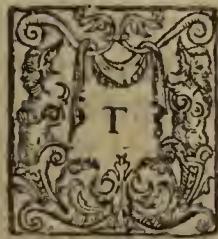


You are to stew these roots with a little water, when they be mellow, then put thereto little peeces of Horseradish, & put them in a pot, and strew it with Caraway: afterwards polve halfe wine and halfe vinegar vpon it, vntill that they be wel couered, and then lay some heauy thing vpon them, that they may not swim: in the same manner may you also prepare all the roots that serue for Salads: the roots which are too great are to be cut ouerthwart. These & such like rootes are not to be vsed for phisicke, but for meate.

Conserue of Sage. §. 36.

Conserue of Sage is also made of the flowers, like vnto all other; it doth strengthen the stomack, it openeth al obstructions, it consumeth al bad humors of the stomacke, it strengtheneth all members, & is very good for alldiseases of the head, which procede of cold, it is good against all Palsies and lamenesse, it is meete for all diseases of the sinewes,

How Sloes are to be preserved. §. 27.



Take very ripe Sloes, with their stalks, and put thre to two parts of Hony, and one part of wine, and let them seeth so long vntill the wine be thoroughly sodden away; afterwards lay the Sloes in a pot, with the stalkes on high, and polve the same Hony vpon it, and couer it with a trencher, and lay some heauy thing on them, to the end that they may be couered with the liquor, and then set them in a cellar. Another way to preserve Sloes: take vnripe Medlars, ripe Sloes, ripe and pared Quinces, when the coares be cut out; of each as much as you please: if you will you may sticke them about with spice: likewise also the Medlars, which you shall seeth with the Quinces in Hony, like as is first of all said of Sloes, and lay some heauy thing on the top of it.

Conserues of Cowslips. §. 38.

There be two kinds of these flowers, whereof the one is wilde, and without smell, which is meete for nothing: but take of the yellow that smells well, and cut thereof behinde the long pipe, and with Sugar make a Conserue thereof. This conserue is of a warme and dry nature, it is very good for the head, it strengtheneth and warmeth the braines, it is also good for the Palley, for which cause it is also called *Herba paralysis*. This conserue is also of all them (which be inclined to the Palley) much used, and it strengtheneth also the heart: but it is perchance not much used, for that it is a kind of Betony or of Gilloflowers, which be more acceptable.

Conserue of water Lillies. §. 39.

Likewise there be two sorts of these flowers, to wit, yellow and white; take therof the white, and the white leaues onely of the flowers, make a conserue thereof, like vnto all other conserues. This conserue strengtheneth much, and cooleth in very hote agues, and also in peccentiall agues. It is also very good for them that consume away, and that haue the Pleurisie. It taketh away all dry coughes, for that it cooleth and moisteneth the breast, the throat, and the dry tongue: it quencheth thirst, it cooleth through her cold the Liuer, the Spleen, and all inward parts, and it prouoketh slepe. All haile people, and they that be cold of nature may not vse the same, for that if the same be used too much, then taketh it away the fleshy desire, and it obstructeth also the spermatieall fluxe if it be heate.

Conserue of Violets. §. 40.

Take blew odoriferous Violet flowers, plucke the flowers from their huskes, and powne them to a pap. Vnto a pound of flowers put two pound of Sugar, and then stampe them well together, and so set them in the Sunne. This conserue is cold in the first, and moist in the second degree. It cooleth and moisteneth with mildnesse, and it allwageth also the paine of the guts, but it is not so good for the stomacke. It allayeth also the cholerike heate which cometh through moisture. It looseth and also taketh away thirst. It may well be giuen to young children (in all heate) very freely, for that it is good against their pangs; it keepeth the belly open, it strengtheneth the braines and the heart, and it taketh away allitches. The yellow Violets are also preferred otherwhiles.

Conserue of the flowers of Cicorie. §. 41.

Take the leaues of Cicorie flowers, and make a Conserue thereof, like as is taught of all other. This conserue is especiall good for the Liuer, it openeth the obstruction of the same, it cleanseth all inward parts, and also the intrailles of all cholerike humors, it expelleth them out thorough stoole, and withstandeth thereby all putrifying agues, therefore this conserue is also to be used in the beginning of the Dropsie, it reuiueh the weake and overheated heart, and also the stomacke. In fine, it is very good in all hot sicknesses. The rootes of Cicorie are also preferred which are digged vp before that they begin to sprout out. Being digged vp make them cleane, and cut them the long way, and then take the innermost hart of it. Afterwards cut it in peeces the length of a finger, and then let them boile well in fresh water, that the bitternesse may come out, and the rootes may be mellow. When as they be meetly drie, then powze thicke boyled Sugar vpon it, and if the rootes be still somewhat hard, then let them boile in the Sugar vntill they be mellow, and let them be cold. But if that the sirupe be thinne through the moisture of the rootes, then seth the same thicke againe, and that so often vntill it remaine thicke. These rootes be of a cold and dry nature, and they haue the same vertues with the conserue.

How red Cherries are preserued. §. 42.



Red Cherries be preserued like as we haue taught before of the blacke. They haue also one kinde of operation, and are thus preserued: Take picked red Cherries which be not bused, put them in a small Daken vessell, afterwards take clarified Hony and let it seeth with a little wine, vntill all the moisture be consumed, and powze then this Hony warme vpon it, otherwise would they breake through heate. This being now done, then stop the vessell tight, and lay it in a Cellar, and rolle it daily from one place to another, and doe this the space of foureteene daies, or thre weekes.

There is also made of these Cherries a conserue, as hereafter folloiweth:

Take Cherries as many as you please, stampe them a little, and then powze yet moe other Cherries vnto it, and boyle it without any other moisture: all that which will remaine thicke, is to bee rubbed thorough a sieue, to the end that there doe not remaine any other thing in the sieue, than skinnies and stones; then seeth it in an earthen pot. You may also put Sugar vnto it, as much as you please, and then seeth it vnto a conserue. For this, is no kind of Spice meate, if so be that one desire not to put a little Cinnamom vnto it.

This conserue is very good against all dryth of the mouth, throat, and tongue, if sicke persons be washed with it. It quencheth thirst in all hote Agues, and otherwise. It is also good for all Cholera of the stomacke, it maketh appetite to meate, and it cooleth the hote reines: the kernels doe expell grauell. In Summer time is wine to be mingled with this conserue, and to bee vsed for sauce with rost meate.

If one desire to keepe Cherries long fresh, then are picked Cherries to be taken for it, and to dip the same in molten ware, viz. when it beginneth to be cold, and to let them be well closed in Ware, and afterwards to sement the same with Lome vntill it be thoroughly closed, then are they to be hanged vp in a coole place, and they will remaine fresh a very long time.

How ripe and vnripe Grapes are to be preserued. §. 43.

The vnripe Grapes shall be confected like to all Barberries, but you must cut euery Berry from the Cluster, to the end that they may keepe their stalkes, and put therewith like as is said of the blacke Cherries: then let them not seeth long, that they do not breake and get a bad taste. They haue the same power as the Barberries, the ripe Grapes are to be confected, like as we haue written of Peares.

Of that which commonly keepeth all fruits fresh. §. 44.

All that is laid in Hony, whether it be Flesh, Fruite, and Plants, or any other thing, doth remaine a long time before it spoile, therefore haue dead carcases before time bene powdered full of Hony. If you haue then any Fruite, Fowles, Wenison, or any other such like things that you will keepe good the space of a yeare, or any Plants, or Flowers, and such like throughout the Winter, then looke into M. Tristrams water, whereof all auncient Physicians haue had a good opinion. The same also doe all vitall and golden waters, which follow immediately hereafter.

Of the golden and vital waters, and Elixers of life



These kinds of potions and artificiall waters, are ordained most to this end, for that they should strengthen the most principall parts of the body, as the head and the heart, to keepe them from debility and swooning, especially if the same proceed of cold. Thus we will describe some of them, whereof there be two, which the auncient Physicians call golden waters for their especiall vertues. Take fine Sage seven ounces, Nutmegs, Cloues, Ginger, and Greines, of each halfe an ounce, Cinnamon, pœled Bayberries, and Beuercod, of each one ounce, Spikenard one dragme, pœles of Citrons one quarter of an ounce, temper them all together grossely beaten, then powze two quarts of wine vpon it, and so let it together stand the space of fourtene dayes stopped close, stirring it well about euery day. Afterward distill it in water in an helme luted well and tight. This water doth keepe all manner of meates by their naturall tast and vertue, it expelleth all bad humors of the body, it maketh all wine cleane and of a good tast, if one temper a little amongst it, annoynted outwardly vpon one, or vsed. It is very good for all inward parts, as the Stomack, the Splene, the Luyver, and the Lights. It is also good for all bzuses, and to annoynt the bzuses with it. In like manner it is good for all falles, for all byles, and all paines of the head. It is good (namely at the first) against all Dropsies, against the Walley, & also against all venime. If one haue any thing in the stomacke that he cannot digest, then will it be consumed therby, it maketh a good memozy, and withstandeth the Leprosie, it healeth all scabbines, and also all vlcers, if one drinke it, or lay it vpon them.

Another: Take Lauander flowers, Hyssope and Sage, of each foure ounces, cut them very small, Nutmegs, Ginger, Cinnamon, & Cloues, of each halfe an ounce, Greines two drag. beate all small, afterwards powze vpon it thre quarts of the best wine, and set it the space of fourtene daies in the Sun stopped very close. Thus may you vse the first. Item, take good Palmsey two quarts, and steepe these things ensuing in it, being kept very close, and then set it in a dunghil which lyeth in the East the space of thirty dayes, afterwards distill it, as is beforesaid. Take fine Sage with the flowers, of each halfe an ounce, Burrage flowers one ounce, one Orange, Rue thre dragmes, Rosemary, thre ounces and a halfe, Rosemary flowers halfe an ounce, the toppes of Marioram gentle foure ounces, the flowers of Buglesse thre quarters of an ounce, red Roses two ounces and one quarter, Hyssope halfe an ounce, *Carduus Benedictus* halfe an ounce, Ireos thre dragmes, Camfere thre quarters of an ounce, prepared Perls half a dragme, oyle of Spike and liquide Storax, of each halfe a dragme, pownded Cinnamon foure ounces, Galingall thre dragmes, long Pepper, and Greines, of each halfe an ounce, Cucubes, and Cardamome, of each one ounce and a quarter, Zeduary thre dragmes, Ginger one ounce, beate this all together grosse. Here is to be noted, that there will be too little wine, and that freely there may thre or foure quarts of wine be taken for it. Now followeth here a water, called the elixer of life, and is thus made.

Take Cinnamon and Cloues, of each one ounce and a halfe, Nutmegs one ounce, red Roses ten handfuls, white Roses as many, Hyssope two handfuls, Lauander flowers seven handfuls, powze vnto it a quart of Palmsey, and so let it stand the space of nine dayes, and distill it afterwards, as is said befoze. Now for to distill a common vitall water is thus to be done. Take Cinnamon one ounce and a halfe, Ginger one ounce, Cloues, Nutmegs, and Greines, of each halfe an ounce, *Lignum Aloes*, Mastick, Pace, and long Pepper, of each two dragmes, Sage sixtene ounces, Cardamome, Cucubes, and Galingall, of each two dragmes and a half, Roses one quarter of an ounce, Balme thre dragmes, Citron pœles thre quarters of an ounce, Rue, Bayberries, and Stechas, of each halfe an ounce, Rosemary, Marioram, Lauander, and Betony, of each thre quarters of an ounce, Spica, and Beuercod, of each one dragme, steep it in thre quarts of Palmsey, and so let it stand the space of ten daies, then distill it like as is taught of the other. Some haue also an especiall water, which is called *Aqua spiritualis*, for that it streng

strengtheneth much the vitall spirits: Take the herb Lauander with the flowers, and Liticon: fencie, of each two ounces, Rosemary flowers, and Betony, of each three dragmes, Sage, and Marigold gentle, of each one ounce, Balme halfe an ounce, Hyssope, Mints, the greater Pimpernell, Tormentill, Rapontica, Angelica, and Bistorta, of each one quarter of an ounce, Piony rootes, and of Valerian, of each one dragme, Auence, and Juniper berries, of each half an ounce, Bayberries, and Beuercod, of each one drag. cut the rootes, and powne them grossly. The herbs are you to take dry, and to cut them small, and then put them in a glasse, which is narrow above, afterwards powre five pints of the spirit of wine vpon it, and stop it tight, then set it the space of eight dayes in the Sunne, or in another warme place, and distill it afterwards, as is said in the beginning. In all that which is distilled out are you to lay in Stepe, Ginger and Galingall, of each one quarter of an ounce, Cloues halfe an ounce, Cucubes one quarter of an ounce, Cardamome and Nutmegs, of each halfe a dragme, Greines one scruple, Citron peeles one quarter of an ounce, Pomegranate peeles halfe a dragme, *Lignum Aloes*, and white Mustard seed, of each one scruple, Saffron halfe a dragme, Indie Spica one scruple, Annis halfe an ounce, Fennell one quarter of an ounce, Treacle one ounce, Turpentine three dragmes, prepared red Corall one dragme, *Manus Christi* with Pearles halfe an ounce, conserue of Roses one ounce, clarified Hony foure ounces, then powne it all grosse that is to be pownded, and so let it stand the space of foure dayes in a warme place, afterwards you shall distill it, and then temper amongst it *Muscus* and *Ambra*, of each one scruple, *Spermateci* one drag. good Rubarbe one quarter of an ounce, Camfer ten greines, Sugercandy one ounce, then wzing it out oftentimes, and keepe it stopt close.

Another. Take dry red Rose leaves halfe an ounce, flowers of Sage, of Rosemary, of Burrage and Buglosse, of each one quarter of an ounce, Liticonfancy one ounce and a halfe, Balme, Citron peeles, Betony, and red Gilloflowers, of each one ounce, Nutmegs and Pace, of each one drag. Cardamome & Cucubes, of each halfe a drag. white & yellow Saunders, of each one quarter of an ounce, powne all these things very small, then take a pint of good spirit of wine, and put therein 2. ounces of Cucubes, the stones taken out, & then cast them to the foresaid small beaten herbs, and let them all stand to steape in a warme place, vntill that the wine hath drawne the vertue of these herbs vnto it, the which will be done in the space of two moneths. You may also set it in the Sun all the whole Sommer, straine it at last thorough a fine cloth. You may also put vnto this Muske, pretious Stones, Amber, Perls, Unicornes horne, and such like things, for to strengthen the same therewith. These foresayd vitall waters be especially good against all swooning, against all debility of the braines and of the heart, they strengthen also the sinewes, & the memory, they warme the chilled and bad digesting stomack, wherein is much slime, if they be taken fasting. If one perceiue any losse of his memory, then is he to annoint therewith the forehead, the hinder part of the head, and the temples of the same. They be also good against all lamenes of the Palsy: they be good also against trembling & shaking, against swimming in the head, and such like diseases. But note, that here will be too little burnt wine, but one may take more. In like manner, you haue also in the 1. part the twelfth Chap. and 5. S. a very good water of May Lillies. This following is also an elixer of life: and is thus prepared: Take Rose water 4. ounces, water of Burrage and of Buglosse, of each 3. ounces, *Manus Christi* 1. ounce, and a halfe, prepared Pearles one drag. and a halfe, temper them all together, and so giue it him that hath great heate of the head and of the Liuer, and where as is great faintnesse of the heart. This vitall water ensuing is very common at Augusta in Germany.

Take culled Cinnamon three quarters of an ounce, Ginger halfe an ounce, Cloues, Nutmegs, and Greines, of each one quarter of an ounce, Pace, *Lignum Aloes*, and long Pepper, of each one drag. Cardamome, Basticke, Cucubes, Galingall, and *Calamus*, of each halfe a dragme, Balme flowers five ounces, Citron peeles three dragmes, peeled Bayberries and Stechas, of each one quarter of an ounce, Rue, Rosemary, Marigold, Lauander, Balme, and Betony, of each halfe a handfull, Indy Spica, and Beuercod, of each halfe a drag. keepe them all together in two quarts of Muscadell, or in any other strong wine, and let it stand so 10. or 12. houres space. afterwards distill it in soething water, then are you to hang Muske and Amber, of each fiftene graines, to wit, in a fine linnen cloth, and then keepe it close stopt.

This following is a very odoriferous water to be vsed for what one will: Take the flowers of Spike, and Lauander flowers, of each one handfull, Cloues, Cinnamon, Nutmegs, Pace,

of each one dragme and a halfe. Pulke the quantitie of a pease, then powze vnto it thre pintes of Rosewater, and so let it in the Sunne.

There is yet another odoriferous water in the first part, in the fiftenth chap. and 5. §. which may also be vled for diuers purposes.

Cinamom water is also exhibited to sicke folkes for a strengthening, and they are annointed therewith, and is to be further vled for many Confections, Marchpanes, and other pleasanties, the which is thus to be made: Take foure ounces of good Cinnamome, pown it very small and put it into an helme, afterwards powze a pint of water vpon it and lute it close: then distill it in seething water, and that which commeth out first is whitish, and strongest, and is onely to be kept, and the rest to be receiued in another glasse.

The 7. Chapter.

Of hand water.

Take Lauander or Spikenard whereout the water is distilled, and powze as much raine water vnto it vntill the helme be more then halfe full: afterwards distill it in seething water and set it in the Sunne, it smelleth strong enough, and it remaineth good certaine moneths.

For to make May Cheese. §. 1.



Take a new earthen pot, wash it wel with hote water and rub it with Salt within, afterwards make a hole in the bottome and put in a small tap: then take fresh milked milke and rennet it like as a Cheese is wont to be rennetted, and so let it stand from Morning to Euening: then plucke out the tap that the whay may runne out: afterwards put euery day a saucer full of new milke with it, according to that there is much or little in the pot: stirre it well about, and then let euery euening the whay runne out: besides all this, you are to salt the milke a little in rennetting of it.

How to make Wafers of Sugar. §. 2.



What the Wafers bee (which are wont to bee set vpon the table a nights) is well knowne to all men; thus for to confect them and to make them only of Sugar, is to be done: Take faire white Sugar powned very small and sifted thorough a fine sieue, make past thereof with Dragagant dissolved in Rosewater: the which is to be stamped in a mortar, to the end you may make thereof thinne flat wafers: this being done, then is the same beneath and aboue to be bestrewed with well powned Sugar that it cleaue not too, then winde them on a round sticke and lay them vpon a sieue to dry, to wit, in a warme place, but not in the Sunne: if you will, you may also put Muscus vnto it. In like manner you may take for it powned Sugar, and Cinnamome tempered together and roule the same also vpon a round stasse with dissolved Dragagant: the which being bound to the space of foureteene dayes may remaine good, and they are made like Cinnamome pipes.

Hony water, Hydromel, §. 3.

Hony water or our course Heade doe the Grecians call *Hydromel*, and the Latinists *Aquam mulsam*; this water is to be vled for many things, and especially in Physicke for two kinds of things: the first, if one will loose the belly or procure vomit, then temper the same with two parts of old raine water, and one part of Hony, and so let it stand in the Sunne. This Hony water is to be tempered with oyle if the cause require it, and being lukewarme vled for vomiting: the other Hony water is to be sodden and vled also for many kinds of things, as we in this booke haue in many places declared.

The eight Chapter.

For to make Iuleps.

Iuleps are made after diuers manners, and most of all of distilled waters, but the commonest and most known are to be boyled of Rosewater, and Violet water with Sugar, as both these in the third part, the twelfth Chapter and tenth §. be described: both these Iuleps be very much vsed in hote and dry causes.

The ninth Chapter.

For to take spots out of all Clothes.

For to take spots out of all clothes, take two parts of Beechen ashes, and one part of Lime, and make Ley thereof with raine water, filter it oftentimes, and therewith wash the Spots. Item, take Argall one handfull, three Dre gals, Venice sope two ounces, Allume halfe an ounce, and a pinte and a halfe of water: seeth it all together vntill that the fourth part be wasted, and then wash the spots therewith. But aboue all should distilled water of Loadstones be very good to take all spots out of clothes, they may try that will. For to take the spots out of Chamlet and silkes, rub it out with Turpentine oyle.

Spice cakes which be excellent good. §. 1.

Of fine Hony take a quart, clarifie it well, and halfe a pint of Palmsey, Cloues two ounces and a halfe, Ginger two ounces, Nutmegs one ounce, fine meale or flower five pound: let the Hony and Palmsey seeth together, then knead the Meale in it and make Cakes of it as you desire to haue them, then bake them in an ouen.

The tenth Chapter.

Hereafter follow Confections.

Here shall follow now all kind of purging confections which are commended to be vsed in this booke, to the end that not onely the bare vnknowne name, but also their vertues and operations might be declared: therefore we will comprehend them in a short summe, and vse the names that are best knowne at the Apothecaries; and besides that we will interpret and english their names the best we can.

Confectio Anacardina. §. 1.

First of all we will speak of the *Anacardina*. This confection doth sharpen the vnderstanding and the memozy, and is also good against all paine of the stomacke which cometh through cold, it cleanseth the blood, and maketh good colour: it is also called a confection of the Sage men.

Antidotum Hemagogum. §. 2.

This Confection hath her name of the blood wherein it doth also reigne: the which also the Greeke name doth giue to vnderstand.

Electuarium de Baccis Lauri. §. 3.

This is a confection of Bayberries : this confection is for the griping and paine of the belly which is caused of wind, the very best medicine that may be deuised, and mozeouer against all inward maladies which proceed of cold.

Benedicta laxativa. §. 4.

This confection is called a blessed Laxative, it is very much used and found readie at all Apothecaries : it is made of many simples, wherefore we omit her description : it is very good to purge all tough slimie matter, and especially that which lyeth in the ioynts, as in them which haue the ioynt disease or the gout, it cleanseth much, and purgeth also slimy matter of the Kidneys, and of the bladder, &c.

Bezoarctica. §. 5.

Such like confections there are very many prepared in time of the plague for to prouoke sweat; of which we haue described one in the sixt part, the 16. chap. §. 3.

Electuarium de Calamintha. §. 6.

A Confection of the feldewints is described after three waies by the Physicians ; and when we make it, which happeneth seldome, it is in forme of Tabulates : but that which Galenus describeth, is made as followeth : Take the seedes of feldewints, of Pennicoyall, of Parsly, and Silver mountaine, of each one dragma, the seedes of Smalage, and of Thyme, of each one quarter of an ounce : the seede of Louage one ounce, Pepper three ounces : make thereof Species. You are to take Sugar according as you will make a confection or tabulates, and that in such quantity as thereto belongeth. This confection is very good for all them that haue a wambeling of their meate, for them that haue a bad breath, and a bad stomacke, and be much plagued with the wind of the stomacke.

Confection of Cassie after three waies. §. 7.

How highly that the Cassie is commended in Physicke, and especially in hote sicknesses is discovered in many places of this Booke, and especially in the Introduction, where it is also taught how the same is to be driuen through a sieue. Secondly, there is a confection made thereof, to wit, *Diacassia cum Manna*, which is to be used against the binding of the belly. The third is here before in the third Chapter described, in the first §. where we did discourse of Clysters, and in other places moe.

Electuarium de Castoreo. §. 8.

This is the confection of Beuercod which one findeth very seldome, vnlesse it were prepared of purpose for any body.

Catharticum Imperiale. §. 9.

This is as much to say, as an imperiall purgation, for that especially it is a purger of the head, maketh sweet breath, and expelleth blacke melancholy, and gall out of the stomacke : this confection is not common at all Apothecaries.

Catholicon. §. 10.

This Greeke name is as much to say, as vniuersall, and the ancient Physicians haue given that name vnto this confection, for that it is meete for all diseases : therefore it is also kept

kept prepared at all Apothecaries, because that the same can be made by no householder, therefore we will not set downe the receipt. It is not onely good for all strong diseases, but also for all the extreamest sicknesses, it allayeth and altereth the same, it strengtheneth all them that haue any infirmitie of the Luer, or in the Splene; it purgeth melancholick, cholerick, and phlegmaticke humors, and is a safe medicine; as it is also vled in many places of this booke.

Electuarium de Cineribus. §. 11.

This Confection of Ashes is hardly to be found readie at any Apothecaries, but by reason of her profitablenesse, to shew that the ancient Physitions haue not pretermitted to make it knowne, therefore it is described in the third part, and hath an especiall vertue in expelling of the stone, and of the grauell.

Electuaria varia de Cidonis. §. 12.

There be sundrie Conserues of Quinces, or of Parmalade, like as you find them before in the fourth Chapter, and 32. §.

Electuarium de Corticibus Aurantiarum. §. 13.

The preserved peeles of Oranges, doth one find ready at al Apothecaries, and are good for all paines of the stomacke.

Electuarium Ducis. §. 14.

This Confection was prepared for a Duke, and is compounded of many things together. Wherefore we will not describe the same here, for it is found commonly at all well furnished Apothecaries: it is also very good for all windy and bad digesting stomackes, and against all cold of the inward parts: it is also good against all griping of the belly, and especially for the stone: for which cause it is principally ordained in this our booke of phisicke.

Electuarium de Epythymo. §. 15.

This Confection is very seldome vled, but the flowers and the *Thymus* is very common in Phisicke. This Confection should be very necessarie, and helping women vnto fruitfulnessse, like as is also prescribed in this booke for the same.

Electuarium de Gallia. §. 16.

This for the profitableness and commoditie that it hath in the paine of the guts, and in *Phlegma*, and for that it is easie to be made, is described in the third part, the 15. Chapter, and 6. §. for it is not knowne at the Apothecaries.

Confectio Hamech. §. 17.

This Confection is of two sorts, and is compounded of many things, and is very common at all Apothecaries: wherewith the humors of the Gall, especially the salt humors which cause scabbines, the Leprosie, the Canker, and all other diseases which excoziate and inflame the skin by their sharpnesse are holpen. The lesser Confection *Hamech*, purgeth Melancholy, and is also good against all frenzie, giddinesse, forgetfulnessse, and all infections of the skin.

Hiera Picra simplex. §. 18.

This Confection is at all Apothecaries euery where prepared, and is not onely very well knowne to the Physitions, but also to the common people: Take Cinnamon, Balsam
wood,

wood, *Asarabacca*, *Spica Indica*, *Saffron* and *Masticke* dragma and a halfe, *Aloe* 25. drag. clarified and scummed *Hony* thirtene ounces, Confection thereof. But if you will haue it to strengthen rather than to purge, then take washed *Aloes*, in stead of other. This Confection is very good against all rotting and stinking humors, which do keepe themselves in the mouth of the stomacke, and in the bowels. In like manner it is also good for all them that haue lost their naturall colour, and against all inward diseases of the sight; it looseth very mildly, and her operation penetrateth no further, but into the *Liver*, it strengtheneth the stomacke, notwithstanding that it is partly hurtfull for them that haue a hot *Liver*, but because of her great vertue, it is much vsed.

Hieralogodion. §. 19.

This Confection is also found at all Apothecaries, the which is made out of many sundrie things, wherefore we will not describe the same here: it is good against all old madnesse, against all old melancholie, against all falling sicknesse, and all other ragings or madnes, against the giddinesse, and all paine of the head. Item, it is very good against all *Palseys*, against all shaking, and against all heart beating. It is also good in the *Pleurisie*, in all sicknesses of the *Liver* and of the *Spleene*, it prouoketh womens tearmes; and is also good against all *Gouts*, against all poyson, *Leprosie*, and scurfe. Of this Confection may one take a dragma at once with *Wine*, if there be tempered a little salt with it.

Hiera Pachij Ruffini. §. 20.

The first *Hiera* is now of late come againe in vse amongst the Physicians, it is marvellous good for many kinds of things, not vnlike to the aforesmentioned. In this our Booke of Physicke is otherwhiles mention made of it.

Electuarium Indum. §. 21.

Of this Confection there be two sorts, a greater, and a lesser; yet both doe expell bad humors, especially such as breed winde in the stomacke, and other nutritiue parts; they amend also the bad accidents which arise thereby, as swelling bp of the stomacke, the griping of the belly, paine of the kidneys, and such like.

Electuarium Lenitium. §. 22.

This is a laxatiue Confection, which expelleth gently, without any paine, the phlegmaticke, cholericke, and melancholick humors. It is also good against all Agnes, and it is found ready at the Apothecaries, howbeit that it is very seldome vsed in this our booke of Physicke.

Electuarium de Lepore combusto. §. 23.

There is also a Confection prepared of the burnt Hares head, which is marvellous good against grauell, and is described in the third part, the twelfth Chapter, and 4. §. v. 189

Latificans Almanforis. §. 24.

This pleasant Confection is now adates made rather in Losinges, than in forme of a Confection: but how the Spices be made, that doe you finde described in the first part, the twelfth chapter, and 8. §.

Electuarium de Manna. §. 25.

This Electuarie of *Manna*, is a very noble Confection, wherein come many easie laxatiue things; it cleanseth the blood, withstandeth *Cholera*, and *Melancholia*; it is very good for a hot *Liver*, and cleanseth also the body.

Electua-

Elect

Melancholiam. §. 26.

This Confection is not made, if it were not that it is especially ordained, and it is also but once used in this booke.

Michleta. §. 27.

This Confection *Michleta* is prepared at all furnished Apothecaries: it is especiall good against all superfluous bleeding of the Piles, and against the griping of the belly, and it is exceeding good in all laskes, as in *Lyenteria* and *Dysenteria*. It is also used in *Diarrhea*.

Mithridatum. §. 28.

This high renowned and very well knowne confection, hath next to *Treacle* the highest commendation and price above all other confections and compounded medicines, the which of very many and diuers simples is composed together: wherefore we will prefermit her description here. It is also older than the *Treacle*, and was found out by *Mithridates* King of Pontus three hundred yeares before Christs birth, and so named after him. This foresaid Confection did the King use against all venim, and with such commoditie, that when he was in greatest extremity and had taken poyson, he could not die of it. Wherefore & because that the same is oftentimes ordained in this booke, therefore we will briefly rehearse her vertue and vigoꝝ. First, it hath almost in all things the same power of the *Treacle*; but that only the *Treacle* is somewhat hotter and more forcible against all venime of Snakes: otherwise it is good against all paine of the head which proceedeth out of cold, and chiefly against all melancholick diseases, and also for them that live in great heavinesse without cause. It is also good against all heavy fancies and madnesse: and further it is also good against the Falling sicknesse, against the giddinesse, and all old paine of the head. Likewise it is a very good medicine against all running and diseased eyes, it sharpeneth the sight, and it is good against all filling of the eares, & against all paine and falling of the gums if the same be laid vpon it. Besides that, it is much commended for the squinancy, it cleanseth and healeth all blcers of the throat. It is a speciall medicine for all them that be taken with the palsey, and them that haue a disease in the lights: as it is also for all them that cough much, spet blood, and complaine of pursuenesse. It is also especiall good for all cold and moyst stomackes, it maketh appetite, it strengtheneth the digestive vertue, and maketh a good colour. It allwageth all gripings, all scourings, and the bloody fluxe, it openeth the obstruction of the liuer and the milt: and it is a medicine for all inward parts, it driveth also the crampe away, and all conuulsions of the sinewes, it expelleth the grauell, and the stone of the bladder, it swageth all paine and blcers of the same, it expelleth water, and mooueth Womens termes: it is very necessary for all maladies of the Matrix, it is also especiall commodious for all them that be plagued with the gout in the hands and fete; but especially it is given against all poyson: this doth it not onely taken inwardly, but also laid vpon the outside. In like manner doth it apparantly worke in the tertian and quartaine Ague, if that the same bee taken an houre before or ere the Ague commeth, with wine. The common waight that one taketh thereof is a dragma: the which neuerthelesse according to the ability of the person and of the sicknesse, may be augmented or diminished, or also omitted all together.

Electuarium Oculistæ. §. 29.

This is a Confection for the eyes, whereof you shall finde two sorts in the first part, the 7. chap. and 20. §.

Electuarium de Olibano. §. 30.

This present Confection of Frankinsence is seldome used and prepared, but it is good against all paine and rheumes of the head, and also of the eyes, it swageth all bad throates which

which procéde of defluxions, it is also availeable against the Cough and spitting of blood, it stayeth all wambling and vomiting. Further, it is a remedy against all diseases of the Lights, and for the pleurisie, whereas the matter is coughed up; it stayeth the running of the Keyes, and womens termes, it is also used against the scouring.

Electuarium de Ouo. §. 31.

How that this precious Confection of the golden Egge is to be made, is after two waies described in the first part, the 16. Chapter, and 3. §. and also taught thereby, how that all haile and sicke folkes ought to use the same.

Electuarium Diaphanicon. §. 32.

This Confection of Dates is also to be made in Tabulates. It is méetly strong for to purge therewith in the Quotidian and Tertian agues. It purgeth *Phlegma* and *Cholera*. It hath a marvellous efficacie against all paine of the stomacke, and other like paines of the guts, which are caused through any rough humie humor, therefore it is also oftentimes prescribed in this booke.

Philonium. §. 33.

This Confection is also called according to them which haue found it out, to wit, after *Philon*. It is made after sundry manners, whereof there be twaine, which be accompted the chiefe, viz. *Romanum* and *Persicum*. The first is good against the Cough, and against all diseases of the Lights, viz. heauie breath, spitting blood, distemperance of the stomacke, paine of the Luer, of the Spléne, and against all infirmities of the priuities, and of the bladder.

The other, to wit, *Persicum*, is very good to staunch blood, like as womens termes, or when the Pyles runne too sore: also in all scourings and bloudie fluxe, and whereas blood is auoided then is it an especiall medicine. It is also exceeding good for women which haue first conceived for to preserve and keepe the fruite.

Electuarium Diaprunis. §. 34.

Here before in the fourth Chapter, in the description of the preserved Prunes, is expressed of her power, and how it is made.

Electuarium de Psyllio. §. 35.

This is also one of the commonest confectiions, which one findeth ready at all Apothecaries; it expelleth the cholerick matter, and is very good for all hote Agues, which otherwise are hardly to be expelled. Moreover, it is good against the giddinesse and all paine of the head, which is caused by the vapors of *Cholera*, and mixed with other humors. Item, for the falling sicknesse, and for enflaming of the Luer, &c.

Electuarium de Raphano Syluestri. §. 36.

How this is to be prepared, and of what power it is, that is to be séene in the third part, the 17. Chapter, and 4. §.

Electuarium Regium. §. 37.

Albeit that it is called a kingly Confection, and is very good, yet it is neuerthelesse nowhere in this booke used, but onely in the spetting of blood.

Electuarium de Rosarum. S. 38.

This present Confection named, of the iuyce of Roses, is one of the chiefest purging confections, and because that it is very easie to bee made, therefore we will describe it here. Take the iuyce of red Roses and white Sugar, of each eight ounces, *Diagridi* three quarters of an ounce, red, white, and yellow Saunders, of each three dragmes, burnt Iuorie one dragme and a halfe, Camfer halfe a scruple: the iuyce and Sugar is to bee sodden vnto a meete thicknesse, and when it is almost cold, then temper the rest amongst it, being all beaten very small. This may also well be made after the forme of lozenges. This Confection purgeth *Cholera* without any anguish, and it is also good for all paine of the members, which be caused through hote cholericke rheumes, also for the tertian Ague, and for other moe such like hote accidents.

Diasatyron. S. 39.

This is a Confection of Ragwort rootes: how the same is prepared and vled for the increase of humane nature, you may reade in the third part, the first Chapter and 4. §.

Electuarium de Scoria Ferri. S. 40.

The Confection of the residue of Iron doth *Rasis* describe. It is seldome made or vled. It stoppeth the fluxe and all blood.

Electuarium de Sebesten. S. 41.

This is also a very vsuall confection, how that the same is to be prepared, and what it hath for an operation or power, you may reade that in the third part, the eleventh Chapter, and twentieth §.

Dia Sene. S. 42.

This Confection of Sene, is also very common at the Apothecaries. It is good vled in all melancholicke, franticke, pensive, and such like sicknesses, which proceed of melancholicke blood: and it cureth them that complaine of the Spleene.

Theriaca magna. S. 43.

The occasion wherefore that this high commended confection is not here described, is, for that it is made of so many things. Also because there is a contention as yet amongst the learned, then for that certaine things (which must be vled in it) bee not to be gotten, and especially in this Country, as the flesh of the Snake *Tyrus*, whereof this Treacle hath the name: but it is neuerthelesse needfull and well woorthy that we here describe her operation and vigo.

This Treacle and the *mithridate*, be amongst all other confections the most renowned and woorthiest. The first, was by *Andromacho Neroes* Phisition found out first, but afterwards by *Galen* brought into a better order, and in such manner amended, that it may very well be kept for so precious a Jewell, which is neither with gold nor siluer to be compared: thus for to speak of her vertue. First, it is good against all poyson, whether it be of beasts or otherwise, for to the same end it is given: and it is laid vpon the biting of mad Dogges. In like manner, it hath an especiall power against all bad ayre, against the Plague, and all pestilentiall Agues. It is also good against all old paines of the head, against the falling sicknesse, the giddinesse, and all darkenesse of the eyes. Item, it is commended for all infirmities of hearing, and for losse of sent. And briefly to speake thereof, it doth also amend all debilities, the infirmities of the minde, and also of the braine. Moreover, it strengtheneth also all weaknesse and swoonings of the heart, it openeth all obstructions of the Luer, and of the Spleene, and mollifieth or suppleth all their hardnes,

hardnesse, it openeth the bzeast, and is good against the short bzeath. It allayeth the cough, and suppleth all the bzeath; it doth prouoke the tough humors to be coughed vp, it withstandeth spetting of blood, & swelling vp of the veins. It expelleth the yellow *Cholera* and the *Dropsie*, it healeth all inward diseases and vlcers; it allwageth all inward diseases where there is no heate nor ague instant, if the same be taken with Wine, or otherwise the same must be taken with some other distilled water. Likewise it is also good for all bad stomackes, it easeth the Consumption, it expelleth the Wormes, and all windinesse of the guts: also it is good against all gripings and paine of the guts, it is also very fit for all diseases of the *Reynes*, it is very commodious and helping to all them which be vexed with the grauell or the stone, for that it expelleth the same, it healeth all vlcers of the bladder, and al conduits of the vrine, it expelleth vrine and womens termes; in like manner also dead children out of their mothers bodies. To all melancholicke, which be full of anguish and pensiveness without cause, and halfe distract of their wits, is this given with great advancement. In fine, it is very good for all lingring sicknesses, as the *Leprosie*, old Agues, and chiefly *Quartain Agues*. Wherefore it is aduised to such as are to trauell in the cold, that euery morning fasting they should take somewhat thereof, for that it warmeth the inward parts, and defendeth them from all cold. It strengtheneth also the lame members, and bringeth them againe to their power, and when the greatest paine of the Gout is past, then is it taken with great aduantage so that it preserueth the body from all corruption.

But here is especially to be noted, that this Treacle is not good for young people, especially in Sommer time, or when it is hote weather, if so be that great need do not require, and then shall not aboue halfe a dragma be given at once, for that it is too strong for such young natures. All they that be of middle age it is good for, bled oftentimes, so that it cannot here be told, how much thereof may be given at once. The commonest waight is a dragma, and if so be that need require not the same, then is seldome any more to be given: yet according to the importance and ability of the person, the sickness, and such like, is the same to be augmented or diminished with wine, or any other water.

Theriaca Diatesaron. S. 44.

This Confection hath her name of the Grecians, for that it is made of foure kinds of things; namely in this manner following: Take Gentian, fresh Bayberries, *Myrrha*, and the right Hartwort, of each two ounces, stamp all together very smal, with one pound and a halfe of wel scummed Hony, then keepe it well where you please. This Treacle may the common people commodiously vse in stead of the great Treacle, for that it withstandeth all pestilentiall Agues, and all venime, therfore do the people of the country also giue it to sick Cattell, & that with very great aduantage. It is also good against all diseases of the brains, of the sinewes, & all sicknesses, which procede of cold, as falling sicknesses, Palsie, lamenesse, and the Crampe, it strengtheneth the stomacke and her digestive power, it openeth the Liuer, the Spleene, and the Kidneyes, therfore it is also good for the yellow Jaundise, the Dropsie, it expelleth windinesse, and all paine of the guts. Where may one dragma or one dragma and a halfe be taken thereof, to wit, in the morning fasting, but Cattell must take more of it.

Triphera. S. 45.

Of such like Confections are many kinds described of the Physicians, like as we shall shew hereafter. The first is *Fœnonis*, and is the lesser. It is good for all excessive fluxes, for womens termes, for the bleeding of the pyles, and against al the debility of the stomacke, it causeth al grosse and tough humors to auoid, it amendeth the naturall colour, it strengtheneth the bladder, and stayeth the scourings.

The other is *Triphera magna*, that is the greater. The same is vsed for all cold paine of the stomacke, as soone as one hath taken thereof, then sweate doth breake out vpon one. It is good for all melancholicke women which cannot sleepe, and that they haue gotten this anguish and vexation through any disease of the Matrix. Likewise also for these which be burthened with

with any slimie matter in the Lights, and for all them that spet blond, whether it be beneath or above; and if that one leaue out the *Opium*, then should the same be good for to aduance the fruitfulness of women.

The third is, *Triphera Persica*, which is made of many kinds of things; it is good against all agues, which proceede out of the stomacke, and also against the yellow Jaundise, which proceedeth of great heate, it openeth all obstructions, it amendeth the sight which is infirmed through cholericke vapors, it quencheth thirst, and defendeth one from all hote sicknesses.

The fourth is, *Triphera Saracenica*, which with her heate strengtheneth the digestion of the stomacke and of the Liuer, it consumeth all windinesse of the same, it maketh good breath, and is very commodious for the whole bodie; it keepeth a bodie healthie, it prouoketh desire of venerie, and it obstructeth all the bleeding of the Pyles: whereof is from one dragme to three dragmes to be taken, and that according to the importance of his person.

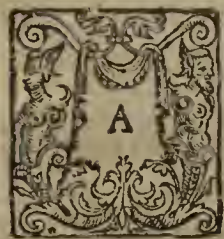
Electuarium vite. §.46.

This is called a Confection of life, and is described in the first part, the second Chapter, and first §.

Of Ley. §.47.

The ancient Philosophers, as they were very diligent and curious in searching out the vertues of all things, thereby to withstand all diseases of mankind, so haue they not omitted to search out the nature of Ashes, for to discerne (of whatsoever wood that the same bee burnt) which should be the most commodious and fit, and they haue in truth found no small efficacie and power in them, as is shewed here and there in this booke.

For to make excellent spice or sugar Cakes. §.48.



Albeit that these cakes may be used for the strengthening of the stomacke, and of the head in Phisicke, neuertheless they bee more eaten of licentiousnesse: but for their abuse we will not omit their description. First, take wheate and Rye flower, of each about a pound and a halfe, clarified Hony as much as is needfull for to kneade this flower to dough; then temper amongst it these spices following, all beaten small, to wit, Cinnamon two ounces, Bezines, Nutmegs, and Cloues of each halfe an ounce, long Pepper one quarter of an ounce, Pace and Galingale, of each one dragme, Cucubes one quarter of an ounce, prepared Coriander one ounce and a halfe; then make thereof round or long Cakes, and let them be slowly baked: when they bee then almost baked, then annoint them oftentimes with wine, then do they get aboute an orient or pleasant colour.

The right Sugar cakes be made thus: Take a pound of Sugar, which is decocted to a sirup, and when you haue taken it from the fire, then temper amongst it foure ounces of Wheate flower, and about foure ounces of Rye flower, and make a past thereof: at last put these spices vnto it, viz. Ginger two ounces and a halfe, Cinnamon two ounces, Cloues halfe an ounce, Nutmegs, long Pepper, of each one quarter of an ounce, prepared powdered Coriander half an ounce, Annis (also beaten) three quarters of an ounce, and so let them drie together.

Other which be daily used: Take Sugar two pound, and powder a quart of water vnto it, let it seeth together, and clarifie it well with whites of Eggs: when as now the water is sodden to the halfe, then kneade amongst it five pound of flower, two ounces of Ginger, two ounces and a halfe of Cinnamon, Nutmegs and Cloues, of each one ounce, Pepper one dragme, and let them drie. If you will make them of Hony, then take three pints of Hony, and a quart of water, let it seeth, and clarifie it, then put therewith as is before rehearsed.

The Bisket cakes be thus made: take of the old baked cakes, as many as you please, and grate them on a grater, then put Hony and spices vnto it, and then bake them once againe.

The *Pozemberger* Sugar cakes be made after this manner: Take one pound and a halfe of Sugar, Cinnamon thre ounces and a halfe, Putmegs 2. ounces, Ginger 3. ounces, Cloues and Cardamome, of each halfe an ounce, cut them, but not too grosse: and then take thereto one pint of Hony, set it on the fire that the Hony may melt, and afterwards take the Sugar, stirre the same beaten very small amongst it, and so let it seeth very softly, that it do not burne nor run ouer, stirring it alwaies well about, then mixe therein as much flowze and spice as is needfull, and worke it vpon a table: at last make cakes thereof about the waight of sixe ounces, & worke each apart, and bake them afterwards as becometh.

Loch, Lohot. §. 49.

Thus do the Apothecaries name certaine mild Confections, which haue but little difference from other Confections, and therefore be they separated from the other, that one might know how to aske for them.

Loch ad Asthma, that is, for a heauy bzeath: this *Loch* is not much in vse, it is good for a heauy wheasling bzeath, for an old cough, and it doth cause al tough matter of the Lights to auoid.

De Cancris, of Crabs: this *Loch* is very good in the Consumption.

De Farfara, of *Folei* leaves: this *Loch* is to be used as all the rest.

De Papanere: this *Loch* is somewhat troublesome to be made, and is commonly made at all Apothecaries: it is good against all coughs, and roughnesse of the throate, which be caused of a hote defluxion, which may be perceived by the thin and subtile spittle, and it maketh the same thicke.

There be two other Confections made of Poppies, vnder the name of *Diacodion*: amongst which that is which *Mesua* describeth, and is thus made: Take greene Poppy heads, that be somewhat withered, five or sixe in number, and faire raine water 10. ounces; let them seeth together, so that thereremaine a third part: vnto this colature adde wine, and when the two third parts be wasted, then put vnto it one ounce and a halfe of good Hony, halfe an ounce of salt *Asaria*, *Saffron*, *Pyrrhe*, & *Pomegranat* blossomes, of each halfe a drag. *Trocisci Ramich* one quarter of an ounce: temper them all together, as appertaineth: but there wil be too little Hony, therefore must more be taken. It is to be noted, that this may also be made into lozenges: they be very good for them that haue any subtil defluxion falling on the bzeath, great coughes, and other diseases mo.

De Passulis, of Currans: how it is to be prepared, and what his vertues are, looke in the first part, the first Chapter, and 12. §.

De Pina, of Pingles: this is to be sought for in the first part, the first Chapter, and 6. §. which is good for al old coughs, & for the short bzeath; it causeth all tough fleame of the Lights to auoid.

De Portulaca, of Purslain: this is not often used by vs, but there are two kinds made in Italy, which follow hereafter: take the clarified iuice of Purslaine 12. ounces, *Trocisci* of sealed earth, and *Opium* of each one drag. *Trocisci de Carobe*, and Dragon blood, of each halfe a dragm. burnt Hares haire, and Bloudstone, of each one scrup. white Sugar sixe ounces, then seeth it like other *Loch*. This is especiall good against spetting of blood, especially if it be tempered with this confection following: take Henbane seed, white Poppy seed, of each 10. drag. red & white sealed earth of each five drag. Conserue of Roses 4. ounces; temper them together, giue it in the morning & evening, each time halfe a drag. The other: Take of the aforesayd thre quarters of an ounce, *Philonii Persici* 3. drag. *Trocisci de Carobe* one drag. and a halfe, *Species Diatragacanthi frigidi* halfe an ounce, temper them together with Purslaine water as before.

De pulmone Vulpis, of the Lights of a Fore: how highly the same is to be praised, and how the same is to be prepared, is to be read in the first part, Chap. 5. and §. 12.

Sanum expertum, that is as much to say, as healthy and approued, viz. for all old coughes and shortnesse of the bzeath, &c.

De Scilla, of Squils: how the same is to be prepared and used for all old coughes, that may you reade in the first part, the first Chapter, and 7. §.

The 11. Chapter.

We will discourse in this 11 Chapter of many sundry causes, as followeth hereafter.

Almond

Almond milke. §. 1.

Almond milke is prepared after many maners, and that according to the quality of the sicknesse. If so be that one will strengthen nature, then is the same to be made the stronger and the thicker, and one must take the more Almonds, and lesse water. But this is the common fashion to make it: Take Almonds as many as you please, put them in hot water, & let them steepe so long therein, untill one can péele them: then powze cold water vpon them, that through the heate of the water, they lose no vertue; afterwards powne the péeled Almonds very small, and take them in a very cleane cloth, powze three or foure spoonefuls of faire water vpon it, and then with a sponne rub out the strength, and so powzing onely more and more faire water vpon it: you are to continue this straining, viz. so long as you suppose that there cometh out any whitenesse, then put as much Sugar vnto it as you thinke good. If you will vse it for sleep, then powne a little white Poppy seedes, & rub that through with the Almonds. If you desire that the Almond milke be more cooling, then stamp a little Melon seede with it: if one will vse it against the fluxe, then is the water to be stealed: for the breast be Currans and Licorises to be sodden in it: there be also Pingles otherwhiles powned, Hasell nuts, and such like things with it, all according to the quality of the malady. And albeit that this Almond milke be vied for y^e kitchin, yet it is also good for many kinds of infirmities and sicknesses.

Manus Christi. §. 2.

How these lozenges are to be prepared after two manner of sorts, with Pearles, and also without Pearles, that is in the first part, the third Chapter, and ninth §. described, and they be very much in vse, so that the common people esteeme them onely to be a strengthening of the heart, although there are more forcible things prepared for it.

Marchpane. §. 3.

Take good fresh Almonds, as many as you please, & péele them, as we haue taught of Almond milke: or if one haue so much leysure, lay them a whole night to steepe in cold water, then wil the pées go off; afterwards powne them small in a stone mortar, and powze a little Rosewater vnto it: at last you are to powne amongst it as much Sugar as you please, whether it be much or little, this dough or past is to be spread on wafers. But if the dough be too moist, then hasten not with baking; otherwise wil it be full of bladders. These Marchpanes be most meetly baked in an ouen, the top and bottome couered with a mild fire, laying the Marchpane very dry therein, & there is laid for the more certainty a paper beneath vpon the bottome of the pan or ouen. Will you haue y^e Marchpane very white? then must you make the fire very slow. But if you wil make a Marchpane to strengthen one (for which it was first of all found out) then must you ad Pingles, Distacies, and other spices vnto it, & also water of Spike, of Lauander, of Endiue, or take any other waters, as Cinnamon water, and such like. The Sugar is also to be sod meetly hard; and when it is well clarified, then stirre it, and mire afterwards the powned Almonds amongst it.

For to counterfeit Marrow of bones. §. 4.

Take péeled Almonds, powne them very small, and make them often wet with Rosewater: afterwards then temper foure ounces of beaten Sugar amongst it: and to the end it may be harder, in rolling it put two ounces more of Sugar vnto it, and strew that on the outside vpon it, then forme it as you thinke good, and bake it like Marchpane.

Medicamen de Turbith. §. 5.

The manner to make both these powders, and their vertues haue we declared in the third part, the 11. Chapter, and 20. §.

This doe we call in English winemeade, wherof the ancient Philosophers do make two sorts, for the one they take two parts of solwe wine, and one part of Hony. When this is wahren old: then it is nourishing: when it is meetly old, then it is very requisite for the stomacke and the belly, & it expelleth also bzine: but after meate it is not very wholsome to be drunken. If one will vse the same quickly, then must these two things be boiled together. Other do take five parts of Must, and let the same be hot, then do they powze a quart of Hony vnto it, & when it hath boiled awhile, then do they preserve the same. This *Melicraton* is besoretyme much more vsuall thā now adates, and especially with the Romaines, which called the same *Vinum Muscum*.

Of Meade, a common drinke. §. 7.

The Hony water and the Meade are not onely inuented for their vertue, but also for necessity, chiefly in such Countreys where no wine groweth, or may not be vsed. And it is very true, that this drinke is more wholsome than sulphured wine: for although the Meade be hote by nature, yet it is tempered with moisture, wherefore it cannot ouerheate nor ouer-dry one. And albeit that this Meade may be made according to the fashion of euery Countrey, diuersely: yet neuerthelesse is this the commonest manner, viz. that one take eight quarts of water vnto one quart of Hony, and so let it seethe by a gentle fire, skimming it so long vntill it begin to be cleare. It is also here to be noted, that how much longer you thinke to keepe the Meade, so much the longer are you to seeth the same. When it is cold, then put it into a vessell, and let it be three fingers empty, to the end it may worke. If so be that you desire to haue the same stronger and more forcible, then hang these spices following in it, viz. Ginger, Cinna-mom, Cloues, Galingall, Putnegg, and such like, and that in waight, as we shall write hereafter of the aromaticall wines. Some do take also Saffron vnto it, not onely for the colour, but also for his vertue, and for that it yeldeth a good sauour to the Meade. When it hath sparged or wrough, then is the same to be letten lye stopped the space of three moneths. But in case you desire to vse it presently, then seeth the same not long, and expect not her working, but drinke it freely as soone as it is cold, and then the next day make new againe. In Liefeland they haue in some places a custome, that they hope their vessels with Iron, and so bury the Meade vnder the earth, and this will be stronger than any wine, but we will permit such Countries to keepe their customes. If you do desire to make quickly a good Meade, then take a good Putnegg, and one ounce of Cinna-mom cut small, and powze thereon three quarts of water, then let the third part seeth away, and then put vnto it halfe a pound of clarified Hony: this being done, let it seeth againe together, vntill that there remaine about a good quart.

In old time was this Meade following to be made: Take Hony combs, wash the same well with lukewarme water, and afterwards let it seeth well. But if it be not sweet enough, then put more hony vnto it, and scumme it well: afterwards put thereto prepared Coziander halfe a pound, Sage and Hops, of each one handfull, let a third part seeth away, and so keepe it in a firre fat, at last hang Valerian, Cinna-mom, Cloues, Putnegg, and Pace therein.

Another sort: Take as much skummed honie as you please, put the same into a cleane leaded pot, and powze as much water vnto it as you please, then take Sage and Marioram (according as you desire it to be strong.) If you will put any Cinna-mom vnto it, that is also not amisse, then let it seeth together; and skumme it well. If so be that you desire to haue it browne, then take two or three spoonfulls of hony, and let the same seeth well, and stirre it well about vntill that it be strong, as soone as you take it from the fire, then powze presently water vpon it; it will boyle together, and then powze the rest vnto it, straine out the herbes, and then keepe it in a cellar.

The common vertues of these Meades be, that they quench thirst: It is also good for all cold diseases of the bzaines, of the backbone, of the sinewes, and for all other diseases, for which wine is hurtfull, by his penetrating vertue and force, it cleanseth and openeth the breast, it taketh away the cold drye cough, it cleanseth the kidneys, the reines, the conduits of bzine, and the bladder, of all cold stumy matter whereof the grauell and the stone doth grow, and it expelleth also

also all hurtfull matter out of the guts, wherfoze the same is to be vsed in al diseases of y^e bryains, as in the giddines, in the falling sicknesse, and in lamenesse which is caused therby. In like manner it is good for them that be plagued with the Crampe, and the hote *Podagra*.

The 12. Chapter.

This twelfth Chapter hath no more than two sorts of compounded things, as oyles & some other which be made with vineger, which be therfore called *Oxymel*, *Oxycraton*, *Oxysacchara*, and such like. First we will write of Oyles, whereof there is much declared, and adde therto, for what they are to be vsed: amongst which there be some first of Plants, of Fruits, and of Seedes, as well pressed as beaten out: other by addition of certaine herbes, flowers, rootes, & other things which be decocted therewith. Some are distilled, & by force of the fire be drawne out of Rootes, out of Mines, out of Pettals, and such like things: and the manner of making the is diuers, wherof we will write hereafter, and also declare thereby for what each of them shall be good.

Oyle of Poplar buds. §. 1.

Because that in the making of all oyles there must heed be taken that the herbes, flowers, rootes, and such like be not put too moist into the oyle, the same must first of all be withered a little, and afterwards be chopt small, to the end the vertue and force may come the better out of it. If you haue not the hote Sun, then let it seth in a narrow pot in hote water. If so be that you renew the herbes or the flowers two or thre times, then is the oyle the more forcible. And now to come to our oyle of Poplar buds: Take Gallad oyle 12. ounces, white wine twelue ounces, fresh Poplar buds (which be powdered) nine ounces, then let them steape the space of seuen dayes in the wine and oyle, and stir them oftentimes about, afterwards boile it in a narrow pot in water, untill all the wine be wasted, and afterwards wring it thorough a cloth. It is also to be noted, like as is before said, that if so be you do renew the Poplar buds two or thre times, that then the oyle will be the more forcible, which may also be well done. This oyle is very good against headach, paine of the ioynts, of the reines, of the kidneyes, and against the paine of the Gout, with other paines more.

Oyle of Mandragora. §. 2.

It is oftentimes before declared, what force the *Mandragora* hath, to wit, that it causeth sleepe and causeth insensiblenesse. This oyle is prepared and made in the same manner as all oyles of other rootes are made, but it is very seldome vsed but when great need doth require.

Oyle of Amber. §. 3.

All they that delight in distillations, and haue indouored themselves to draw out the purest and cleanest out of all things, they haue also found great vertue in the oyle of Amber; for which there hath bene made especiall ouens, glasses and other preparations, &c. which were here too long to discourse, but we will onely declare her vertue and vse. First, there is nothing more forcible against all venimous ayre, if one rub a drop thereof in the nostrils. In like manner the losenges are also good, amongst which two or thre drops of this oyle is tempered. The same is good against all sicknesses of the head, as against y^e Palsey, and against the falling sicknes, if one take it with Betonie water, or with any such like water, and annoint it outwardly vpon the necke: but that is especially good which is distilled of the white Amber. It is also very good for all diseases of the sinewes, as for the cramp, the lamenesse, and such like, it expelleth the stone, and the grauell, if the same be giuen with the water of Parsly: it furthereth also Childbirth if it be giuen with water of Merueirie, so doth it also if one annoint the nauell on the outside with Snakes grease and it together. It is also very commodious against the suffocation of the moother, if one annoint the same in the nostrils, and vpon the pit of the

heart. The lozenges wherein this oyle is baked, be speciall good against all cold rheumes, they strengthen the braines, they be good against all swooning and heartbeating, and they do also strengthen the digestive power of the stomack. In fine, this oile may be vsed in stead of the true and naturall Balme.

Artificiall Balme. §. 4.

Of this artificiall Balme, and how the same is made after diuers manners, and distilled, we haue declared befoze in the second Chapter sufficiently.

Sallad oyle, or oyle of Olyues. §. 5.

This Sallad oyle is of all people so well knowne, that whereas oyle standeth without any surname, thereby alwayes Sallad oyle is vnderstood: and it is also a gracious gift of God, that people may vse the same for sundry necessities, which were too long to discourse: for how many kinds of Plaisters, Salues, Oyles and Clifters, &c. be prepared of this oyle? But as much as concerneth this Sallad oyle, there be three sorts of the same vsed for Whisicke, to wit, one that is thozow ripe, the second that which is not thozow ripe, the third, which is very old, for that each one of the three hath his proper nature: that which is cleane ripe is of a warme nature, so that it defendeth the bodie from all cold being annointed thereon, it refresheth all the members, and maketh them fit for labour, it suppleth all the whole bodie and the skinne, it asswageth all paine of the ioynts, it cleareth the sight, it is good against all venime if one drinke the same often and vomiteth it vp againe: so that the ancient Physicians haue left a prouerbe behind them; Wine sustaineth the bodie within, and Oyle outwardly. When the oyle is aboue a yeare old, then doth it lose much of her pleasantnesse, and the best driueth away aboue, which is contrary in Honey, wherein the best doth lye alwayes vnderneath, and the best of the wine is alwayes in the middle. The oyle which is prest out of the vnripe Oliues, that is called *Omphacinum*, the same hath power for many kinds of things, and especially in Salues: it is also very meete for the stomacke through her astringent vertue, likewise it doth fasten the gummies and the teeth. The old oyle is hotter than the other, and hath also more vertue to digest, it strengtheneth much the sight if it be annointed vnder the eyes, if one can get no old oile, then looke befoze into the Introduction how that the oyle is to be prepared.

Oyle of Behen. §. 6.

This oyle of the rootes of red and white Behen is not very vsuall, howbeit that we do sometimes remember it in this booke.

Oyle of Pyrethrum. §. 7.

It is an oyle which is very hote, and that is not made at the Apothecaries, but onely if the same be prescribed to be made, therefore we will write no further thereof.

Oyle of Beuercod. §. 8.

The Apothecaries doe make a certaine oyle of Beuercod, which is made of many kinde of things for all cold diseases, and especially for all diseases of the sinewes, and paine of the ioynts. It is very good for the Palsey, and stiffness of the necke. It allayeth the cold in Agues if the backe bone be annointed with it. But we will here describe that which is easie to be made: Take Beuercod one ounce, *Euphorbium* three dragmes, *Myrrha* one quarter of an ounce, white strong wine eight ounces, Sallad oyle twelue ounces: let it seeth so long together vntill the wine be thoroughly consumed, afterwards straine it and keepe it.

Oyle of Lead. §. 9.

This oyle of Lead is thus made: Take drye Ceruse one pound, Vineger which is two times distilled, one quart or more, and seeth it in a narrow pot in seething water an houre space, but

but stirre it often about, and let it settle: afterwards distill it through a Filter, to the end the vineger may run thorough it, and the oyle carrie in it: do this two or three times; then set this oyle in sand, and distill it slowly, then will come out of it that which is faire and cleane. This oyle healeth all vlcers marvellous well, as we in the fifth Part, the fourth Chapter, and 4. §. haue taught. Another. Take Lead as much as you please, and beate it very thin, then powze as much distilled vineger vpon it vntill it be well couered, then will it be lead white. When it is now cleane consumed, then set it certaine dayes in the hote sunne, or in hotsedung, and afterwards distill it in sand, vntill that the water which distilleth do alter, then set another receiuer befoze it, and there commeth a ruddy oyle out of it.

Oyle of Penniroyall §. 10.

This oyle is made like oyle of Cammomill. You may adiudge the vertue by the propertie of the herbe, yet it is not much bled.

Oyle of Purslaine. §. 11.

This oyle is prepared as the oyles of other herbes, but it is made very seldome.

Oyle of Cammomill. §. 12.

This oyle is thus made: Take well sauozing Cammomill as much as you please, put it into a pot, and powze vpon it as much old Gallade oyle, vntill all the Cammomill be well couered, and then set it the space of fourtene dayes in the sunne, or in some other warme place: afterwards let them seeth in a narrow pot in seething water, and then put out the Cammomill, and put in fresh againe, and let it seeth againe, then wyng it out well, and do this three times one after another, and then keepe it vntill you haue occasion to vie it. This oyle is good for many kind of things, it openeth the pores and sweat vents, it expelleth vapors, it allayeth rheumes, it is good for the sinewes, for all paine of the ioynts, and allwageth also the paine of the guts.

Oyle of Capers. §. 13.

The oyle of Capers is most commonly made at the Apothecaries in this manner: Take Capers roots one ounce, rinds and leaues of Tamariske, & seeds of *Agnus castus*, Hartstongue, and Cipers roots, of each one quarter of an ounce, Rue one dragme, Vineger and good wine, of each one quarter of an ounce, ripe Gallad oyle twelue ounces, powne the roots grossly, and let the keepe a whole night, afterwards seeth them in an especiall pot in boyling water, straine and keepe it. This oyle is especially good for all hardnesse, obstructions, and paine of the Splene, but you may in seething put some more wine and vineger.

Oyle of *Costus*. §. 14.

Take of the very true and good roots of *Costus* one ounce, Cassie wood, or Elecampane roots in stead of it, half an ounce, sprigs of Marierom gentle foure ounces, oile of *Sesamum* eighteen ounces, and wine as much as sufficeth. Let it keepe two dayes and two nights, afterwards let it seeth all together in water vntill the wine be thoroughly watted, which you may perceiue hereby, if that you let one drop fall into the fire, and that it hisse no more. This oyle is of a warme nature, it openeth the obstruction of the stomacke and of the Liuer. It is good against all diseases of the sinewes, it auoideth the growing of gray haire, it preserueth the body in his naturall colour.

In the first Part you haue two other sorts of oyle of *Costus*, which may also be vled for aduantage, and they be also hotter than this present oyle is.

Oyle of Dill. §. 15.

The oyle of Dill is made of the herbe, of the floures, & of old oyle, like as oyle of Cammomill is made. This oyle allwageth all paine, it openeth the pores, it consumeth wind, also all cold

cold and hard swellings, it taketh away the shaking of the Ague, it maketh one to sleepe, and taketh away all paine of the head in hote Agues, if the backe bone be therewith annointed.

Oyle of Egges. §. 16.

How this oyle is made, and what it hath for efficacie and power, is taught in the first part, the third Chapter, and first §.

Oyle of Annis. §. 17.

This oyle of Annis is made by distilling in this manner: Take one pound of small beaten Annis, and put it into a glased helme, and powze so much water vpon it vntill the helme be halfe full: but distill it the first time with a milde or slow fire in boyling water, vntill it begin to be hote, afterwards make a good fire, vntill that the oyle and the water do go ouer together. Now being distilled, then separate the water and the oyle one from another with a glazen funnel, for that the oyle swimmeth alwaies on the top. This oyle hath a great force against the giddinesse of the head, and against the Collicke, and is also highly commended against the falling sicknesse, if one giue thereof three or foure drops. It is here to be noted, that if one will distill any such like, that one is alwayes to take for one pound, two or three pound of water.

Oyle of wild Cucumbers. §. 18.

This oyle is not vsuall in this countrey: But for what it is meete, looke for that in the Table.

Oyle of *Euphorbium*. §. 19.

This oyle is made thus: Take *Euphorbium* halfe an ounce, oyle of yellow Violets, and good wine, of each five ounces, let it seeth so long vntill that all the wine be consumed; afterwards wring it through a cloth: it is especial good for the cold braines and sinewes. In like manner it is also good against the paines of the head *Cephalalgia*, *Hemicrania*, and against the sleepe sicknesse if one annoint it in the nostrils. Item, for all paine of the ioynts, of the Liuer, and of the Spleene, if it proceed of cold.

Oyle of Foxes. §. 20.

Before in the second Part, the fourth Chapter, and 15. §. there is found this oyle of Foxes, and therewithall also his operation.

Oyle of Lillies. §. 21.

Take the white leaues of Lillies, and prepare the oyle like as is said of the Cammomils. This oyle healeth all cold paine of the breast, of the reines and the bladder, & especially of the Matrice, and also all paine of the guts. For that it is of an hot nature, it hath power to digest, it allwageth the cough, it ripeneth all impostumations, it drieth all bad sores of the head, and it diminisheth also all swellings, if one temper a little Saffron amongst it.

Oyle of Hempe seed. §. 22.

Out of Hempe seede is this oyle beaten: it warmeth and drieth much, therefore it doth consume naturall seed: yea if one eate too much of the same, then doth it the same hurt that Coriander doth: wherefore the same is very seldome, and that very little vsed in Physicke, as also thereof but twice hath bene spoken in this Booke.

Oyle

Oyle of the kernels of Abrecocks. §. 23.

Out of the kernels of this fruite is oyle prest, like as is done of Almonds, but it is very seldome prepared in this countrey.

Oyle of Elderne floures. §. 24.

You are to make oyle of Elderne floures and of old Sallad oyle, as oyle of Cammomill is made. It asswageth the paine, it cleanseth, and is very good for the yellow Jaundies, and all diseases of the Liver, and also for their obstructions: likewise it doth also take away all paine of the ioynts.

Oyle of Saint Johns woort. §. 25.

Of this hearbe, you must take the tops when it beginneth to ripen, to wit, the vppermost sprigs three ounces, keepe them three dayes long in good Wine: afterwards wring them out well, and then put other in againe and let it seeth together. Being sodden, wring it againe even to the third time: and if the wine were sod away, then put more vnto it. Lastly, take three ounces of Turpentine, old Sallad oyle six ounces, Saffron one scruple: put this altogether in a seuerall pot, and so let it seeth in seething water, so long vntill the wine be consumed: then wring it hard through a cloth, and let it settle: so do the Apothecaries make it. The Chirurgians doe make it in this manner: Take foure pound of the vppermost sprigs of Saint Johns woozt, put them into a pot of the quantity of five quarts, and pouze two pound of Sallad oyle vpon it, and as much white wine vntill the herbes be couered: then stop the pot tight, and so let it stand the space of six weekes: afterwards make it open, and put one dragme of Saffron vnto it, but stop the pot by and by very close, and set it in a kettle with seething water, and so let it seeth the space of ten houres. This being all done, then pouze it all together in a linnen bag, and bind it very fast vnto it, and presse it hard out whilst that it is yet warme, put it in a glasse and set it in the sunne, or in another warme place; then will the oyle come on the top, lade it off then continually, and keepe it well stopt in a glasse. This oyle is hote and dry, and hath an especiall astringent vertue: therefore it doth also heale all wounds and all wounded sinewes; yea all burning of fire, it asswageth all paine of the hips, of the bladder, and doth expell vyine, &c.

Oleum Irinum. §. 26.

There are two kinds described, and are both very troublesome to be made, they be also not much bled.

Oyle of Cherrie kernels. §. 27.

This oyle is also very seldome bled, and is made like as oyle of Almonds by pressing, and is much commended for mouing of vyine.

Oyle of Melilot. §. 28.

So is it also with this oyle of Melilot, it is also seldome made, and also very seldome bled.

Oyle of Cresses. §. 29.

This oyle is also very seldome made, yet it is made like all oyles of herbes.

Oyle of Copper. §. 30.

This oyle do the Alchymists distill, like the oyle of Lead, whereof there be two kinds described before, and there is no other difference betwene them, but that the Copper is somewhat smaller to be cut, and must be beaten somewhat thinner.

Oyle of Gourd seed. §. 31.

This oyle is not vsuall with vs, and is very seldome vsed.

Oyle of Linseed. §. 32.

The vertue of this oyle may be gathered by the properties of the seed out of which it is beaten, and also out of many places of this booke, wherein they be commanded to be vsed.

Oyle of white *Sesamum*. §. 33.

This oyle is made of the seede *Sesamum*, and it is also beaten out of the foresaid seed, like as the Linseed oyle, it hath a speciall power to ease all rough throats, to take away all hoarsenes, and to make one haue a good voyce: wherefore it is vsed in many parts of Physicke.

Oyle of Linnen cloth. §. 34.

How this oyle is to be vsed, we haue told in the first Part, and also taught therewith how the same is to be made. It is to be vsed for all running eyes. *vide page 75*

Oyle of Bay. §. 35.

This oyle is brought vnto vs by the Merchants in great quantity out of Italy: it is warme by nature, it openeth all obstructions, and asswageth all paines of the bowels, also all cold paines of the belly, of the Liuer, of the Spleen, the Kidneyes, the Matrix, of the sinewes, and of the ioynts, and is also very good for all cold sicknesses.

Oyle of Mace. §. 36.

This oyle is brought vnto vs out of Indy, and vsed for diuers cold accidents.

Oyle of the seeds and flowers of Poppy. §. 37.

First of all there will be made of this plant and of the white flowers an oyle, which is more milde than the red and carnation flowers be, and will be made with Sallade oyle, like as Cammoinill oyle is wont to be made, yet at sundry times renewing the infusing of the flowers, according to that one desireth to haue it strong. This oyle asswageth all hote paine, it cooleth much, and is very good for all them that cannot sleepe well, if the temples of the head bee annointed therewith: and as the hote vapours doe draw to the head, in any hote sicknesses, also the nostrils, the eares, and the temples of the head may be annointed with it.

The oyle which is made of the seeds of this hearbe, is made of the white, gray and black seede, and beaten out of it, as the oyle of Linseed is made: it maketh fat, it asswageth the paine of the throat, heate of the Agues, and all heauy dreames.

Oyle of sweete Almonds. §. 38.

There be two kindes made thereof (of sweete and bitter Almonds.) This oyle is pressed out or beaten out vpon a powning mill, like as the oyle of Linseed is beaten out. But if one will drinke the oyle, then take Almonds well dried, which haue a fresh and sweete taste, as much as you please, powne them very small, and parch them a little, afterwards put Rosewater vnto it, and presse it wel out with a strong presse. But the oyle of sweet Almonds is much vsed. The oyle of sweet Almonds is good against the roughnesse of the throte, of the breast, of the lights, and against all drought of the same. Further, it asswageth all paine of the ioynts, it is also very pleasant for to bee occupied in all meates, and good for all them which beginne to consume, it maketh fat, and augmenteth humane nature, it quencheth thirst, it allayeth the heate of the vyne, and all paine of the bladder, together with all vicers of the
two

womanhood, if the same be annointed thereon or injected therein.

The oyle of bitter Almonds doth assuage all hardnesse of the sinewes, it openeth all obstructions, it consumeth winde and all bad vapors, and it is especiall good for deafnesse, and all bad hearing, for all filling of the eares, and it taketh also away all spots.

Oyle of Marierome gentle. §. 39.

TAke the hearbe Marierome gentle foure handfuls, wilde Thyme two handfuls, Mirtle leaues one handfull, Sothernwood and Mints, of each halfe a handfull, Cassie wood two ounces, vnripe Sallad oyle as much as will suffice for to couer all the foresaid; then stop it tight, and so let it stand the space of eight daies in the sunne: afterwards wyng it out hard, and lay fresh againe therein: do this thus thre times together. This oyle is speciall good for all diseases of the bzaines and of the sinewes, and it is especiall good in bathing against all lamenesse, or conuulsion of the Palley *Paralysis*: if the same be annointed in the eares and in the nose it taketh away all filling: it moueth womens termes, and it withstandeth all venime of Scorpions. Some do make this oyle onely of the leaues, like as Cammomill oyle is made, and it is made most so.

Oyle of Masticke. §. 40.

The manner to make this oyle, and also his vertue is described in the third part, the eleuenth Chapter, and fifth §.

Oyle of Narcissus. §. 41.

This oyle is called by the Phisitions *Oleum Narcissum*, and is made like as oyle of Cammomill is wont to be made. This oyle is very good for the hardening of the womanhood, or if the same be shut too close: it is also vled for the Palley that commeth of falles.

Oyle of Mirtles. §. 42.

Of this oyle be two kinds made: that which is made of the seede hath an astringent vertue, wherefore it is also good for all hote vlcers, and for the chaps of the Arsegut; it strengtheneth the slacknesse or losenesse of the sinewes, and it stayeth sweat. But that which is made of the leaues, strengtheneth onely the bzaines, the sinewes, the heart, and the stomacke: but because that we can get no fresh, they are first to be infused in good wine, and to put vnripe Sallad oyle vnto it.

Oyle of Mints. §. 43.

This oyle is made of Mints and vnripe Sallad oyle, like as the oyle of Cammomill is wont to be made. This oyle warmeth the cold stomacke, it taketh away vomiting, it maketh appetite to meate, it helpeth the Consumption, and it consumeth all hard swellings.

Oyle of Motherwort. §. 44.

This oyle is very seldome vled, and is made as other oyles, yet in this booke it is but once ordained.

Oyle of Nutmegs. §. 45.

This oyle is made like as the oyle of Almonds is wont to be made, that is, by pressing it out.

Oyle of Cloues. §. 46.

TAke good fat Cloues half a pound, powne them very small, and distil it, like as before in the 18. §. hath bin said of Annis seed. A pound of Cloues doth seldome yeld moze than an ounce
and

and a halfe of oyle. In the same manner may oyle of Nutmegs be also distilled, and there is hardly moze gotten out of it than five dragmes out of a pound: both these oyles are moze forcible than the same spices.

Oyle of Walnuts. §. 47.

This oyle of Walnuts is prest out of old Nuts, like as oyle of Almonds: his vertue do we finde described in sundry places of this Booke.

Oyle of Pepper. §. 48.

Ve will refer the preparing of this oyle to the Apothecaries; but it is good for all cold diseases of the sinewes, as for the palsey, the cramp, convolution of the mouth, shaking, falling sicknes, paines of the hips, and other diseases mo of the ioynts. In like manner it is also good for a cold stomacke, for the guts, for the reines, and for the cold bladder: for that it warmeth, it auoideth all fliminesse, it openeth all obstructions, it breaketh the stone of the bladder, and also of the kidneys.

There is also oyle distilled out of Pepper, like as is said of the Annis.

Oyle of Peach Kernels. §. 49.

This oyle is also prest out like to the oyle of Almonds.

Oyle of Quinces. §. 50.

The vertue and nature of this oyle, and also the manner of making it, is described in the third Part, the 15. Chap. and 5. §.

Oyle of Rue. §. 51.

This oyle is to be made of fresh Rue, like as oyle of Cammomill is made: it is warme by nature, it openeth and swageth the paine, it is good for all cold kidneys, for a cold Matric, and for the paine of the same, if the belly be annointed therewith, or if one set a clister with it. It is very mete for the sinewes, for the crampe, and it expelleth all cold humors.

Oyle of Earthwormes. §. 52.

In the fourth part, the fourth Chap. is the vertue of one of these oyles shewed & the maner how to make it. But there is also another made, which doth warme moze, doth penetrate moze, and strengtheneth all the ioynts: Take Cammomill, Sage, Agrimonie, and field Cipers, of each half a handfull, Rosemary halfe as much, Juniper berries one quarter of an ounce, Earthwormes de-rocted in Wine sixe ounces, white Wine one pint, Sallad oyle fiftene ounces: let it seeth together untill the wine be thoroughly consumed, and then wzing it out thzough a cloth.

Oyle of Priuet. §. 53.

The Physicians and Apothecaries do name this Priuet *Lignstrum*. This oyle is made as the oyle of Cammomill, it strengtheneth all sinewie parts, and hindzeth the haire to be gray.

Oyle of Rubarbe. §. 54.



Take Rubarbe nine ounces, *Agaricus* thze ounces, Turbith thze ounces and a halfe, rootes of Polipodie soure ounces, Cinnamon and Juniper berries, of each halfe an ounce, red, white, and yellow Saunders, of each soure scruples, long and round Hartwort, Gentian, rootes of blew Flower deluce, of Costus, *Asarabacca*, Zeduarie, Ginger, Galingall, Elecampanerootes, and Calmus, of each one quarter of an ounce, Tormentill, and rootes of *Cardus Benedictus*, of each one dragme and a halfe, Nutmegs, Cloues, Bayberries, Pace, and Cucubes, of each one drag. the

the seede of *Sorrell*, of *Purslaine*, red and white *Behen*, and *Doronicum*, of each halfe a dragme, *Lignum Aloes*, red and white *Cozall*, scraped *Iuoze*, *Balticke*, *Spica*, and *Campher*, of each one scruple, burnt *Iuoze* one dragme: powne them all grosse, then powe vpon it the clarified iuyce of *Burrage*, and of *Walme*, of each sixe ounces, the iuyce of *Oranges* thre ounces: let it steepe certaine daies together, stirring it oftentimes about to the end it do not stink: afterwards you are to distill it in seething water, then doth it first of all yeld a water: but as sone as you perceiue that it begins to get another colour, and that it beginneth to drop slowly, then augment your fire and receiue your oyle in another receiuer, and keepe it well stoppt, at last set it the space of 20. daies in the Sunne. This oyle is somewhat ruddy, and smelleth very well; so that if one put a drop in a great deale of *Well* water, then getteth it a saour accordingly. This oyle doth purge very mildly if one giue halfe a dragme thereof more or lesse, according to the quality or importance of the patient. This oyle is most meetly giuen with *Goats* milk: it is also especiall good against the *Quartana*, if the patient haue gouerned himselfe well before in his order of dyet. In like manner it is also good in all other *Agues*, which the *Phisitions* doe call *Putridas*: it killeth and driueth out the *Wormes* if it be giuen with *Purslaine* water or with wine. This oyle is also especiall good giuen once euery sixe daies against the *Pockes*: it is also good against the rheumes, against the paine in the head *Cephalalgia*, against the giddinesse, and against the paine of the kidneys, it obstructeth womens termes, and the fluxe of humane seede. It is good against the gout of the foete, if once euery foureteene daies two or thre drops of this oyle be giuen with the decoction of *field Cipers*. It is also very good against all running *Fistulas*, against all blcers, and against the canker: also for all diseases of the places in women, and of the matrix, if one iniect halfe a drag. thereof with the decoction of *Feuerfew*, it prouoketh also fruitfulnessse. The water that commeth out before the oyle hath his vertus also, for that it prepareth all humors which cause any sicknesse in the body, if one once or twice a day take thereof halfe an ounce at each time with thre ounces of *Endiue* water.

Oyle of *Roses*. §. 55.

After the common fashion is this oyle of *Roses* prepared, and is very meete for diuers matters. It is made of *Rose* buds as the oyle of *Cammomill*. This oyle cooleth much, and hath an astringent vertue: it is good for all maner of heate of whatsoever occasion that the same may be caused, vsed outwardly, or in *Clitters* inwardly, and it strengtheneth also the ioynts which be annointed therewith, like as they be ordained for it throughout the whole booke.

This oyle is made very seldome of white *Roses*; and it cooleth also more, than that which is made of red *Roses*.

Oyle of *Saffron*. §. 56.

The oyle of *Saffron* is not vsed by vs, but yet is prescribed in some places of this Booke.

Oyle of *Sandaraca*. §. 57.

This oyle is also vtterly vnkowne, it is but once prescribed in this Booke.

Oyle of *Sulphur*. §. 58.

This Oyle of *Sulphur* is an *Alchimisticall* Oyle, and is made in diuers manners: some doe put one quarter of *Amber* vnto it; other doe put *Petroleum* vnto it. In *Italy* doe they take *Sulphur* bis, and powe the vyne of a manchild vnto it, and so bury it in horse dung; and afterwards distill the oyle out of it. But after these two manners following is this oyle chiefly made: Take five pounds of small beaten *Sulphur*, and temper Oyle of *Tyles* amongst it: afterwards lute the helme very tight, and at the first make a small fire, and afterwards increase it. There is gotten out of the foresaid five pounds of *Sulphur*, no more than about one ounce of oyle: this oyle must with great prouidence be giuen, to wit, in winter time two drops with vitall waters or *Malmsey*, and in sommer time with *Endiue* water. This oyle doth allwaie all griping of the belly, whether it be in the vndermost or in the vppermost guts: as also all paine of the stomacke which proceedeth of winde and cold humors.

humours: the same may also well be vsed outwardly. It is likewise very good annointed in the childzens mouthes when they haue the canker, or any stinking vlcere in the mouth. Further, Warts are also taken away with it, and it maketh the teeth white.

To make the other oyle of Sulphur: Take Sallad oyle and powze therein a good deale of small powdered Sulphur, and let it stand so long vpon the fire vntill that all the Sulphur be cleane melted, stirring it well about: then are you to quench gloeing peeces of coales in it, vntill the oyle be thoroughly sunken into the tyle stones. This being done, powne these stones, and put them alone in the helme: the rest that ouerfloweth, and also the Sulphur is to be done away, and then distill further all that is put into the helme. The first oyle that cometh out of it doth appeare somewhat bleake in the helme; and when it beginneth to bee white, then set another receiuer vnder it. This oyle seemeth to guild if it be annointed vpon Iron, or vpon any other thing.

Oyle of blew Flower-deluce. §. 59.

This oyle is to be made like the oyle of Lillies, but it will be somewhat strengthened through the rootes: it is somewhat strong, but it asswageth all paine, and melloweth all swellings, it is especiall good against all hardnesse of the ioynts, it warmeth the Matrix, driueth away the crampe, and taketh away all paine and sissing of the eares: lastly, it doth withstand the canker of the nose.

Oyle of Scorpions. §. 60.

Because that we (God be praised) haue no Scorpions in *Engl.* therfore is the oyle brought vnto vs out of Italy, and is made thus: Take ten or twelue Scorpions, cast them in 12, ounces of oyle of bitter Almonds, and so set it fire or sixe weekes in the Sun; afterwards straine it and keepe it so; to vse. This oyle breaketh the stone of the bladder, and of the reines, and it driueth the same also out, if it be annointed vpon the reines, and vpon the priuities, or if it be iniected into the bladder: lastly, it is also good for many other things more, &c.

Oyle of Water Lillies. §. 61.

This oyle is made as well of the yellow as of the white water Lillies, but vntripe Sallad oyle is taken for it, and it is made of the oyle of Violets. The oyle of the white water Lillies hath also the same vertue with the oyle of Violets, but that it is somewhat colder, but not altogether as cold as that of Poppy heads: wherefore these oyles are commonly tempered with other oyles, according to the quality of the disease. It is very good for them that cannot rest, and for the paine of the kidneies of heate: also it is passing good against all venereal luffs, if the priuities be annointed with it. It is also vsed for diuers other matters, as may appeare in diuers places of this Booke.

Oyle of Mustard seed. §. 62.

This oyle is very seldome vsed, for that it is so hote.

Oyle of Spikenard. §. 63.

Vnder the name of *Oleum Nardinum* be there two sorts described: wee will commend the greater to the Apothecaries, because it containeth diuers doubtfull things, but the smallest is thus prepared: Take good Spikenard three ounces, Wine and water, of each two ounces and a halfe, oyle of white *Sesamum* eightene ounces; sethe them together in hote water vntill that all the moisture be consumed, then straine it. This oyle doth heate, digesteth, and refineth all that is thick and grosse, and is somewhat astringent: it is good for all cold diseases of the braines, of the stomacke, of the liuer, of the spleene, of the kidneies, and of the bladder, it cleanseth the head if it be annointed in the nose, it maketh a good colour, and also a good saour. It is brought now adays meetly good and reasonable cheape out of Fraunce.

Oyle

Oyle of Antimonie. §.64.

This oyle is thus prepared: Take a pound of Antimony, powne it grosse, and set it in the fire in a melting crutt, when it beginneth to smoake, then cast halfe a dragme of Bozeas vnto it: when it is molten, then powze it vpon a flat stone and let it be cold, then itampe and melt it againe, like as befoze, and so doe thre times: afterwards powne it to fine powder, and powze vinegar vpon it which is distilled two or thre time, then put it into a glasse being stopped very tight and close, yet stirre it often about, and that so long, vntill the vinegar begin to be red, which is wont to happen in the space of a moneth or twaine. This being done, put all together into an helme, luted very close, and distill it with a milde fire so long, vntill the rednesse be discerned, and as soone as that is perceiued, then augment your fire, and fasten another receiuer vnto it, and make a good fire as long as one drop of oyle comes out of it. Out of a pound of Antimony you cannot haue aboue one dragme or twaine, according to the goodnesse of it, or the oyle is well made. This oyle hath a red browne colour, it is also vsed for healing of wounds, and of old vlcers, like as also for all fistulaes, Leprosie, and for the Pockes, yet neuertheles according to the importance of each sickness, if there be a drop or twaine taken tempered with any thing else. The vlcers are washed with the water, but it is very sharpe. Another: Take one pound of Antimony, powne it small, and put vnto it one quarter of an ounce of *Mercurium Sublimatum*, put it then into a glasse retort and giue it presently a good fire: there doth come no water out of it, but onely (fine or fire howzes after) cleare oyle.

Oyle of Steele, or oyle of Iron. §.65.

Take small filed Steele or iron, and white Flint, powned very small, of each halfe a pound, put it in a glasse helme, and distil it in sand, first with a milde fire, and afterwards alwaies greater, it giueth first water, and afterwards red oyle, which hath a very pleasant smel, even like to Balsam. Now for to distill this oyle, then are you to make an ouen after the fashion of a Retort, as the Alchymists do know. These things are rather searching out of the secrets of nature, than necessarie for Physicke.

Rocke or Peteroyle. §.66.

Some of these oyles be white, some yellow, and there are also some blacke, which is called *Naphta*. This Peteroyle doth run in Italy, and also in other places out of the rocke: it doth heate, drie and consume: it is also good for the falling sickness, for the Palsey, for dotting, and for the enfeebled memorie.

Oyle of Turpentine. §.67.

The manner to distill this oyle haue we shewed in the first part, the thirtieth Chapter and fourth §.

Oyle of Violets. §.68.

This oyle is made of blew Violets and vntripe Sallad oyle, it is somewhat colder than the oyle of Roses, therefore it doth the more coole all heate, especially the heate of the reins and of the kidneys: in like manner it doth asswage the drie heated breast, and is moreover good for many things.

The oyle of Mal-flowres is prepared also of the flowres, and of old oyle, it is very good against the conuulsion of the sinewes, it driueth away all diseases of the breast, the kidneys, and the bladder, and it is also good against all paine of the sinewes and of the Matrix: also it asswageth and melloweth all other diseases.

Oyle of Ireas.

The oyle of Ireas is vtterly vnknowne vnto vs.

Oyle

Oyle of Vitrioll, or of Copperas. §. 69.

This oyle is very highly commended, it getteth an especiall sweetnes, which is a miraculous worke of nature, and is made thus: Take foure pound of Hungary Copperas, stampe it very small, & then put it in a great body, then let it dry certaine daies: afterwards polvne it againe, and so set it in a warme place couered with a fine cloth, to the end that the sauer of Copper may therby auoid. This being done, polvze foure pound of the best spirit of wine vpon it which is wel rectified: lute it well, and so keepe it forty daies in a warme place, or dunghill, and afterwards distill it, then shall you see the oyle swimme on the top of the wine. There be yet mo longer and mo other meanes for to distill this oyle, but this is the commonest manner. Concerning the vertue of this oyle, & her force, it is very needful that it be prouidently dealt withall, it must alwaies be mixed with somewhat else, for that it is too sharpe, that it will inflame the intrailles; otherwise hath it the same force of the oyle of Sulphur, but it is much stronger and penetrating; It is very good against all filth, and infection, and against the Plague it is especiall good: it hath also great power to cause the matter of the Pleurisie to auoid out of y^e breast, it is good for al tough fleame and corruption of the breast to fetch it out, it suffereth also no stone to grow in the bladder, and healeth the brused or perished bladder. There is no more but thre or foure drops to be giuen with wine. There may also losinges be made of it. Also this oyle is vled by some according to the importance of the cause, like as is admonished in certaine places of this booke. This oyle doth strengthen the cold stomacke, it consumeth *Phlegma*, it causeth all tough and slimie matter to auoid, it is good for the griping of the guts, and against all red fluxes, it quencheth thirst, it withstandeth all wambling and parbaking.

Because that these oyles must be driuen through strong fire, it doth happen otherwhiles that the glasses leape in peeces, by which all the cost, the trouble, and labor is lost. Now for to preuent that, are the glasses to be hardened in this manner following: first are the bodies to be luted very well with lome, and before that you will vble the same, annoint them oftentimes with Allume water, and so let them dry: and if so be that they happen for all that to breake, yet may they afterwards be souldered together, that they may hold water in this maner: Take Venice glas, red Lead, Linsæde oyle, Mill dust, and the white of an Eg, mire it well together, and then spread it meetly thicke vpon the crackes, and let it dry afterwards.

Of the oyle of Wheate. §. 70.

The oyle of Wheate is made like as the oyle of Annis seede is made.

Oyle of Iuniper berries. §. 71.

This oyle is drawne out of the powdered berries. It may also be distilled like as the oyle of Annis seedes, but because that there is very much brought to sell of it, the same may be bought better cheape than made. That which is distilled out of the wood is made as followeth: Bury a pot in the ground that it stand about thre fingers out of it, then take another pot, which fitteth well the vndermost, and fill the same with small chips of Iuniper wood; then make ouer it a latten lid with many small holes, that the moisture may droppe through it, and that the chips fall not into the vndermost pot. This being done, then whelme both these pots one ouer the other, and then make a fire round about the vpper pot a good while, then gather the oyle together which is dropt into the vndermost pot. This oyle is very good against al that that doth outwardly infect the skin, as old blcers and cankers, but especially against the *Varices*. The oyle which is drawne out of the wood, hath an vnpleasant sauer, but that which is drawne out of the berries, hath a very pleasant sauer and smell. They haue both of them one operation.

Oyle of Willow leaues. §. 72.

The leaues, flowers, and fruites of this tree haue an astringent vertue, wherby they draw the wounds together and heale them, withstand the spitting of bloud, and take away all spots

spots of the face. The oyle thereof is good being dropt in the eares, against the paine of the eares : and if the same be annointed on the outside, then it is very good against the Gout, and it taketh away all vitchastnesse. There may also oyle be drawn out of Willow wood, as it is drawn out of Juniper wood.

Oyle of Argall. §. 73.

Take foure pound of Argall, powrie it very small, and set it to burne in a pot bakers ouen; afterwards powrie it againe, and then put it into a woollen bag; and so hang it in a cellar, then will there drop out cleere moysture, which is rather a water than an oyle.

Oyle of Wormewood. §. 74.

Ancient Physitions do make this oyle, of Wormewood which groweth in Ponto, and with vnripe oyle, like as is said of the oyle of Cammomill : but because that we haue not that Wormewood, therefore are we to take that of ours; and one must take halfe so much Roses as Wormewood. This oyle hath an especiall power to warme, it strengtheneth also all that is cold, and especially the stomache, it maketh an appetite to meate, it openeth all inward parts; and if one annoint it on the Pauell, it killeth the wormes, without any hurt: wherefore it is more profitable for yong and old people, than the Wormesede.

Oyle of Tyles. §. 75.

This oyle is to be distilled after two wayes, as the same is to be seene in the Table.

Oxyration.

§. 76.

These things following do keepe the Grecke name with the Physitions and with the Apothecaries, for Oxy is Vineger: afterwards do they ad somewhat vnto it, which is tempered with the foresaid Vineger, like as with the Oxyration, where wine, water and vineger are tempered together, which of the Latinists is called Posca: for which the same is now to be vled, that is to be seene in many places of this booke.

Oxymel Simplex. §. 77.

This Oxymel is described in the first Part, the second Chapter, and first §. It is very often vled, and praised for many things.

Oxymel Compositum. §. 78.

This is therefore named so, for that it is made of sundry things, which is also described in the first Part, the second Chapter.

Oxymel Scillinum. §. 79.

This is also described in the same place, and vled oftentimes.

Oxyrrhodinum. §. 80.

This is another compound than the former. It is much vled against the paine of the head, layd vpon it on the outside, there be two kindes of it, as is taught in the second Part.

Oxyfacchara. §. 91.

This compound, and her vertue and operation, is described in the first Part, the eighth chapter, and second §.

The thirteenth Chapter.

This Chapter is a gathering together of all kindes of Plaisters and Pills, which be described in this booke.

Emplastrum album Coctum. §.1.

WE do commonly call this, the white plaister. How it is made, is to be sought for in the Table.

Apostolicon Plaister. §.2.

After two wayes is this plaister made; whereof one is called *Triapharmacum*, for that there commeth not about three things into it: You may looke for both of them in the last Table.

Emplastrum de Baccis Lauri. §.3.

The manner how to make this plaister, and also her vertue, is described in the third Part, and the eleventh Chapter.

Basilicon. §.4.

Her preparation and vse is described in the fifth Part, the first Chapter, and 15. §.

A Plaister for the Rupture. §.5.

There be diuers specified of these in the third Part, the third Chapter, and §.1.

The Plaister *Ceroneum.* §.6.

If there be any that desire to make this plaister, he may looke for the same in *Nicolao*, for that it is very seldome vsed.

Diachilon. §.7.

Of this *Diachilon* there be three kindes made: the common *Diachilon* is described in the third Part, the twentieth Chapter, and twentieth §. The great *Diachilon* is found at the Apothecaries, it melloweth and ripeneth all hard swellings.

The Plaister *de Galbano.* §.8.

How this plaister is made, and also her operation, is to be sought for in the Latine Table, under the name of *Galbanum*.

Gratia Dei Plaister. §.9.

That is as much to say as Gods graces Plaister. The manner to make the same is found in the fifth Part, the first chapter, and 16. §.

Emplastrum Griseum de Lapide Calaminari. §.10.

WE call this the gray plaister: it is also made after two wayes, and it is described in the fifth Part, the seventh chapter, and 12. §.

Hyssopi Cerotum, siue Philagrii. §.11.

This Plaister is made very seldome, and vsed but three times in this booke.

Emplastrum de Melito. §.12.

This is a Plaister of the flowers of *Melilot*, and is made of many kindes of things: wherefore we will pretermitt her description, and wheretoe it is to be vsed, shall you find here and there in this booke.

Emplastrum de Muscilaginibus. §. 13.

For what this plaister is to be used, and how the same is made, that is found in the first part, the first Chapter, and seventh §.

Emplastrum Oxycroceum. §. 14.

After three manners is this Plaister described: it hath her name of the Vineger, and of the Saffron. Of her excellent operation may you reade here and there in this Booke.

Emplastrum de Pelle Arietis. §. 15.

Looke for this in the third part, the third Chapter, and first §. how highly the same is commended for all manner of ruptures.

Emplastrum de Radicibus. §. 16.

This plaister of rootes is but once used in this booke, and that in the third part, the twentieth Chapter and eleventh §.

The Plaister of Saunders §. 17.

This plaister is called at the Apothecaries, *Cerotum Sandalinum*, which may be made to a value, as it is described in the third part, the eleventh Chapter, and sixteenth §.

The blacke Plaister §. 18.

VHereof there be two sorts described, to wit, in the first part, the fourth Chapter, and second §. and in the fifth part, the seventh Chapter, and first §. for that they be very much used of the Chirurgians.

Sparadropon. §. 19.

These Sparadrops are described in the fourth part, the second Chapter, and second §.

Emplastrum Viride. §. 20.

This Plaister do the Chirurgians use much in old stinking ulcers, as the same is described in the first part, the first Chapter, and fiftenth §. And because that now all the Plaisters must be boiled, therfore it is taught in the first part, the fourth Chapter, & third §. how to make a pisse, whereby it may be knowen, when the same are sodden enough, and must be taken from the fire.

The second part of this Chapter speaketh of Pills.

The most of all compounds and mixtures of Pills, be composed together of many things, and they be used but one dragma alone at one time, and not with whole or halfe ounces, as the Confections or Conserues are, wherfore it is not needfull for to adde their description here: and also seeing that each householder may buy the same for a small summe of money at the Apothecaries: but we will neuertheles discover the virtues & commodities of all the Pills, which be in this booke commemorated, and for what sickness that they are to be used.

Pillula de Agarico. §. 1.

Pills of *Agaricus* be good for all them that be short on the brest, or be vexed with any old cough, and much tough phlegme.

Pillula Aggregativa. §. 2.

These Pills be very good in all lingering Agues, in all diseases of the head, of the stomack, and of the Liver, they expell *Cholera*, and all stinky matter.

Pillula Elephantina. §. 3.

These Pills do cleanse the stomacke, the braynes, and the head, from all tough, grosse, and slimy humors: they do strengthen the stomacke, and her digestive virtue: they be also very common and safe.

Pillula de Aloe lota. §. 4.

How that *Aloe* is to be washed, and Pills prepared of it, you may see in the introduction of this booke.

Pillula Azaiareth. §. 5.

These do expell the *Cholera* and the *Phlegma*, & are good for all rheumes which cause the Cough.

Pillula Aurea. §. 6.

These cleanse the head, sharpen the sight, expell winde out of the guts, and do loose without paine.

Pillula de Bdellio. §. 7.

These Pills be very good against much bleeding of the Pyles, and against womens flowes.

Pillula Benedicta. §. 8.

They do purge the *Phlegma*, and especially that that falleth into the ioynts. They doe also cleanse the kidneys and the bladder.

Pillula Cochia. §. 9.

These do purge the head very mightily of all grosse, tough, and slimy matter, in like sort also the sinewes, therefore they are also much used.

Pillula de Cynoglossa. §. 10.

These Pills haue a marvellous operation in staying all kind of thin and subtile defluxions that fall into any part of the body, and to ease one of all manner of paine: but they are very seldome used, vnlesse it were in great extremities.

Pillula de Euphorbio. §. 11.

These Pills haue a mighty power to expell the water in the Dropfie, and all other matter which is caused of any tumour. They be also good for all paine of the reynes, and for the *Podagra*, which is caused of any humor: but they be not much used.

Pillula Fætida. §. 12.

These purge all grosse, tough, & slimy humors: therefore they be also good for all Species of the Gout.

Pillula de fumo Terra. §. 13.

These Pills of *Fumitory*, do purge all salt and sharp humors of the gall, therefore they be also good for all diseases of the Skinne.

Pillula

Pillula de Hermodactilis. §. 14.

These Pills be especiall good for all diseases of the gout, and for other causes moe.

Pillula de Hiera simplici. §. 15.

These be very good for all diseases of the stomack, that be caused of any maner of slimy humours.

Pillula de Hiera composita, §. 16.

These are good for all infirmities of the head and sinewes, which are caused of slimy humours, and for other matters moe.

Pillula de Hiera cum Agarico. §. 17.

These Pills of *Hiera* is a little *Agaricus* added. They do empty the stomacke and the brest from all grosse and tough humours, and they be good against the sitting of the eares.

Pillula Iliaca. §. 18. 424

Because these Pills are made with small trouble, viz. for all paine of the guts, therefore be they described in the third Part, the fiftenth Chapter, and 6. §.

Pillula de Inda. §. 16.

These sortes of Pills be described, where we do treat of the hardnesse of the Spleene, for that they be especiall good for it, as they be also very necessary for the Melancholy, against the Canker, the Leptosie, bad ulcers, heauinesse of the mind, and against the Quartaine ague.

Pillula de Lapide Armeno. §. 20.

These do purge Melancholy, and the burnt *Cholera* very mildly, they be also good for all maladies which do procede out of them.

Pillula de Lapide Lazuli. §. 21.

These Pills of Lazure Stone be used against all diseases of Melancholy, and also for all others which be caused through burnt gall.

Pillula lucis. §. 22.

They do cleanse the head of all *Phlegma*, and strengthen the sight, like as their name doth testifie.

Pillula Masticina. §. 23.

These Pills do defend the stomacke from all sickness, they loose mildly, they do strengthen much, and let not the humours putrifie; they do great pleasure and vertue vnto all them that vse the same, against all paine of the stomacke, of the head, of the belly, and the Matrix. Item, for all penituenesse be they also especiall good.

Pillula de Meserco, §. 24.

These Pills do expell very vehemently the Dropsie, wherefore they are also used in *Anasarca* and *Ascite*.

Pillula de Opopanaco. §. 25.

These be good for the Palsey, against the convulsion of the mouth, against the weaknesse of the knees, against the Podagra, and mo other paines of the ioynts, and also for all diseases of the sinewie parts.

Pillula pestilentialis, siue Ruffi. §. 26. vide Page 663

How these common pilles and other mo be prepared, we haue declared in the first part, the fiftenth Chapter and 12. §. and admonished also thereby how that the same hath an excellent vertue for to preserve one from the plague, & to expell all stinking humors from the stomack.

Pillula de quinque generibus Myrobalanorum. §. 27.

These purge the Melancholy, the Phlegma, and the Cholera, and do also cleanse the blood.

Pillula de Rhabarbaro. §. 28.

These pils be especiall good in the beginning of the Dropsie, in the obstruction of the Liuer: in like manner also in all lingering agues. Looke further *Rhabarbarum*.

Pillula de Sandaracha. §. 29.

These pils be seldome made, and also scant used.

Pillula de Sarcocolla. §. 30.

They expell the Phlegma, and all sicknesses which are caused of it.

Pillula de Serapino. §. 31.

These pils haue an especiall power in the paine of the hips, the gout of the feete, and of the ioynts: they be also very good for the stomack, and further womens termes.

Pillula sine quibus esse nolo. §. 32.

These pils do maruellously purge Cholera, Phlegma, and the Melancholy, and are especial good for all Rheumes, and be especiall good for all darke sight. They are also good for the paine of the eares, and for all paine of the guts.

Pillula stomachica. §. 33.

These pils expell Phlegma, and the Cholera out of the stomack, and mozeouer out of the head, and they be also good for many mo diseases.

The fourteenth Chapter.

The Physitions and Apothecaries haue certaine conserues in vse of some fruits, and other things, where as they temper nothing but Sugar with it, which they call Rob: amongst which the commonest is the Rob de Berberis, and de Citoniis, that is, Rob of Quinces, and De Cornubus, that is, of Cadzises, Rob Nucum, that is, of Nuts, De Ribes, that is, of Raspes: &c.

Hony of Roses. §. 1.

Hony of Roses is made after diuers manners, like as such is taught in the first part, the third Chapter, and 4. §. whereas his vse and vertue is declared.

Vineger

Vineger of Roses. §.2.

Take red Rose buds, cut off the white beneath, and powze red wine Vineger vpon it, to the end that they be well couered with it, and then let them stand so the space of two moneths in the hote Sunne. In this manner is also made all manner of vineger of hearbes, and other flowres.

Vineger of Rue. §.3.

This Vineger is made after the same manner as the Vineger of Roses.

The fifteenth Chapter.

This Chapter is none other, but a gathering together of certaine Salues, Siefs (which be Eye powders) Syrupes, and Species, which be remembred in this booke, and vied daily at the Apothecaries.

Egyptiacum. §.1.

Ve will now speake first of the salue of Egypt, whose preparation is described in the fifth part, the first Chapter, and 16. §.

Salue of Agrippa. §.2.

Take Byronic rootes twelue ounces, rootes of wild Cucumbers six ounces, Squilles three ounces, Treas one ounce and a halfe, rootes of Ferne, of wilde Elderne, and water nuts, of each one ounce, white Ware seauen ounces and a halfe, Sallad oyle 24. ounces; take the rootes all fresh, and let them steape the space of eight dayes in oyle, afterwards seeth them and wzing them out, you are then to melt the Ware in this decoction. This salue is marvellous good for the Droopie, and all swelling of the bodie; it is also good for all diseases of the sinewes, it driueth out the water, and if it be annointed on the outside, then doth it loose the belly, and is especiall good for all paine of the kineyes.

Salue of Alabaster. §.3.

This salue is also very seldome vied, and in this booke was it spoken of but once.

Vnguentum album. §.4.

In the fourth part of this booke be described five kindes of these white salues, and therewith declared for what they be meete. These white salues are so rife and common, that the skinne can scarce get any disease for which the same are not vied.

Vnguentum de Althæa. §.5.

This salue of Hollihock rootes is very common, whereof there be foure kindes, and also their vertues described in the third part, the fourteenth Chapter, and 1. §.

Vnguentum Anodynum. §.6.

The Grecians do call those salues *Anodyna*, which do asswage all manner of paine, whereof there be sundry described in this booke, which you may looke for in the Register.

Vnguentum mundificatiuum de Apia. §.7.

This is a mundaying salue, made of Smalage, her preparation is described in the third part, the third Chapter, and 9. §.

Vnguentum Apostolorum. §. 8.

This salve of the Apostles and her efficacie is described in the third part, the eight chapter, and third §.

Vnguentum Aragon. §. 9.

This salve is much used, but is very troublesome to be made, it helpeth all cold diseases of the body, all convulsions of the sinewes, the weaknesse of the ioynts, and all paine of the same.

Vnguentum de Artanita §. 10.

Of *Mesua*, there be two kinds of this salve described which are very seldome made, they be especiall good against the dropsie, they kill wormes, & expell the same, they loose the stomacke very mildly, if one annoint it very fat vnderneath the navel, like as is wont to be done in vomiting.

Vnguentum de Cerussa. §. 11.

This salve is described in the fourth part amongst other white salves.

Vnguentum Citrinum. §. 12.

Al Apothecaries this salve is alwaies ready, but it is somewhat troublesome to be made: it dzyueth away the spots in the face, it is good against all roughnesse, against all rednes of the eyes, and it softneth all hardnesse, but is not much used in this booke.

Vnguentum Comitissa. §. 13.

This salve is very good against all mischances of women, it stoppeth the bleeding of the Pyles: and it is also very good for the kidneys, but it is very hard and troublesome to be made.

Salves for Scabs. §. 14.

Sundry of these salves are described in the first Part, the third Chapter, and ninth §.

Vnguentum infrigidans Galeni. §. 15.

This cooling salve is in the first Part, the first Chapter, and 1. §. described, and therewithall also her vertue and operation.

Vnguentum Martianum, vel Martiatum. §. 16.

There are three kinds of them described by the Physicians which be compounded of many things together, and are also of sundry operations, yet here too long to discourse.

Vnguentum Mercuriale. §. 17.

This salve of Quicksilver is much used for the Pockes, and is described in the fifth part, the third Chapter, and fifth §.

Vnguentum Nervinum. §. 18.

The description of this sinew salve do you find in the first Part, the 13. chapter, and 2. §.

Vnguentum Nihili. §. 19.

Her preparation is to be found in the first part, the seventh Chapter, and 4. §.

Vnguentum Pectorale. §. 20.

Whereof be two sorts described in the second part, the fifth chapter, and fifth §.

Pomada, Pomadoes. §. 21.

The manner to make this salve shall you find in the first part, the eleventh chapter, and 1. §.

Vnguentum Pompholigos. §. 22.

The preparing of this Tuty salve is described in the second part, the second chapter, and second §. and her vertue is to be found in the table of the Tuty.

Vnguentum Populeonis. §. 23.

This Poplar salve is rife at all Apothecaries, and is very troublesome to be made: wherfore it is the same to be fetched at the Apothecaries: it is good against all vnnaturall heate, and if it be annointed vpon the temples of the head, then procureth it sleepe.

Vnguentum Rosatum. §. 24.

The preparation of this salve is described in the first part, the first chapter, and second §. and is there also taught how that it is good against all hot paine of the head, and other paines which be caused through heate.

Vnguentum Sandalinum. §. 25.

This salve of Saunders is much vled in effluxion of humane seede, & is described in the third part, the first Chapter, and fift §. This and other salues be vled for many other things, which (as the cause shall require) are to be sought in the table.

The second Part of this Chapter, of Sief.

We haue discovered before, that the Phisitians vnderstand through this Arabian name *Sief*, all manner of fine and impalpable eye-powders, wherof some haue bene described in this booke.

Sief Album Rasit. §. 1.

This *Sief* is vled for all red, soze, and waterish eyes, & is described in the first part, the seventh chapter, and first §. for what it is further to be vled, looke for that in the second table vpon the name *Sief*.

Sief de Fellibus. §. 2.

The manner to prepare this *Sief*, is to be found in the first part, the seventh chap. and 15. §.

Sief Memithe. §. 3.

This preparation is in the first part, the seventh chapter, and tenth §.

Sief de Plumbo. §. 4.

This is described in the first part, the seventh chapter, and tenth §.

Sief de Rosis. §. 5.

This *Sief* of Roses is described against soze eyes in the first part, the 7. chap. and first §.

Sief de Thure. §. 6.

This *Sief* of Frankinsence is set downe in the first part, and seventh Chapter.

Sief viride. §. 7.

This *Sief* shall you find in the first part of this booke, the first Chapter, and first §.

Of the Sirupes and Iuices in generall.

Both of these things, as Sirups and Iuices, be almost innumerable that be vsed in Physicke, to wit, the iuices of frutes, herbs, flowers, roots, and such like things, sometimes alone, but tempered for the most part alwaies with other things, according as each pleaseth, as may be discerned throughout all this Booke. Wherefore it is not our purpose to gather here together such things, but onely those which are most vsed: but we will as much as is possible, most truely expound and translate their names into English, and also adioyne therewith their operations and powers. First, you haue in the Introduction how all Iuices are to be clarified. Secondly, it is also a general rule, that no sowre iuices, as the iuice of vnripe Grapes, Barberries, neither wine nor vinegar are to be sodden in Copper vessels, for that they may gette an hurtfull taste: but the same are to be decocted in earthen leaden pots. Thirdly, you haue also in the first part, the first chapter, & first §. how that the compounded sirupes are to be decocted. Fourthly, because that it importeth much that the sirupes be not decocted too hard, to the end they come not to candise, and that they be not sodden too thin, and come not to be moldy: wherfore the pꝛofe also is described in the introduction, wherby may certainly be vnderstood when as they be enough: like as is also sufficiently admonished of each sirupe that they may be clarified.

Syrupus de Absinthio, that is, of Wormwood. §. 1.

Take Romish Wormwood, or if you cannot get it, then take of the common Wormewood five ounces, red Roses two ounces, Andry Spica three dragmes, good white wine, and the iuice of Quinces, of each foure and twenty ounces, let them steape all together in an earthen pot the space of one whole night, and afterwards seeth it to the halfe: this being done, straine it, then put foure and twenty ounces of cleare Honey or Sugar vnto it, and then let it seeth to a sirupe. This sirupe is also especiall good for the stomacke, for the liver, and for all nourishing parts: it maketh appetite to meate, and helpeth to digest the meat: it is good for the falling sicknesse, it expelleth wind, & driueth out all bad humors by the vyne. In the table vnder the name of Wormwood is her vertue described at large.

Syrupus de Acetosa, of Sorrell. §. 2.

Take the iuice of Sorrell three parts, Sugar two parts: let it seeth together, skumme, and clarify it wel vntil it be sufficiently decocted. This sirup is good for al hot pestilentiall Agues: it quencheth the thirst, and the inflaming heate of the heart, and also of the stomacke, & it strengtheneth the same. See further in the Table of the Sorrell.

Syrupus Acetosus, of Vineger. §. 3.

In the third part, the 11. Chapter, and 9. §. is taught how that this sirupe is to be made, and lone may also reade her vse there.

Syrupus acetosus compositus, also of Vineger. §. 4.

How this sirupe, and also *de Radicibus*, is to be made, is to be seene in the third part, the 11. chapter, and 9. §. where both their operations be described.

Syrupus acetosus de Cytoniis, which is of sowre Quinces. §. 5.

Her preparation is described in the third part, the eleventh chapter, and first §.

Syrupus

Syrupus Acetosus Diarrhodon, that is, of Vineger
and Roses. §. 6.

This sirupe is very seldome vsed, but for what it is good, you may reade that in the table of the Roses.

Syrupus de Acetositate Citri, of the iuice of Citrons. §. 7.

Take the iuice of Citrons, which is strained thzough a cloth without wringing, otherwise the iuice will be thicke when it is cold, like as pap; then seeth alway this iuice, with halfe so much Sugar. This sirupe hath the same vertue of the sirupe of Oranges, wherof we will speake shortly, but y it is more forcible. This sirupe is made thus in *Cypro*, like as hereafter followeth. Take cleare iuice, Sugar halfe so much, then stop it tight, and set it in the sun. This sirupe remaineth alwaies cleare. Both these sirupes be good against all venime, but especially for the Plague and all other putrified humors: it strengtheneth the stomack, it cooleth the heart, and all other inward parts, it quencheth thirst, it bringeth sleepe, it stayeth all vapors of the stomacke, especially if one drinke too much. Reade further in the Table of the Citrons, and their vertues.

Syrupus de Agresta, of Veriuiue. §. 8.

For what Veriuiue is good, and how the same is to be made, we haue taught in the first Chapter of this eight part: for the sirupe are you to take five ounces, short sodden and unsalted Veriuiue, and thre ounces and a halfe of Sugar; then let them seeth together vnto a sirupe.

Syrupus de Aurantiis, of Oranges. §. 8.

Take the iuice of sweet Oranges, which is wrung thzough a cloth, and well cleansed, two parts, Sugar one part; seeth them together vnto a sirupe. This sirup is very good for all heat caused of *Cholera*. Likewise it is also good in all pestilentiall Agues, and it allwageth the thirst singular well: it may also be made of sowze Oranges, for that the same is much more forcible than that of Citrons.

Syrupus de Artemisia, of Mugwoort. §. 10.

This sirupe is very troublesome to be made, wherefore we will commend it to the Apothecaries: it is very good for all diseases of the Matric, it keepeth it in her due place, it expelleth all wind, and all paine of the same, it strengtheneth the sinewes, it openeth the pores, it maketh good blood, and it forceth womens termes. For what purposes else it may be vsed, looke in the Table of the Barberries.

Syrupus de Berberis, of Barberries. §. 11.

Take Barberries which be very ripe, and let them seeth well in wine vntill that they be mellow, then wring it thzow a cloth, and boile the colature with Sugar, as before. Item, take the iuice of ripe Barberries, and let it seeth apart, afterwards scum it well: when it is well cleansed, take as much Sugar as iuice, seeth it all together vnto a sirupe: her vertue is to be read in the Table of the Barberries.

Syrupus de Betonica, of Beconie. §. 12.

The description of this sirupe is very long, wherefore we will pretermitt: her vertue may be adiudged by the description of the herbe Betony in the Table.

Syrupus Byzantinus. §. 13.

Take the iuice of Endiue and of Barberries, of each five ounces, the iuice of Hops and of Buglosse, of each thre ounces, seeth all together, clarifying it vntill there remaine 12. ounces, then

then put seven ounces and a halfe of Sugar vnto it, and let them seeth all together to a sirupe. This sirupe maketh all the tough slimy matter to auoide, and it openeth all obstructions, wherefore it is also good for all yellow Jaundis, like as there be many other sirupes.

Syrupus de Boragine, of Burrage. §. 14.

VVe haue befoze admonished in the fourth Chapter in the description of the Conserue of Burrage, that there is none, or indeed very small difference between the Burrage and the Buglosse: neuertheles there be made at the Apothecaries two kinds of sirupes, and commonly mixed with other medicines: wherefore is an houtholder to prepare it thus. Take the iuice of both these herbs, of each 8. ounces, the iuice of both these floures, of each one ounce, seeth the same with foure ounces of Sugar, & scum it as behoueth, & ought to be; you may also suffer the floures to seeth in some water, and poiue the iuice vnto it. This sirupe is good against all diseases of the heart, & it maketh a merry mind: & of her power you may reade further in y^e Register of Burrage.

Syrupus de Buglossa. §. 5.

Of this Sirupe is sufficiently witten in this foresaid sirupe of Burrage.

Syrupus de Calamintha, of field Mints. §. 16.



Take of field Mints and white water Mints, of each two ounces, the seed of Louage, of the greater Pimpernel (in stead of *Danci Cretici*) and Squinant, of each five dragms, Raisins six ounces, honey 24. ounces, let them seeth all that is to seeth, scum and wzing it out well; then make with honey, or with as much Sugar a sirupe of it. This sirupe is especiall good for a hard Splene, and all hard intrailes, and also for an old Cough, of all old people, which be plagued with a feeble and short bzeath: like as you may reade further of Mints in the Table.

Syrupus Capillorum Veneris, or of Maiden-haire. §. 17.

This sirupe doth cost very much labour befoze the same may be made, like as we haue admonished vnder the name of Maydenhayze in the Table.

Syrupus de Cichorio cum Rhabarbaro, of Cicorie. §. 18.

All Apothecaries this sirupe is very rise: it cleanseth and withstandeth all payson, and especially the Carbuncle, and such like: it strengtheneth the heart, and all nutritiue parts: it is also good for all pestilent Agues, it expelleth all bad matter by the stoole, and by the vyne: it cauleth also appetite to sleepe.

Syrupus de Cytonijs, of Quinces. §. 19.

This sirupe is like to all other sirupes, made of Sugar and iuice of Quinces: you shall reade of her vertue and efficacie in the Register in the description of Quinces. There is another sirupe described befoze of solwe Quinces, called *Mina Cytoniorum*. Further, there are iulces or thicke sirupes prepared vnder the name of *Mina*, whereof there be some described in the third Part, the eleuenth Chapter, and 17. §.

Syrupus de Citro, of Citrons. §. 20.

Some do take not onely the solwenesse of the Citrons, but also the iuice of the white rinds, so that not onely the outwardmost peeles and the seedes are separated: but this sirupe is not so forcible as that which is prescribed: yet they be both made and vled in all those sicknesses.

Syrupus de corticibus Citri, of Citron peeles. §. 21.

Take the outwardmost fresh peeles of Citrons, cut in small peeces, one pound, powze theron five times as much water, and let it seethe to the halfe: then wying it thzough a cloth, afterwards put a pound of Sugar vnto it. When it is almost sodden to a sirupe, then put foure graines of Muske vnto it, broken in Rosewater. This sirupe cooleth not like the former, but it warmeth and strengtheneth the heart, the braines, all inward parts, and the vitall spirits. It strengtheneth the weake stomacke, maketh a good breath, and defendeth from the Plague, &c.

Syrupus de Cucurbita, of Gourds. §. 22.

This sirupe is seldome vsed, and in this booke but onely in two places.

Syrupus de Endiua, of Endiue. §. 23.

Of this herbe be many sundry sirupes made. That which is called *Simplex*, is made thus: Take the iuice of greene Endiue one pound, and when it is clarified thzough seething, then put ten ounces of Sugar vnto it, seethe it away, like as all other sirupes be. This sirupe is good against all inward heate of the Liuer, and other nutritiue parts, it is vsed for many kinds of things, as may be seene in the Register.

Syrupus de Epithymo. §. 24.

All well furnished Apothecaries this sirupe is rife, whereas the same is to be fetched: it expelleth the burnt cholericke humors, it doth therefore withstand all sicknesses which spring or come thereof, viz. the Leprosie, Canker, bad vlcers, and fistulaes: like as his name shall shew in the Table.

Syrupus de Eupatorio, of Agrimoniae. §. 25.

The opinion of many learned men is, that our Agrimony is the true *Eupatorium*: Of this is also a sirupe made, which is very troublesome to bee made: wherefore wee will not describe the same here. It hath a speciall power for to helpe the colde and obstructed liuer, to expell all Dropsies and such like sicknesses, for to make all grosse slime thin, and to strengthen the liuer: it also moueth vaine. Look farther of her vertue in the Table of Agrimony.

Syrupus de fumo Terra, of Fumitorie. §. 26,

Take the iuice of Fumitory, and of the sprouts of Hops, of each one pound, clarify it & temper it like as we haue taught, and then decoct it vnto a sirupe with one pound of Sugar. At the Apothecaries there is an other made of many sundry things, which here we wil not describe. These sirupes be both good for to open all obstructions of the stomacke, and of the liuer; for to strengthen the same also, and to cleanse the blood, that thereby all scabbednes, all bad sores, and such like accidents may be suppressed, and auoided. Therefore they be also good against the Rocks, against all old vlcers, Leprosie, and other such like diseases moe.

Syrupus de Glycyrriza, of Licorice. §. 27.

The common people do make this sirupe thus: Take a pound of small sliced Licorice, and powze thereon two pots of water: afterwards let it seeth so long, vntill the vertue come out: then straine it, and put to this decoction one ounce of Dragagant, and let it seeth together vntill it be thicke enough. This sirupe is very good for the Cough, and for all toughnes of the breast. But this following is the right sirupe of Licorice: Take smal sliced Licorice one ounce, Maiden-haire halfe an ounce, Hyssope one quarter of an ounce, put a quart of water vnto it, and let it

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all together infuse the space of foure and twenty howres; afterwards put vnto it clere Hony, Sugar pennets, and white Sugar, of each foure ounces, Rose water thre ounces, seeth it together vnto a sirupe. This sirupe clenseth the bzeast, & the lights, it is very good for al cold coughs, and also for the pleurisie, as you may reade in the table of Licozice.

Syrupus Granatorum, of Pomegranates. §. 28.

It is a great abuse to wzing out the soure and swete Pomegranates together, by reason that the soure and the swete each apart are moete for sundry diseases, but the foresaid mixture we will leaue alone for Cookery: thus, take two quarts of Pomegranates wine, and seeth it so long vntill it be well clarified, then temper amongst it halfe a pound of Sugar, and so set it in the sun vntill it come to woake, and then afterwards pzeferue it in a cellar.

And for to wite apart of the soure Pomegranates: Take thereof five pound of the iuice, & white Sugar thre pound, seeth it together to a sirupe skimming it alwaies about. This sirupe is very forcible in all hot agues which be caused of Cholera.

The sirupe of swete Pomegranates is pzepered in al sorts as the former, like as the same is taught in the table at large of the Pomgranates, and euery one may direct himselfe accordingly.

Syrupus de Hyssopo, of Hyssop. §. 29.

You must take dry Hyssop, the roots of Smalage, of Fennell, Parsley, and of Licozice, of each five dragmes, peeled Barley one quarter of an ounce, the seede of Pallowes, of Quince kernels, and Dragagant, of each one dragme and a halfe, Baydenhaire thre dragmes, Iuiubes & Sebestes, of each foureene or fiftene, Currans thre quarters of an ounce, Figs, & Dates, of each five or sixe, Sugar pennets twelue ounces, then make a sirupe therof. This sirup is very forcible for all the diseases of the bzeast, and of the lights: it causeth all tough sime to auoyde which may hardly be coughed vp, like as shall be moze at large taught thereof in the English Register, vnder the name of Hyssop.

Syrupus de Ireos, of Ireas. §. 30.

This sirupe is made, as in the third Part, the tenth chapter, and ninth §. is taught, whereas it is ordained against the dropsie Tympanites, like as also the table vnder the name of Ireos doth giue to vnderstand.

Syrupus de Iuiubis. §. 31.

Of Iuiubes take thirty or thirtie sixe, the seede of Violets, and of Pallowes, of each two dragmes and a halfe, Baydenhaire, peeled Barley, and Licozice, of each halfe an ounce, Quince kernels, white Poppie seed, the seede of Pellons, of Lettice, and Dragagant, of each one dragme and a halfe, seeth them together in well water, and to this decoction strained put twelue ounces of Sugar, and then let it seeth to a sirupe. The same sirupe is good against all hoarsenesse against the cough, and against the pleurisie, and also to other diseases moe, like as the table doth expresse.

Syrupus de Limonibus, of Limons. §. 32.

This sirupe is made of fresh Limons, even as the sirupe of Oranges is made; but it is fatte stronger then the sirupe of Citrons, like as the same may be seene in the Register vnder the name of Limons.

Syrupus de Lupulo, of Hops. §. 33.



Table.

Take the iuice of the sprigs of yong Hops one pound, and the iuice of Fumitory halfe a pound, which be both very cleare decocted, and scummed, afterwards seth them with a pound and a halfe of Sugar vnto a sirupe. The iuice of Hops may also be taken alone. This sirupe cōleth much, it expelleth the yellow Jaundise: moreover all flumines and also the Dropsie thzough the scole, and is also good for all other things, like as is sufficiently declared vnder the name of Hops in the

Syrupus de Menta, of Mints. §. 34.

There be two kinds of Sirups of Mints, as the same and also their virtues are described in the third part the eleuenth Chapter and 17. §. where it is also admonished, that it is especiall meete for the Lare. For what causes moe the same is profitable, that may you reade in the Table vnder the name of Mints.

Syrupus de Myrto, of Mirtle feede. §. 35.

In the third part the eleuenth Chapter and 17. §. is this Sirupe also specified, which is very commodious for many things, like as you may reade in the Table.

Syrupus de Nymphaea, of water Lillies. §. 36.

Take of the white leaues of waterlilly flowers one pound, let them waume vp in water, afterwards wring them hard out thzough a cloth, and then seth this decoction, skimming it, with a pound of Sugar to a sirupe. This sirupe is very meetely vled for all hot sicknesses, like as before is taught in the fourth Chapter and 39. §. It moisteneth, it cōleth, and furthers sleepe. Another, which is commonly prepared at all Apothecaries: Take the leaues of white water Lillies one ounce, yellow water Lillies halfe an ounce, seedes of fleawort and of Sorrell, of each halfe an ounce, the seedes of Melons, of Citruls, of Gourds, and of Cucumbers (all together pēled) of each one quarter of an ounce, the seede of Lettice, of Endiue, of small Endiue, and of Purslaine, of each one dragme, Fennell rootes halfe an ounce: lyed it all together very small, and let it seth in Barley water: afterwards straine it thzow, & wring it out hard. Now being clarified, then put sixe ounces of white Sugar vnto it, Vineger & the iuice of sowze Pomegranates, of each one ounce, then let them seth all together againe vnto a sirupe, at last temper yellow Saunders with it, and Indy Spica, of each two scruples. This sirupe doth maruellous much withstand the hot Cholera, and besides al hot Agues, and procureth also sleepe: it is also to be vled for moe other things, like as the Table vnder the name of water Lillies doth set forth.

Syrupus de Papauere, of Poppy heads. §. 37.

There be two kindes of these sirupes made, the one called *Compositum*, is thus made: Take black and white Poppy heads which be very fresh, of each 25. dragms, Maydenhaire seven dragmes and a halfe, Licorice 22. dragmes, Quinbes fiftene dragmes, Lettice seide two ounces and a halfe, Ballowes seide and Quince kernels, of each thze dragmes, seth them all together in a pot of water even to the halfe: afterwards wring it out, and seth this decoction againe with Sugar and sugar Pennets, of each foure ounces vnto a sirupe. This sirupe is very good against all dry Coughes, against the Consumption *Phthisis*, and against all rheumes, it maketh sleepe, and is also good for moe other causes, like as the Table maketh mention.

Syrupus

Syrupus de Persicis, of Peaches. §. 38.

This sirupe is made of the iuice of the selfesame fruits, her virtues are described in the fourth chapter; and wherefore it is further good, looke for that in the table of the Peaches.

Syrupus de Plantagine, of Plantaine. §. 39.

This sirupe is very seldome vsed, and besides made with greater trouble; it is also vsed but once, to wit, in the obstruction of the Pyles: it is made onely of the iuice like as all other sirupes.

Syrupus de Pomis, of Apples. §. 40.

Of Apples there be two kinds of sirupes made, like as the same be described in the second part, the first chapter, and fourth §. their vse is declared in the register vnder the name or title of Apples.

Syrupus de Portulaca, of Purslaine. §. 41.

This sirupe is also made of the iuice of the herbe, but vsed very seldome, like as one may reade in the register vnder the name of Purslaine.

Syrupus de Prasio, of Horehound. §. 42.

Take Horehound one ounce, Licorice halfe an ounce, Maidenhaire, and Hyssop, of each three dragmes, Currans, Annis, Rootes of smallage, and of Fennell, of each two dragmes and a halfe, of the greater Pimpernell seede, of Fenegrake, and Treos, of each one dragme and a halfe, Linsæde, and Quince kernels, of each one dragme, Currans one ounce, eight or ten Figs, Sugar pennets, and Sugar, or Honey, of each twelue ounces, then make a sirupe thereof like as is taught before. This sirupe is very good against all diseases of the breast, and of the lights, which be caused of cold tough sliminess, and be hard to be expelled; but it is especiall good for all old and ancient people which haue stuffed breasts. The register teacheth further for what this sirupe is made.

Syrupus de Pyris, of Peares. §. 43.

This sirupe hath the same power which the sirupe of Peaches hath, it is also made and vsed for the selfe same sicknesses.

Syrupus de Radicibus, of Rootes. §. 44.

There be also two sorts made of this, the one of twaine, and the other of fve kinds of rootes, like as the same in the third part, the 20. Chap. and 20. §. are described, where be also their virtues discovered. But whereto the same be further made, looke for that in the register vnder the name of the sirupe of rootes.

Syrupus de Ribes, of Raspes. §. 45.

Take three pounds of the iuice of Raspes, and two pounds of good Sugar, seeth the same vnto a sirupe. For what it is good, looke before in the fourth chapter, where it is described how that the same is to be made after sundry fashions.

Syrupus infusionis Rosarum, of Roses. §. 46.

Take fresh Rose leaues twelue ounces, put them in a pot, and pouze vpon it thirtie ounces of hotte Rose water; afterwards stoppe the pot close, and so let it stand a weepe the space of eight howers: this being done, then wring it out and put fresh Roses vnto it againe, then let it stand a weepe as before, then being wroong out againe, put twentie ounces of Sugar vnto it, and seethe it together softly vnto a sirupe: this sirupe

Sirupe is especiall good for to slake thirst, to coole all heate, and hot Agues, and also to streng-
then the stomacke: It withstandeth all rotten humors: wherefore it is also very good for the
Plague, it withstandeth windes and other diseases more, like as the Table maketh mention at
large.

Syrupus de Rosis siccis, of drie Roses. §. 47.

Also there is a sirupe made of drie Roses which looseth not, but bindeth, but it is not much
used, and is made like as in the first part, the thirtieth Chapter, and fourth §. is shewed:
looke for this in the Table vnder the title of Honey of Roses.

Syrupus Rosatus solutius, purging sirupe of Roses. §. 48.

Also there be sundry sirupes of Roses laxative prepared, as liketh each Physitian best; wher-
of in the first Part, the second Chapter, and seventh §. are described the two commonest
sorts, and their virtues and operation added vnto it. For what they be now further to be used,
looke into the Table vnder the name of Roses.

Syrupus de Rosis albis, of white Roses. §. 49.

Although this sirupe bee very profitable, neuerthelesse it is not much used: it cooleth much
more than the red sirupe. Some do commonly take onely the ioyce wyng out of the flow-
ers, and they seeth it short, with Sugar vnto a sirupe, to the end, that it might the better retaine
his virtue. Looke further into the Register of white Roses.

Syrupus sapor Regum. §. 50.

Take the ioyce of Buglosse and of Burrage, of each sixe ounces, the ioyce of sweet Apples
nine ounces, let them stand and settle, and afterwards put one ounce of Sene hulkes vn-
to it, let them so infuse 24. houres, & then let it seeth a waime or twaine, and afterwards
seeth it with nine ounces of Sugar, vnto a sirupe; further, hang with a little bag,
halfe a dragma of Saffron in it, and wyng it oftentimes out. This sirupe is onely occupied in
Melancholia.

Syrupus de Stechade, of Stechas flowers. §. 51.

Hereof be two kindes described, but we will commend them vnto the Apothecaries: they
be also good for all cold diseases of the bzaines, and of the sinewes, also for the Walley, for
the falling sicknesse, for the Crampe, for the conuulsion of the mouth, for the shaking: they doe
strengthen the stomacke, and all other inward parts, like as the Register further declareth, vn-
der the name of Stechas.

Syrupus de Thymo, of Thyme. §. 52.

This sirupe is also very seldome, and in this Booke it is onely used against the Leprosie.

Syrupus Violarum, of Violets. §. 53.

This present sirupe is also described after three kindes of sorts: the first is
made by infusion, like the sirupe of Roses: the same is good against all in-
ward burning, against all heate of Agues, of the Liuer, of the Hart, against
all roughnesse of the throte, against thirst, and against the obstruction of
the belly. The purging sirupe of Violets is made laxative like the sirupe of
Roses, which is described in the first Part. The third sirupe is made as
hereafter followeth: Take one ounce of fresh Violets, Quince kernels, the
seed of Malloves, of each halfe an ounce, Iuiubes and Sebestes, of each tert
or twelue, water of Gourds as much as will suffice, let it then seeth together vntill the third part
C c c

be boyled away. This sirup doth open the bzeast, the obstruction of the Lights, it asswageth all roughnesse of the thzoate, and all cough which is caused of heate, it is also good for the Pleurisie, and for all dzithe: it is very much vsed, like as the Register maketh mention vnder the name of Violets.

The fourth part of this Chapter, of the Species and of Loosings.



Thoroughout all this booke, there bee many kinds of Powders or Species vsed, which at all furnished Apothecaries be composed together and prepared of sundry things, of which all kinds of cordiall waters, confections, and other things bee made. But because the same be tempered together of many sundry things, and by reason that there cannot be made many at one time, therefore we haue restrained from writing much of them.

Species de Ambra, of Amber. §. 1.

Because that this Powder and Confection that is made of it, is very much vsed and very requisite, therefore we will here describe the same: Take Cinnamome, *Doronicum*, Cloues, Mace, Nutmegs, Cloue leaues, and Galingall, of each thre dzagmes, Indie Spica, Cardamome, and Greines, of each one dzagme, Ginger one dzag. and a halfe, yellow Saunders, *Lignum Aloes*, and long Pepper, of each one quarter of an ounce, Amber one dzag. Muske halfe a dzagme; then temper them, and pounce them all together very small: it is very forcible for all debility of the head, and of the whole body, if prouoketh naturall heate, it is also very good for all them that be vexed with cold humors, and in like manner for the ioynts, and against the swambling of the stomack that can keepe no meate or food, it causeth appetite and strengtheneth the heart. For what this powder or this Confection may be further vsed, that is here and there to be found throughout the whole booke.

Species de Aniso, of Annis. §. 2.

These Species be very troublesome to be made, and they be not very much vsed. For what they be further good, looke into the Table vnder the name of Annis.

Species de Anthus, of Rosemary. §. 3.

Of the flowers of Rosemary take halfe an ounce, Violets, Roses, and Licorice, of each thre dzagmes, Cloues, Indie Spica, Nutmegs, Galingall, Cinnamome, Ginger, Seduarie, Mace, *Lignum Aloes*, Cardamome, Annis and Dill seede, of each two scruples, temper them all together. If you will haue Tabulats of it, then take eight ounces of Sugar, and make them vp. These Species and Loosings be especiall good for all melancholick and feeble persons, it maketh merrie, it strengtheneth the stomacke, and is very mate for many moe other things, like as the Table vnder the name of Rosemary doth specifie.

Species aromaticum Rosarum. §. 4. *vide p. 325*

These Species are vsed for the debility of the stomacke, and is described in the third Part, the eleuenth chapter, and first §. You shall further finde their virtues in the Register of Roses.

Species de Calamintha, of field Mints. §. 5.

Before is declared in the tenth Chapter, and first §. how that thre kindes of mixtures bee described by the Phisitions, which be all made of Mints, but by reason their Species bee much

much more vsuall than their Confection : therefore wee will heere notifie them, like as *Mesua* describeth them. Take field Mints, Marierom, the seeds of Siluermountaine, and of Parsley of Macedony, of each three dragmes, Ginger one dragme and a halfe, the seeds of Smal- lage and sprigs of Thyme, of each one dragme, Louage seed three dragmes, Pepper three quat- ters of an ounce, then temper them together : These Species bee very good against all cold sto- mackes, lost appetite, those which be bered with wind, and against shortnesse of breath, and also for other causes moe, like as the Table maketh mention vnder the name of Mints.

Species de Capparis, of Caper roots. §. 6.

These Species are vled very seldome, but the loosings thereof be onely once in this booke ordained, viz, against the Spleene.

Species de Caryophyllis, of Cloues. §. 7.

These Species be also called at the Apothecaries *Aromaticum Caryophyllatum*, and be made of many sundry things, they doe strengthen the heart and the stomacke, they expell the wambling and parbaking, and doe separate all tough sliminesse of the stomacke, they do warme all nourishing parts, and also expell all windes : looke further in the Table vnder the name of Cloues.

Species de Cinnamomo, of Cinnamom. §. 8.

In the third Part, the eleuenth Chapter and fift §. be these Species described after two waies, and also their vertue thereby declared. For what they be further good, looke in the Table vnder the name of Cinnamom.

Species Cordiales, for the heart. §. 9.

Of these Species be sundry prepared, like as *De Gemmis*, and *Diamargariton*, and others moe, which be altogether made for the heart. There be also a certaine sort of these Species in the second Part, the first Chapter and eighth §. described.

Species Diacostu, of Costus rootes. §. 10.

These Species bee very seldome prepared, for that there come certaine doubtfull things into it. But they be good for all inward paine, and for the beginning of the Dropsie : but they be not more than once ordained in this booke, against a diseased Liuer.

Species de Croco or *Crocoma*, of Saffron. §. 11.

These Species bee commonly called with a wrong name, *Diachurma* : They be (because of certaine things which be put into them) very troublesome to be made, and be also not much vled. Their vertue is to correct all lingering sicknesses of the Spleene and the Liuer, as when a body is inclined to the Dropsie : they bee very good against all slimy cold humors of the stomacke, they doe cause winde to auoide, and also all paines of the Kidneyes, and of the bladder ; but especially they expell water. Looke further for it in the Register, vnder the name of Saffron.

Species de Cymino, of Comin. §. 12.

Take Comin seede one ounce and one scruple, let them steape in Vineger the space of 24. houres, and dry againe ; Cinnamome and Cloues, of each two drag. and a halfe, Pepper and Ginger, of each one quarter of an ounce and five graines, Galingal, Sauery, & field Mints,

of each halfe a scruple, the seede of *Ameos* and of *Louage*, of each one dragme, and eightēne greines, long Pepper one dragme, *Indy Spica*, *Cardamome*, and *Putmegs*, of each two scruples and a halfe, make a powder of it. This powder is good for the diseases of the sinewes, for a heauy bzeath, for the Cough, for the Stomacke, and it openeth all obstructions: but it is most vsed in losinges, like as the Table teacheth the same vnder the name of *Comin*.

Species de Tragacantha, of Dragagant. §. 13.

There be also two kindes made thereof, to wit, cold and hot species of Dragagant: the hot you may finde in the first part the fouretēth Chapter and 4. §. and the cold be also described there, and there be declared their properties, and vses, like as you may see in the Table vnder the name of Dragagant.

Species Ducis. §. 14.

These be tempered together of many kinds of things: they bee very good for a cold windie Stomacke, and for all inward cold parts. Item, for all cramping and paine of the vppermost bowels, and also for the Stone.

Species de Galanga, of Galingall. §. 15.

This species and Confections are also made euery where and vsed: Take Galingall, and *Lignum Aloes*, of each seuen dragmes, Cloues, *Race*, and *Louage* seede, of each one quarter of an ounce, Ginger, long and white Pepper, *Calmus*, and *Cinnamome*, of each one dragme and a halfe, garden Mints, *Cardamome*, *Indy Spica*, the seede of *Smallage*, of *Fennell*, *Annis*, and *Comin*, of each one dragme, poune them very smal vnto a powder. This powder is especiall good for all wind, for all belchings of the Stomacke, it helpeth much for the digestion of the Stomacke, it warmeth the Liuer and also the Stomacke. For what this, as well in powder, as also in losinges is vsed, that is to be found in the Table vnder the name of Galingall.

Species de Gemmis, of pretious stones. §. 16.

Before in the cordiall Species is admonished, that these may be called cordiall species, whereof we haue written downe fīue kinds, viz. in the second part of this booke, the sixth Chapter and 9. §. And for what the same is vsed in Physicke, that is declared in the Table vnder the name of pretious stones.

Species Hieræ simplicis. §. 18.

These Species be made like as in the third part the eleuenth Chapter and 20. §. is shewed: And for what they be further good, is sufficiently taught and declared throughout all this Booke.

Species de Treos, of Yreas. §. 18.

These species be described in the first part, the fouretēth Chapter and 2. §. their power and operation is to be found in the Register vnder the name of *Treas*.

Species Iustini. §. 19.

As much as the description of this species is very long, we will omit here to describe the same, as also for that they are not much vsed. These species and the losinges which be made thereof, be very good against all paine of the Kidneyes, they bzeake the stone, expell grauell, and open the passage of vyne. For what they may be yet further vsed, that is taught sufficiently here and there, where is discoursed especially of the paine of the bowels, and of the grauell.

Species de Lacca. §. 20.

These Species be made of many kind of things, but yet very seldome used: they be good against all obstructions, and against all swellings, they doe mollifie the hardnes of the Kidneyes and the Lyuer, they expell all causes of dropsies, they moue womens termes, and be good for all old yellow Jaundise, like as the Table doth shew at large vnder the name of *Lacca*.

Species Latificantes, and Latitia Galeni. 22.

Both of these Species haue the names, to make merry. The first is described in the first part the twelfth Chapter, and 8. §. But we doe not describe the other, because that both of them haue the same vertue. They both do strengthen the inward parts, they refresh the vitall spirits, they do help naturall heate, they expell all bad cogitations, they make a good colour, they ease the digestion of the stomacke, they make merry, and they stay gray haire, like as is admonished in moe other places.

Species Liberantes. §. 22.

These Species are used in the time of the Plague, like as the same are described in the first part, the fifteenth Chapter, and 12. §.

Species Lithontribon. §. 23.

These Species be expressly ordained for the Stone and the grauell, wherein there be indeed fiftie kinds of things mixed together, as the Table doth shew.

Species de Margaritis, of Pearles. §. 24.

There are two kinds of these species, to wit, cold and hot, the hot species are described in the first part the twelfth Chapter and 12. §. the cold sort which are most used are made in this manner: Take the peeled seeds of Pompeons, Gourds, Citruls, and Cucumbers, Purslaine seede, white Poppie seede, white, yellow, and red Sanders, Ginger, Roses, Burrage flowers, water Lillie flowers, and Mirtle seed, of each one dragma; make them all to powder: this powder comforteth all feebled bodies that are readie still to swoone, whether the cause of swooning be in the hart, or in the stomacke. It strengtheneth all inward parts, it is also good against the cough, against the consumption, for those that by long sicknesses are greatly weakened. But regard must bee had to hot and cold diseases, as this also severally is noted vnder the name of Pearles in the Table.

Species de Mentha, of Mints. §. 25.

These Species are prepared at the Apothecaries, but they are seldome used; and you may see their virtues in the name of Mints.

Species de Moschu, of Muske. §. 26.

These species are described after two waies, to wit, vnder the name of swete, and of bitter species of Muske, and because their composition is not a little troublesome, we haue here omitted to recite them. They are good for the panting of the heart, against all bad dreames, against the tumours of the ioynts, against a cold braine, against giddinesse, falling sicknes, and against the shortnesse of breath. The bitter species are much stronger than the swete, and that especially for the moisture and corruption of the stomacke, &c.

Species Nere. §. 27.

These species are for the most part mixed with other compositions, and made as followeth: Take Amber one ounce, *Lignum Aloes* three dragmes, Huske halfe a scruple, Campher five graines, mixe and beate them all together.

Species de Olibano, of Frankinsence. §. 28.

These species (by reason of the *Opium* and Venbane seede which bee put into it) are seldome vsed inwardly, and therefore made but seldome. Whether they be made in powder or in a confection, yet be they alwaies good for all paine of the head, they stay all rheumes, they be good against the Cough, and spetting of blood, and they do also expell all wambling of the stomacke, they be also good for all those that haue any impediment in the Lights, and them that haue the Plentie and spet matter, they stay the effluxion of naturall seede, and *Satyriasis*, besides that also womens Termes, if they runne too much, for which in this booke they bee commended to be vsed: further looke into the Table vnder the title of Frankinsence.

Species de Papauere, of Poppie seede. §. 29.

Take the iuyce of Licozice, Dragagant, and Gum, of each five dragmes, white Poppie seede, and sugar Pennets, of each ten dragmes, peeled Almonds five dragmes, Starth, Quince kernels, and Pursaine seede, of each two dragmes and a halfe, peeled Gourds seede, the seedes of Pompeons, Cucumbers, and Lettice, and of Ballowes, of each one dragme and a halfe, shred them, and stamp them very small: of this may commonly bee made a confection with Sugar, like as they are also in the Table vnder the name of loofings to be found.

Species de Penidio, of Sugar Pennets. §. 30.

These Species be also described in the second part, the fift Chapter, and 6. §. and also there with declared for what the same is wont to be vsed.

Species Paonia, of Piony. §. 31.

These Species be very seldome vsed, and that but once in this whole booke.

Species Diaphæniconis, of Dates. §. 32.

This mixture and her operation is described in the third part, the eleuenth Chapter, and 5. §. For what the same is now to be vsed, that is to be seene in the Table vnder the name of Dates.

Species Philanthropon. §. 33.

This is a very great composition, so that there come indæde some fifty things into it. It is seldome made, and is vsed in this booke but once, viz. in the obstruction of the kidneyes.

Species Pliris Arcoticon. §. 34.

If these kinds of Species there are put many kinds of things: they be very good against all melancholicke and pensive people, against weake stomacks, and also against all swoonings which procede of any debility of the heart, they quicken the vnderstanding and the memorie, they be also very good for all them which haue the falling sicknesse, and a short breath, and also for other things moe.

Species de Prassio, of Horehound. §. 35.

This is also one of the very greatest compounds, for that it is made of some lxx. things. It is made in manner of a Confection, and also in forme of loofings. It is good against all dazeling

dazeling and darknesse of the Eyes, it clenseth the thzoate, and all parts adiacent, it dryeth the moysture of the *Vuula* in the thzoate, it asswageth the toothach, and it is especiall good for the heauy bzeath, and for all that which causeth the same, it expelleth the paine of the Luer, and strengtheneth the same, it strengtheneth the Stomacke and the Milt, it expelleth all paine and also all winde of the bowels, it clenseth the Kidneyes and passages of vaine from all grauel, and when the same is often vsed, then doth it make a good colour, it furthereth womens Termes, and also is good against the Tertian & Quartain agues. In fine, all they which often vse these Losinges or Confections, they are freed and defended from many kinds of sicknesses, but because of their vnpleasantnesse, they be seldome vsed, as in the Register you may see vnder the title of Hozehound.

Species Diarrhodon Abbatis, of Roses.. §. 36.

Albeit that this composition be made of many things, yet it is neuerthelesse oftentimes vsed, wherefore we will here describe the same: Take red and white Saunders, of each two dragmes and a halfe, Dragagant, Gum, and burnt Quozie, of each two scruples, *Asarabacca*, Masticke, Indy Spica, Cardamome, the iuyce of Licozice, Saffron, *Lignum Aloes*, Cloues, *Gallia Muscata*, Annis, Fennell, Cinnamome, Rubarbe, Basill, Barberries, the seedes of small Endiue, of Purflaine, peeled Melon seede, Gourd seede, the seedes of Cucumbers, of Pompeons, and of white Poppie seed, of each one scruple, Pearles and bones of the Stagges hart, of each halfe a scruple, Sugarcandy and Roses, of each one ounce and thre dragmes, Campher seven ounces, *Muscus* thre graines and a halfe, poune each apart, and then temper them all together. These species be especiall good for all hot Stomackes, for the heate of the Liuer, the Milt, of the Lights, and for all paine of the intrailles, and of the whole body. For what these species or their confection be meete, looke for that in the Register, vnder the name of Roses.

Species Electuarij de succo Rosarum, of Roses. §. 37.

These Species be before in the tenth Chapter, described amongst the Confections: out of which Species there bee purging losings wont to be made. In the Register shall you also finde (vnder the name of Roses) for what the same are to be vsed.

Species Rosata Nouella. §. 38.

These kinds of Species be very seldome prepared; they be especially meete for all hate and dry Stomackes, Harts, Lights, and Liuers. They do quench thirst, stay vomiting, they fortifie the Stomacke, they draw the resolu'd inward parts together, and they be very necessary for al that haue any panting or beating of the hart, they do withstand sweate, and strengthen them also which be recouered from a long lingering sicknesse.

Species de Seminibus, §. 39.

These bee also very seldome vsed, and bee made of these seedes following, viz. of Annis, Fennell, Caraway, Comin, Parsley seede, *Ameos*, seede of Smalage, *Amomum*, of each a like quantity: let all these keepe together in Vineger, and dry againe, and afterwards be pouned to powder. They are vsed in all cold paines of the Kidneyes, in the grauell, and it mooueth also vaine.

Species Triasantalum, of Saunders. §. 40.

Take red, white, and yellow Saunders, Rose sugar, and Sugar, of each thre dragmes, Rubarb, burnt Quozie, and the iuyce of Licozice, of each one quarter of an ounce, and xv. graines, Dragagant, Starch, Gum, peeled Melon seede, Pompeon seed, seeds of Gourds, of Cucumbers, and of smal Endiue, of each one dragme and a halfe, Camfer one scruple, temper them all together pouned very small. This is especiall good against all heate of the Luer, & of the Stomacke; it is also good against giddines, and the yellow Saunders.

Species Trion-Pipereon, of Pepper. §. 41.

TAke long, white, and blacke Pepper, of each five dragmes, Ginger, Thyme, and Annis, of each one quarter of an ounce, Indie Spica, Ameos, Ammoniacum, (or in stead thereof, Cucubes, or Calinus) Cinnamom, one dragme, Cassie wood, the seeds of Smallage, of Silver mountaine, Asarabacca, and Elecampane rootes, of each halfe a dragme, make a powder thereof. This is very good against all cold stomackes, against all belchings, against the quartaine ague, against all diseases of the liuer, and also against the cough.

Species dia Turbith, of Turbith. §. 42.

These species be described after two waies, to wit, as they be ordained in the third part, the eleuenth chap. and 20. § against the obstruction of the body.

Species de Xyloaloe, §. 43.

Now for as much as these species be very common, therefore we will not pretermitt to describe them here: Take *Lignum Aloes*, and Roses, of each one ounce, Cloues, Indie Spica, Mace, *Gallia Moscata*, Cucubes, Cardamome, Greines, Masticke, Cinnamome, Cipers rootes, Squinant, red and white Behen, Spiknard, red Silke, Pearles, red Corall, Amber, Citron leaues, *Basilicum*, Mints, Garden Mints, Marierom, long Pepper, and Ginger, of each halfe an ounce, Muske one scruple, Amber one dragme and a halfe; poune it small, and then temper them together. These species be good against all infirmities of the stomacke, of the hart, of the liuer, and also against all other inward diseases which be caused of cold. Item, for all swoonings, for the bad digestion, and for a stinking breath; they do also make merry, as you shall finde described in the Table vnder the name of *Lignum Aloes*.

To make strong water. §. 44.

For a conclusion of this former Chapter, we will adde vnto it this strong water: Take Alum, and Coperas of each one pound, Saltpeter halfe a pound; put them all together pouned small into a body, and then distill it in sand. Make first a mild fire, and so a little stronger and stronger: and when the fume in the glasse receiuer beginneth to be red, then giue it a stronger fire; and when the rednesse beginneth to be done, then draw out the fire and let it be cold, then keepe it stopt very close. Although not onely the Chirurgians, but also the Goldsmithes, and other moe doe vse this water: yet it is neuerthelesse very good against the paine of the teeth, but it must be wisely taken in hand, or else the Quicksiluer must be wholly omitted whereof the powder precipitate is made, and also is calcined with it.

Species Berchtoldi. §. 45.

The occasion wherefore we haue not adioined this Species with other, is therefore, for that these Species are onely vsed in the kitchen and for fish: the same is tempered with some good Wine; they be not onely pleasant, but also very healthy. And to alaye the moistnesse of the fish: Take Ginger halfe an ounce, long Pepper one quarter of an ounce, Cinnamom three quarters of an ounce, Greines one dragme and a halfe, Galingall one dragme, Saffron halfe a dragme, Sugar ten ounces; poune them all small, and then temper them together. Another: Take Cinnamome, halfe an ounce, Ginger three dragmes, Greines halfe a dragme, Cloues, Galingall, and Cardamome, of each one scruple, Saffron halfe a dragme, Sugar two ounces; poune them all together and make it moist with Wine: afterwards temper it in a mortar, and let it drie in a warme place, then bruse it at last to powder againe.

The 16. Chapter.

In this Chapter be certaine Potions described, as also certaine powders for meate, and Trociskes, which here and there be ordained in this present Practise of Phisicke: wherefore we will first begin with the Potions.

Decoctiones Aperitiua, Potions that do deobstruct. §.1.

There be some of these described in the third Part the eleventh Chapter, and twentieth §. viz. called the common, and with Rubarbe, which be very necessary for to keepe an open body: notwithstanding that one may vse the same commonly, for to mixe other Confections with it.

Decoctio Epithymi, of Dodder. §.2.

This Potion is prepared as it is described in the first Part, the twelfth Chapter, and eighth §. viz. in three kindes of wayes. Her operation may you reade in the Register vnder the name of Dodder.

Decoctio fructuum, A Potion of certaine fruits. §.3.

This Potion is described in the third Part, the third Chapter, and fift §. where we do speake and discourse of the Rupture.

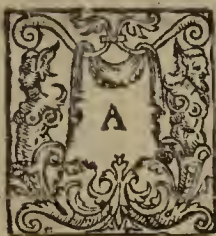
Decoctio pectoralis, The pectorall Potion. §.4.

This Potion is very good for all them which haue a short breath, for the Cough, and for the rheume, whereof there be two discovered in the second Part, the 2. chapter, and 2. §. and in the second Part, the 5. chapter, and 5. §. For what the same is further vled, is to be found in the Register, vnder the name of the pectorall potion.

Decoctio & infusio Senae, A potion of Sene leaues. §.5.

This Potion is described in the third Part, the eleventh chapter, and 20. §. where it is ordained for the obstruction of the belly, as the Register doth witnesse the same, vnder the name of Sene leaues.

A water of Mans blood. §.6.

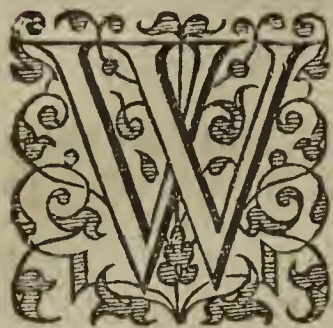


After the discourse of these foresaid potions, I cannot pretermitt to adioyne with this a new inuention, whereof some Princes haue very great estimation, and haue also vled otherwhiles for to remaine thereby in their force, and to liue long (as they thought:) which was this, viz. that one should chuse a young strong man, which was as yet in his flourishing youth, like as of 25. yeres, which was somewhat cholericke by nature: the same is to be fed the space of one moneth, and be well dieted with light and healthy meates, also with all kinds of spices, and with good strong wine, who also is to be kept with mirth: this being so done, then are both his veines to be opened in his armes, and so much blood to be let out as he may tolerate and abide, and vnto fire pound of blood mixe one handfull of salt: then put these together in a glasse bodie, stopp well and tight, and set it a whole moneth in horse dung, yet every eight dayes in fresh horse dung: afterwards distill this blood in ashes, when the water is distilled out of it, then powze it againe in the body, by all that which remained therein, to the end it may be soft againe, and in this manner distill it seven times together. Other be of opinion, that as often as it is distilled, that then it is to be set againe in horse dung. Some suppose that it ought to be but three

times distilled, and that at the most: put the drie feces into a Retorte, and distill it with moderate fire, and then will it yeld a stinking oyle. Afterwards powze oftentimes water vnto it, and distill this oyle as many times with the water, vntill it loose her sauour or stench. This water is to be giuen in thre or foure times a yere, each time one ounce: but not aboue thre or foure drops of the oyle. Each one may beleue this as far as he will.

Concerning all other drinckes, as Beere, Claret wine, Aromaticall wines, Barley water, Iuleps, Almond milke, Meade, and such like: of them we haue witten elsewhere. In the end of this booke we will admonish and discourse of moe other herbed wines.

The second part of this Chapter, of certaine powders for Meate.



We will not here admonish of any powders, which be seruiceable & make for any sicknesses: but we will only speake of them that are vled for pleasure, and for to warme the stomacke, or that may be strowed vpon wine sops, as this ensuing: Take elected Cinnamome one ounce and a halfe, Ginger thre ounces, Greines and Pepper, of each one dragme and a halfe, Putmegs, Cloues, and Pace, of each thre drag. powrie all verie small together, Sugar as much as you please, and according as that you desire to haue it strong. Item, take Cinnamom one quarter of an ounce, Putmegs one drag. Pace, Greines, and Cloues, of each halfe a drag. Sugar as much as you please: Or take Cinnamome one quarter of an ounce, Putmegs one drag. Pace and Greines, of each halfe a drag. prepared Coziander and red Roses, of each two scrup. Sugar as much as you please, but not too much. These powders be very good, vled as well at meales, as afterwards. Another, take blacke, white, and long Pepper, of each halfe a drag. Thyme, Annis, and Ginger of each five greines, Sugar five ounces, then temper them altogether. This is speciall good for all cold stomacks.

The third part of this Chapter.



Trociscus is a Greeke name, and is as much to say as a round thine, or round Cake, like as these *Trocisci* be made: but the Apothecaries doe commonly make them now adayes foure square, and about the waight of one dragme, which is of small importance. These *Trociskes* be made diuersly, of which be many mentioned in this our booke: whereof we will onely describe the name and force of them that be too troublesome to make, to the end the same may be asked for at the Apothecaries, when there is vse for them.

Trocisci de Absinthio, of Wormewood. §. 1.

These be ordained onely against the obstruction of the Liuer, and be described in the third Part, the twelfth chapter and 4. §.

Trocisci Adulphi. §. 2.

These doe take their name of the Sulphure, like as you may finde witten in the second Part, the fift chapter, and fiftenth §.

Trocisci de Agarico, of Agaricke. §. 2.

These *Trociskes* are found prepared at the Apothecaries, to the end that the bad qualitie of the Agaricke may be taken away thereby. The manner to prepare them is described in the introduction. Their vse shall you finde in the Table vnder the name Agaricke.

Trocisci

Trocisci Alhandel, of Coloquint. §.4.

The preparation of these Trociskes, is also described in the Introduction of this booke, for to strengthen other purgations with it, like as stands admonished in the Register, vnder the name of Coloquint.

Trocisci Alkakengi, of winter Cherries. §.5.

These be also troublesome to be made, they be good for all diseases of the Reines, and the bladder, and for *Dysuria*. Looke further in the Register vnder the name of winter Cherries.

Trocisci de Berberis, of Barberries. §.6.

Of the iuice of Barberries, take one quarter of an ounce, burnt Iuoy, *Lignum Aloes*, Sozrell seede, Masticke, *Gallia Muscata*, and Indy Spica, of each one ounce, Gum three dragmes, Roses five dragmes, and Rose water as much as is needefull for to temper them together. You shall find their vse vnder the name of Barberries.

Trocisci de Bolo Armeno. §.7.

These Trociskes be in no vse, but they are aduised to be vsed for a cold stomacke.

Trocisci de Camphora, of Camfere. §.8. vi. 109

For that these Trociskes be very much vsed, therefore we will describe the same: Take Roses halfe an ounce, burnt Iuoy and Licorice, of each one quarter of an ounce, pceled seedes of Melons, of Pompeons, of Gourds, and of Cucumbers, Dragagant, Saffron, Gum, and Indy Spica, of each one dragme, yellow Saunders two dragmes and a halfe, *Lignum Aloes*, Cardamome, Starch, and Camfere, of each two scruples, white Sugar and Manna, of each three dragmes: then fashion them with the Musilage of Fleawort, which is made with Rose water. These Trociskes be very good against all hot Agues, against all inflaming of the blood, and Cholera, against a bad stomacke, and bad liuer, and also against thirst, which is caused thereby, they be also good against the yellow Jaundies, against the Consumption, and against the dizzinesses of the head: like as you may further perceiue in the Register, vnder the name of Camfere.

Trocisci de Capparis, of Caper rootes. §.9.

These Trociskes be very seldome made: they be good against the hardened Pilt, like as you may further reade in the same place of the hardened Splene.

Trocisci de Carabe, of Amber. §.10.

Take a quarter of an ounce of yellow Amber, burnt Harts horne, parched Gum, burnt Cozrall, Dragagant, the iuice of Sloes, *Hypocistis*, blossomes of Pomegranates, Masticke, *Lacca*, & parched blacke Popie seede, of each two scruples, Frankinsence, Saffron, and *Opium*, of each halfe a dragme, then make thereof Trociskes with the slime of Fleawort. These Trociskes stop the blood, out of whatsoever place it should flowe: as womens termes, the Piles, and excessive making of water: it healeth also all inward exulceration, viz. of the Liuer, and of the Lights: looke further in the Table of Amber.

Trocisci de Chelidonia, of Chelidony. §.11.

These Trociskes are vsed alone in this booke, for fowle flesh in vlcers.

Trocisci

Trocisci de Corallis, of Corall. §. 12.

They be very troublesome to be made, and be very seldome used; they be onely good against the Piles.

Trocisci de Eupatorio, of Agrimony. §. 13.

Take the iuyce of Agrimony, and Manna, of each one ounce, Roses halfe an ounce, burnt Iuoze thre dragmes and a halfe, Indy Spica thre dragmes, Rubarbe, Asarabacca, and Annis, of each two dragmes and a halfe; poune them very small to powder, and temper them together with water of Cuscuta, then dry them in the shadow. These be especiall good for all obstructions of the liuer and of the spleene, and also for all agues which procede of it. Item, for the yellow Jaundise, and dropsie: looke in the register for Agrimony.

Trocisci de Lacca. §. 14.

They are very troublesome to bee prepared; they open the obstructions of the Lyuer and spleene, and cure the agues that are caused thereby; they doe also expell the dropsie Asciens by vrine, as hath bene shewed in the name Lacca.

Trocisci de Myrrha. §. 15.

Take Myrrha one dragme and a halfe, Lupins two dragmes and a halfe, Rue, white water Mint, Diptamus of Candy, Comin, Badder, Asa Foetida, Sagapenum, and Opopanacum, of each one dragme, then make thereof Trociskes with the iuyce of Fenefew. These Trociskes doe moue womens termes, and asswage all paine, which may be caused by their obstructions: such like Trociskes of Myrrh haue you described in the thirde Part, the 19. chapter, and 2. §. looke further in the Table of Myrrha. V. 470

Trocisci de Olibano, of Frankinsence. §. 16.

The description of these Trociskes you haue in the thirde Part, the 11. chap. and 12. §. looke further in the Table vnder the name of Frankinsence.

Trocisci de Rhabarbaro. §. 17.

Take good Rubarbe five drag. the iuyce of Agrimony, and bitter Almonds, of each one quarter of an ounce, Roses, Indy Spica, Annis, Badder, the seede of Smallage, Wormewood, and Asarabacca, of each halfe a dragme; then make Trocisks thereof with water of ffeatwozt. These open the obstructions of the liuer, they take away all paine and swelling of the same, they be good against the Dropsie, and the yellow Jaundise, and also against all dis temperance of the body, like as you may reade in the Register vnder the name of Rubarbe.

Trocisci Diarrhodon. §. 18.

These Trociskes doth Nicholam describe, and they be easily made: Take fresh Rose leaues halfe an ounce, burnt Iuoze, and red Saunders, of each one dragme and a halfe, and seven graines, white Saunders one dragme and twelue graines, Saffron two scruples and seven graines, Camfer two graines; make Trociskes of them with Rose water. They be very little used, like as is admonished in the Table of Roses.

Trocisci de Rosis, of Roses. §. 19. 114

But *Rosis* these bee described in this manner following: Take Roses halfe an ounce, Lignum Aloes one quarter of an ounce, Bastick one dragme and a halfe, Wormewood, Cinnamon, Indy

Andy Spica, Cassie wood, Squinant flowres, of each one dragme; fashion them with old Wine: They be verie good against all paine and bad digestion of the stomacke, against all cold agues; and the beginning of the droppe; but especially they bee very good for all them which lose their naturall colour: looke further for this in the Table of Roses.

Trocisci de Santalis, of Saunders. §.20.

These be not made but when the same bee prescribed of purpose; they be very good against the diseases of the liuer, and against the droppe, like as our table of Saunders doth shew.

Trocisci de Spica. §.21

These Trocisks be not used, and there is mention made but once of them in this Booke, and that onely against the pursuenes of the breast.

Trocisci de Spodio, of Iuorie. §.22.

These be prepared as they are described in the third Part, the eleuenth chapter, and fourteenth §. and ordained for the laske *Lienteria*; for what they be further necessarie, that doth the Register make mention of Iuorie.

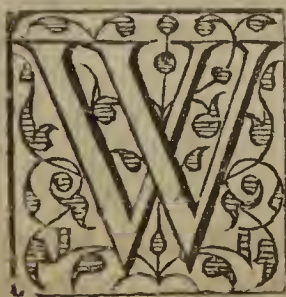
Trocisci de Terra sigillata, §.23.

Of more than twentie things be these Trocisks made, wherefore we do leaue them to the Apothecaries. They be very much used, for that they be forcible against spetting of blood, if the same be giuen with the water of Knotgrasse: they be also good against the bleeding at the nose if the same be annointed on the forehead; and also for womens flowres if they passe away too excessive fast: likewise for the bleeding of the pyles, and for pissing of blood, if it be spouted into the yarde, like as the same is mentioned in the Register vnder the title of sealed Earth.

Trocisci de Violis, of Violets. §.24.

You must take Violet leaues which be somewhat withered, one ounce and a halfe, Turbith one ounce, the iuice of Licozice, *Manna*, and *Diagridion*, of each half an ounce; make Trocisks thereof with the sirupe of Violets. They are very seldome used alone, but sharpened with three greines, or with any other pills, if they be giuen to any bodie that is hard to be purged. They are made also without *Diagridio*, and they be also otherwhiles mixed with some other Trocisks: looke further for it in the Register in Violets.

For to make writing Inke. §.25.



We must not pretermitt the discription of this Inke (being a necessary matter.) It is also made in sundry manners; but this is the commonest manner for to make Inke: Take pouned Gall nuts one pound, Coperas halfe a pound, raine water five quarts; seeth them all together vntil y third part be waisted, then let it settle, afterwards straine it throu a cloth; put fowre ounces of Gum vnto it, and then stir it oftentimes about. Some do not boile it but let it stand and kepe, stirring it very often and well: but take for it no more but three quarts of water, and let the Gum be first dissolued in good wine Vineger vntill it be all dissolued, and then put the other substance vnto it, and thus it is also best of al, and doth remaine alwayes without moulding.

For to make common Vernish. §.26.

Vernish is made after sundry waies, and there are also sundry sorts of them, each for an especiall vse: the one is made thus. and the other so. But we will here describe onely and teach how that it shall be most fitly made, and for what it shall be requisite for each one.

one. First, take old Linsed oyle, and seeth it so long untill it be as thicke that if you do take a drop of it out, and let it be cold, when you presse vpon it with your finger it spinneeth two or three threads, or glueth to the finger. This oyle being now so sodden, put Rosin vnto it as much as shall suffice for to make the Vernish thicke enough: then let the Rosin decoct together with the oyle so long until it do stand wholly still. This Vernish is good for the Smithes, for the Trench-makers, for the Trunck-makers, and further for to Vernish all slight things.

Of Painters Vernish. §. 27.



Take olde Linsed oile and seeth the same as is also sayd; afterwards put amongst one pound of the oyle, halfe a pound of Masticke or somewhat more, and so let it seeth together a good while. This being done, then set it in the sunne, in a leaden Basen, and powre one part of water vpon it, and stirre it well together; then wil the oyle come vpon the top, and let it stand so clarifying in the sunne and ayre the space of two or three moneths. But it is to be noted that you must alwayes take good heede of the faire weather, and of the raine, and also of the night: for if so be that it did raine, then would your oyle run ouer, and so you leese the same: wherfore must you haue alwaies ready a boord or plancke for to couer the same oyle, as well from the raine, as from the night, vpon aduerture lest that it should raine at night, &c. You may make also a faire Vernish of the oyle alone, to wit, through the seething it away, and then let it clarifie as is before said.

For to make odoriferous Vernish. §. 28.



For to make this odoriferous Vernish you are to take a new earthen pot which is well leaded, and put into it one pound of oyle of Spike, and let the same be boyling hot: afterwards you are to take halfe a pound of Sandaraca, or somewhat more, and strow the same amongst it being beaten small, alwayes with a little at once, and stirring it well about; then set this Vernish to clarifie as is said before. This Vernish dyeth very hard and with a faire glosse: it hath an especiall good saour, and may be vsed for all things that you please.

The 17. Chapter.



In this Chapter do come no compositions, but onely those which be tempered with blew Violets and wall flowers, wherof we haue oftentimes written before, whereof each is to be found in the Register: as the Iulep of Violets, that you shall find in the third Part, the twelfth Chapter, and tenth §. The sirupe of Violets in the fifteenth Chapter, and 53 §. The Conserue before in the fourth Chapter. The oyle of Violets in the twelfth Chapter, 69 §. viz. in this eighth Part. The Vineger of Violets is made, like as the Vineger of Roses is wont to be made.

The 18. Chapter.

Of all kindes of VVines.

In this Chapter be all VVines contained, which be made with any kinde of Hearbs, and such like things, viz. all such as may be accounted amongst the Physicall remedies: and because they are commonly prepared with VVine or Must, therefore we will write first of them, and that in the briefest sort: for that to write of all kind of wines were a matter without end.

Of

Of Wine in generall. §.1.

It is most true, that this noble Plant is made of God for diuers necessities of mankind, notwithstanding that man doth daily abuse this noble gift of God so shamefully, and so in stead of doing good thereby, harmeth his body, and prouoketh sickness, wherefore we must discourse and treat somewhat of both these things.

In this do all learned agree, and daily experience doth teach vs, that Wine is so commodious and necessarie for mans life, and for his health, that there can no better drinke be deuised. Moreover, it withstandeth all poison, and is especiall good for all sozenesse of the Kidneyes, and for all paine of the Bladder. But especially soveraine Wine strengtheneth the stomacke: further, it doth prouoke digestion, it sustaineth naturall power, it strengtheneth all inward and outward parts, it keepeth a body with a good colour, it maketh fresh and healthy blood, it maketh the languishing merry, the dismayd couragious, it carrieth the well digested meate into the inward parts, it consumeth the slimy humors, it strengtheneth and dryeth the braines, it refresheth the heart, it sharpneth the wits and the vnderstanding, wherefore it is of the heathen endued with a godly name, and is called *Liber*, that is free. Further, it bringeth with it the pleasant sleepe, it prouoketh benery, and maketh women fruitfull. In fine, Wine hath so many vertues, that *Asclepiades* said, That the power of wine may well be compared with the Gods. *Esdras* doth write (which I cannot pretermitt) that Wine is stronger than men that drinke it, that it altereth the wits, that it maketh Kings, wise, poore, and rich men, it assureth and sharpneth the vnderstanding, it causeth all paine to be forgotten, it satisfyeth all concupisence, it careth neither for Kings, nor Princes, and it uttereth all that it listeth and pleaseeth. These be now the commodities and auailles which Wine can bring with it.

But what shall I say to the contrary of those things which it doth if it be superfluously vsed: but we haue ynough spoken thereof in the first part and eightene Chapter, where we discourse of the Plague; but we will procede with those things that are more fit for our purpose. We haue before admonished, that there can no more commodious nor healthier potion be found for mans nature than wine, and of all other are best the faire, cleane, light red, and they that haue colour like *Cæse fæte*. But for to haue a full and perfect instruction of wine, and for what Sicknes each wine is prescribed or forbidden, that is to bee seene in the table of the Wine. In like manner, there is also found here a perfect instruction of Must, of vine cuit, and of spirit of wine: also of vineger, and for what the same is good within and without, and for what it is also hurtfull. Lastly, we will describe sundry herbed wines, to wit, how that they be made, and also what operation they haue.

Of sundry names of Wine. §.2.

It is also very needfull, that one do know the nature of wine, for that some of them doe alter their nature, according as they be young, old, white, red, thicke, subtile, small or strong. The white wine is warme in the first degree: the very old wine in the third degree: but the wine of a yere old keepeth the middle meane. The thicke red wine maketh much blood, because it needeth no great alteration, but the thin, white, and soveraine wine, giueth little nourishment. The thicke and troubled wine obstructeth the belly, the Luyner, the Splæne, and the Kidneys, so that all they which vse the same too much, are wont to be troubled with the Dropsie and Grauell, and especially the old folkes. Out of this may each one choose such wines which be most meete for him.

Of Must. §.3.

The wine which we call Must, that is new wine, which is first prest out, and not long cellered, and hath not as yet wrought thoroughly, like as the same is knowne vnto all men: this Must hath his proper nature, but there is almost no Must which doth any good, but many that are hurtfull. But Must is commonly vsed when one will make any herbed wines.

Of

Of vine cuict, or decocted wine. §. 4.

The Physicians do call this wine *Sapam*, it is commonly decocted so long of Must and other strong wine, untill that of three quarts there remaine but one. This decocted wine is used in Physick very much inwardly and outwardly.

Of burnt wine. §. 5.

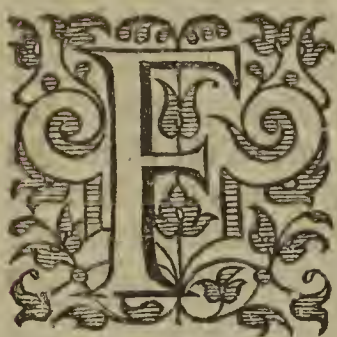
The burnt wyne is for the most part burnt of the drosse, or lase of wyne, which is not used so much for Physicke, as that which is distilled of cleare wyne, and is rectified two or three times ouer againe.

Of Vineger. §. 6.

That Vineger is made of sowze wyne, is apparant to euery body. It is also a maruellous worke of nature that it spoileth wyne, and altereth it out of his naturall course, & maketh some other thing thereof, which is a thing by it selfe: and used as well in Cokery as for Physick, which is no lesse pleasant than wine it selfe. For *Dioscorides*, and other mo learned ascribe to vineger many innumerable vertues, like as we find by dayly experience, therefore is also the red as well as the white vineger ordained in Physick for many kind of causes, as it is also in some diseases forbidden. The lase of the vineger is also otherwhiles mentioned in this booke.

The nineteenth Chapter.

Of Herbed wines and such like.



Hirst, we will teach here how this Wine is here to be prepared, the which is effected after sundry manners, and as liketh each one best. The common manner is, that the herbs are to be gathered betwene the middle of August, and middle of September: but the fittest time is when they beare their flowres. These herbes are to be dyed in the shadow, or at least in a luke warme Chamber where it doth not dust, untill you will vse the same. If now you will make any Herbed wyne, then take a small vessell as big as you will, and put therein Bechen or hasell chips into it, strow vpon it a good deale of dyed herbes, without wringing, and afterwards one part of chips againe and herbes: do this so long untill that all the whole vessell be full, and afterwards fill it with Must. If so be that it be strong, then may you drinke of it the sooner, and fill it full againe. But to procure further aduise thereof, therefore we will adde vnto this how to make other sorts of herbed wines. If one will keepe these wines swete, then is one part of the Must to be decocted away with a light fire, and that according as the Must is strong, or thin. Other doe prepare the herbed wines by a certaine distillation with such hearbes as they will themselves, so that they keepe their smell, power, and vertue, that if so be that one put but two or three drops of it into a quart of wine, that then all the wine will taste of it, so that thereby many expences, labor and trauell is spared. But because that such experiments be not knowne vnto all men, therefore may they vse these things following: Take such herbes as you will, whether they be flowres or rootes, which be very dry, powne them, and powze vpon them good burnt wine: afterwards stop it tight, and let it stand so askepe the space of certaine dayes; afterwards straine them out thorow a cloth, and then prelerue it in a glasse. When as then you will haue such wine, then powze thereof whether it be much or little into it; and if so be that you haue no burnt wine, then take good old strong wine in stead thereof. But excepting the boyling or distilling of it, the wine it selfe is of that nature, that very shortly it draweth to it the power, smatch, sauour, and vertue of those things which are infused therein. Some suppose, that one must cast into the vessell only the herbes, rootes, seeds, floures, or any thing else that one will, and to powze new Must vpon it, whether it be much or little, according to that the wine or any thing that is in

in it be strong or weake. Other doe cast the rootes, hearbs, and other things in it when the wine is a yeare old. Some do take the hearbs or roots &c. greene: some dry. Some do shred the hearbs: some do stamp them to powder, and so hang them in a bag. Each may take out of this which li- keth him best. Let this suffice for the making of wines.

Wine of Elecampane rootes. §. 1.

This Wine is prepared after diuers sorts, but the best manner is which also needeth not much trouble, as hereafter followeth: Take Must first troden out of the Grapes, and let it seeth without any smoke about it euen to the halfe if that you desire to haue it swete.

In this you are to seeth Elecampane rootes which bee digged vp in the spring time, and cut into slices, and dyed on a thred. Seeth them so long in it vntil they haue lost all their bitter taste: and if one will often vse this wine, then are the rootes so much the oftener to be sod with new wine, that the wine may abide by his power, and the vessell is alwaies to bee filled vp a- gaine with wine. This is a very profitable potion for the head and the braines; inlike manner also for to warme and strengthen the sinewes if the same be vexed with rheumes. This wine is also good against all cold diseases of the lights and of the breast, it clenseth the same, it strengthe- neth all bad digestiue stomacks, it refresheth naturall warmth, it warmeth the sinewes; it ope- neth the passages of vrine, it is good against all winds, it strengtheneth the Matrix, and it clen- seth the same of all cold phlegmaticke moisture, and it prouoketh also the termes.

Eyebright wine. §. 2.

This wine is made of the hearbe, as we haue taught before, his vertues are described in the first part, the seventh Chapter, and 20. §. and in other places more.

Wine of whole Grapes. §. 3.

If one will make this wine as it ought to bee, then take whole red or white Grapes taken from the stalkes and well clenfed, and put them into a vessell with chips (as we haue taught before) fill the white with white Must, or with Ferne wine, and the red with red wine. Some do boyle it in Must, and that according to each ones pleasure, as also some there be which put no chips vnto it, but they do put Sage leaues vnto it, and let them lye a certaine time in it. There be spices also wont to be hanged therein, so that the wine may get thereby not onely a pleasant, but also a strong and good taste.

These wines are first of all very commodious for all hosts and householders, so that all that which remaineth of other wines, and is not drunken, may be powred vnto it. Such Wines be very acceptable, but if one do drinke too much thereof, then do they hurt the head, for they do di- semper the braines, and that chiefly in the evening after supper, so that they be much subtiler, and more ascending than other wines: they make a body quickly very sleepe, they prouoke vo- miting against evening, but in the morning they make merry: and amongst all other there be none that hurt the braines more than this, wherefore they are both drunken more for lust and pleasure than for commodity of health.

Wine of Auence. §. 4.

These odoriferous rootes do the Apothecaries and Phisitions call *Garyophyllata*, the same is to be digged vp in the spring time, but chiefly in March, in which time the rootes be most forcible: let these rootes dry well, and when they be cleansed, then hang them afterwards in the wine, it will get thereby a very pleasant saour and taste, which refresheth the hart and strengtheneth it: openeth the obstruction of the liuer, warmeth the cold and moist braines, dryeth and strengtheneth the cold stony stomacke, it allwageth also all paine of the Matrix.

Betonic Wine. §. 5.

This Wine is made of browne Betonie, as all other hearbed Wines bee: it is especiall good against all belching and wambling of the stomacke, it withstandeth the overflowing of the gall, it is many times approued in a cold Matrix, and against all suffocation of the same.

it strengtheneth al inward parts, it warmeth and healeth also the same, it openeth the obstructions, it consumeth all cold humors, it expelleth all venemous matter by the urine & by the stoles, and in like manner also the yellow Jaundise: and if the same be oftentimes used, then it is very requisite against the falling sicknesse, against the *Sciatica*, against the sicknesse of the lights, and against the Consumption: It is also very necessary against the cough, against short breath, and it expelleth also all agues which doe come out of a soule stomacke. The same power haue the red Gilloflowers, like as the same be also a kind of Betony, whereof hereafter we shall speake further. This wines vse and operation you shall finde described in other places moe.

Burrage Wine. §. 6.

We haue admonished befoze of the description of the Conserue and Sirupe of Burrage, how there is a small difference betwene this herbe and the Buglosse, wherefoze also both these hearbs may be taken for this wine, like as we haue taught befoze, or the iuyce of the same may also well be used with this wine, which wine doth driue away all poyson from the heart, it cleanseth the blood, it maketh merry, it refresheth the vitall spirit, it driueth away pensiuenesse and all bad thoughts, it is also very necessary for all them which doe fall easily into any swooning, and is of a full temperate nature, &c.

Wine of Asarabacca. §. 7.

This Wine and other moe be prepared against the grauell, like as in the third part, the 17. Chapter, and 4. §. is described, and you shall further finde in other places moe for what it is more commodious.

Wine of Framboyes. §. 8.

This wine is made like as the wine of the whole Grapes is made, it hath the nature of the same berries, it is much commended in the Plague and Squinancy, but if one put none other wine vnto it, then is it not very pleasant, wherefoze it is not commaunded to be vied in any other places of this booke.

Wine of Harts tongue. §. 9.

There be two kindes of Harts tongues, viz. the *Ceterach*, which is the right Harts tongue, and the long Harts tongue, which is hairy about the stalkes, they may be taken both together, and to make this wine as all other wines: it is not very pleasant of taste, but it is of great force, for that it openeth and strengtheneth the Splene, it is good against all poyson of Snakes, and being drunke warme, it asswageth all crampes and scowring of the belly, it taketh away the yellow Jaundise, and also obstructions of the Liuer: it is also very good for all them which be vexed with the stone and with the grauell: it is also good against all melancholy, and expelleth the quartaine Ague, it consumeth all clotted blood which is caused in the breast through fals, it openeth also the conduits of urine, and healeth all diseases of the same. For what this wine is further mate, that is to be found described in other places of this booke.

Wine of Hyssope. §. 10.

This hearb is hot and dry by nature, which vertue the wine also hath, wherefoze it is good for all old persons, for it warmeth all inward parts, it asswageth the cold and moist cough: it is also good against the falling sicknesse, for when the same is used often and long, then doth it take away the same, and that especially in yong folkes. It is also good for the breast and the lights, for it warmeth the same, and consumeth all tough slimy matter, and also all agues which may spring out of the same: it openeth the pipes of the lights, and it maketh a cleere voice, for it cleanseth the breast, and healeth all anguishes of the same: it taketh away the shortnesse of breath, and is especiall good against the Dropsie, like as is admonished and described in moe other places of this booke.

Winter Cherry wine. §. 11.

This wine is also made like as the wine of whole Grapes, it is very much vsed against the stone, the grauell, and is also especiall good for all them which can hardly make water.

Cherry wine. §. 12.

Vpon the Riuer of Rhene, and euery where else, all wines which be made of red or blacke Cherries, are called Cherrie wines, and they make the same as heereafter followeth. Plucke the Cherries from the stalkes, and poune them in a stone moyster with stones and all, and then poure red or white wine vpon it: but this wine will be very small, wherefore it is prepared after another maner with whole Cherries as followeth: Lay in a vessell of beechen or hasell chips as many as you please, and then one part of Cherries vpon it, and so further vntill it be full, like as we haue said and taught of the wine of Grapes; fill then the vessell full of wine, and so let it lie thre or foure daies, then shall it be sufficiently coloured. This wine is of a good tempered nature, is very requisite in sommer time in great heat for to asswage therewith thirst, and to moisten the inward parts. It openeth also the liuer, it expelleth bryne, especially if the kernels with the stones be broken in it, for these kernels expell the grauell. Some do hang spices therein, which cannot be good, because his nature is altered thereby. Looke into the Table of the Cherries.

Lauender wine. §. 13.

There is but little made at once thereof in a small vessell, whereof may not be drunken long. There is a long bag hanged in it with Lauender flowers, and interbastated or quilted, to the end that not all the flowers fall in a heape. This wine is especiall good for a cold head, and for moist brynes, for the giddinesse, for the falling sicknesse, and such like diseases.

Of Malmsey. §. 14.

Albeit that this wine bee tempered neither with herbes nor with spices, but by nature, and of it selfe is a noble and pleasant wine, which is brought vnto vs out of Grecia, and other countries adiacent, yet shall it neuerthelesse not be against our purpose, because that the same is very much vsed in Phisicke, that his power and vertue be shewed at this present, looke for it in the second part, in the sixt chapter; and in the thiro part, the 11. chapter, and 14. §.

Wine of Marierom. §. 15.

This wine is prepared as all other herbed wines are, it strengtheneth the brynes, and warmeth al inward parts: it is very good for all them which be inclined to the dropsie, it asswageth the paine of the belly, it expelleth bryne, and moueth womens termes: it is a very good position for to warme the head, and to strengthen the memory, as you finde described in diuers places of this booke.

Wine of Cinnamome. §. 16.

This aromaticall wine is so called and placed amongst Claret Wine, whereof we haue admonished before in the eighth part in the third Chapter. This Wine is to be prepared in the harvest, and will keepe good throughtout the whole yeare; it hath all the vertues of Hypocrasse: Take one and a halfe, or two barrells of Must, seeth the same as we haue taught of the wine of Elecampane roots; when it is cold, then put it into a cleane vessell, and put thereto as many whole Grapes pluckt from the stalke as will goe into the thiro part of the vessell: afterwards make a linnen bagge, and put therein two pound of Cinnamome, Ginger one ounce, Galingall one ounce and a halfe, Pepper and Greines, of each halfe an ounce, Cloues and Nutmegs, of each one quarter of an ounce, Cucubes, Cardamome and long Pepper, of each one dragme, Dace thre dragnes, powne all grosse, and hang these hearbes in it. This

Cinnamome wine may be vsed for all cold diseases of the head, as all other Aromaticall wines are to be vsed. Item, for all cold and vnfruitfull women: but to the contrary, all young and hote people, and all they that be burthened with hote Agues, must shun this wine as payson. Of this foresaid wine is admonished in many places of this booke.

Muscadell Wine. §. 17.

This wine groweth in Candy, from whence it is brought to Venice, and brought thence vnto vs, and is often vsed in Physicke, like as is admonished in many places.

Wine of Gillowflowers. §. 18.

This Wine is made of red Gillofer flowers, and made after the same manner as the wine of Betonie is made, which hath also the same force, like as both of these herbes taken to be of one efficacie, and is commended in sundry places of this booke.

Wine of Buglosse. §. 19.

Looke for it before in the sixt §. of the wine of Burrage.

Wine that purgeth. §. 20.

These purging wines be made after many kindes of waies, like as you finde them described in their places, whereof you haue one for an example in the third part, the eleventh chapter, in the end of the twentieth §. which may be vsed for a common opening of the body.

Wine of whole Grapes. §. 21.

It is before described in the third §. wherefore we will not heere discourse any further thereof.

Vinum Punicum. §. 22.

This is no artificiall wine, but it is a wine which is of it selfe so growne without the addition of any thing vnto it. It is very healthy, and also good of taste. The same is drunken in Germany, not onely at great feasts, but also vsed for Physicke, like as is sufficiently admonished thereof in the Table.

Rosemary Wine. §. 23.

This Rosemary Wine is maruellous much commended, and taken for a very wholesome potion, especially in all cold sicknesses. It strengtheneth the digestive vertue of the stomack, it causeth appetite, it fortifieth the heart, the braines, and the sinewes, it giueth a faire pleasant colour, not onely drunken, but also the face washed therewith, it consumeth all inward putrified humors, and it preserveth the body from all sickness. If the mouth be often washed therewith, then doth it make a well saouring breath, it strengtheneth the teeth, and the flesh of the teeth: wherefore it is also very good that all outward vlcers, viz. the Canker, fresh wounds, and such like sores be washed therewith. Further, this wine is good for all diseases of the lights, for the consumption, and especially for all them that are rheumaticke, and moyst of braines. It is also good against the Palsie, against the falling sickness, against the lameness, and against the cold Matric, it heateth and dryeth the same, and maketh it also meete for conception. Thus if this wine must be made in haste, and not be kept long, then may you take Rosemarie flowers, Harts tongue, and also rinds of Thamariske, of each halfe a handfull, then poure vpon it seven pots of Must, and then let it so stand and worke or runne ouer, and fill by the vessell alwayes with other good wine. Item, take Rosemary and Harts tong, lay it all a night to steep in wine, and then vse this wine in stead of the foresaid wine if the same cannot be gotten: his vertue and power is described in many sundry places.

Wine

Wine of Sage. §. 24.

This Wine doth heale all sozenesse of the mouth, it setteth fast the teeth and also the gums; it strengtheneth the sinewes and all lame ioynts, it dryeth the moyst braines which are hurt through *Phlegma*, it freeth from the crampe, trembling and shaking, and also from the falling sicknesse, the same beeing drunken, and the liuer annointed therewith, or the hote vapors thereof receiued; for what it is further meet, that is admonished here and there in this Booke.

Wine of Clarie. §. 25.

The deceitfull falsifiers of wine haue made this precious hearbe (which is a species of wilde Sage) very suspicious, so that it is esteemed hurtfull: but it is in truth not so, for if with this hearbe (as with all other herbes) the wine bee prepared, then it is very fit for the head and for the stomacke, for that it drieth and warmeth the cold moist braines. It is also much to bee compared with the wine of Sage and of Rosemary for his vertue, and this is also the cause wherefore we make so little mention thereof in this booke.

Wine of Water Lilly flowers. §. 26.

This Wine is prepared very seldome, as also it is but once remembred in this Booke, and that in the Consumption.

Tamariske Wine. §. 27.

This Plant doth willingly grow in moyst places, and to this wine is alwaies vsed the middlemost rinds, it hath the same power of the wine of Harts toong, wherefore they are commonly vsed together, as may be seene in many places of this booke. This wine may also well be drunken for to cleanse the blood with it, and to consume melancholicke humors which do cause the quartaine Ague & the Scurue, and such like sicknesses. What vertues this wine hath more looke for that in the Table, in the description of the wine of Harts toong.

Wine of Wormewood. §. 28.

Although that this Wine hath a bitter and vnpleasant taste, yet hath it neuerthelesse a marvellous great vertue, and is vsed aboue all other hearbed wines. First of all it killeth the Wormes, it withstandeth poyson, and it expelleth the hurtfull phlegme; and if one drinke the same often, it clenseth and strengtheneth all inward parts that they cannot receiue such matter, it drieth the vapors of the stomacke that they cannot ascend into the head, it maketh appetite, it openeth all obstructions of the inward parts, viz. of the liuer and the spleene, and it taketh away also the yellow Jaundise which is caused thereby; it freeth from the Palsey, the falling sicknesse, and all lamenesse, it restoreth lost speech, it strengtheneth the weakened ioynts if the same be well rubbed and fomented with it; and if mens or beasts wounds be washed with it, then is the same kept faire and cleane, and suffereth no foule flesh to grow in them, but healeth them: it cureth also all scald heads if the same be washed with it. If any one would goe to sea, then is he to drinke certaine daies befoze some of this Wine, for that thereby shall he be freed of the sea sicknesse. Moreover, this wine is an especiall preseruatine against the plague, and against all venemous ayze, if one take a good draught thereof befoze that such patients bee visited, it bringeth also sleepe with it, and taketh away heauy dreames. But by reason the common people haue not alwaies this wine in a readinesse, the iuyce of Wormewood may be tempered amongst Wine, and be vsed in stead of the Wormewood wine. This Wine is meete for many more other diseases, like as may be read here and there in this booke.

Wine of Zeduarie. §. 29.

Take in the beginning of winter one barrell and a halfe of Must, let it seeth softly, like as is described of Elecampane wine, afterwards put it into a cleane vessell, and then put these spices following vnto it: Take good Cinnamome one ounce, Zeduary halfe an ounce, Ginger, Galingall, greines and long pepper, of each one drag. poune them all together grosse, to the end that when the power of the Zeduary is gone the spices may dry, and take out the Zeduary of it and put fresh vnto it: if so be that you desire to keep this wine long, then is the same to bee filled vp with decocted wine, and not with common wine. This wine hath the same efficacie and power with all aromaticall wines, and may also be vsed in stead of them.

How the infirmities of all Wines are to be amended. §. 30.

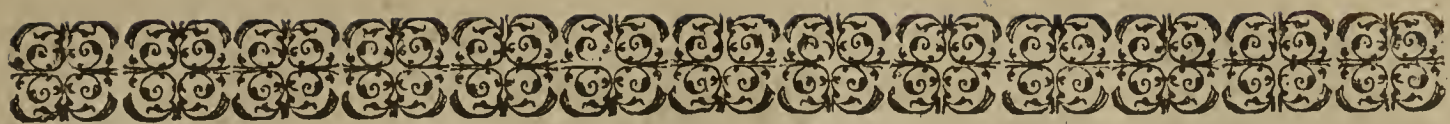
We are here not to write too largely how all the infirmities of wine are to bee amended, but are to commend that to the Wine sellers, by reason that thereof diuers books are written: for amendment of all wines doth serue very well D. Tristrams water, which is described in the first part, the first Chapter, and 1. §. In like manner also all golden and vitall waters which befoze in the eight part and first Chapter are described, if there be poured a little of them in wine which is dead or low, and stirred well about. Item, in the moneth of May you are to take a branch of a yong greene tree, shau off the vppermost rindes, and lay them the space of thzee dayes in fresh water: afterwards wash them well, and then poure fresh water againe vpon them. This beeing done, let them lie the space of thzee dayes, wash them well againe, and then drie them in the shadow. If you haue now any wine which beginneth to be dead, then take thzee or foure of these rindes all of a length, and bind them to a thred, and hang them in the wine, it will thereby be very good and cleere.

There be here and there described diuers sorts of wine, which be prepared for sundrie sicknesses and parts of mans bodie, viz. for the Head, for the Liuer, for the Spleen, for the Heart, and for the Reines, &c. each one may looke for them in their places for which they will vse them.

Herewith we will in the name of God finish this our Booke of Physicke, and commend the same vnto our most true Father, through Iesus Christ our Lord, the most true Physitian of all our diseases, that hee will most graciously extend his blessings ouer it.
Amen.

The end of the eight and last part of this Booke.

The



The first Table containeth all the names of all diseases,
accidents and infirmities : Also all manner of Compositions,

Conferues, Confections, Electuaries, Sirupes, Iuleps, Trociskes,
Pilles, Potions, Salues, Plaisters, Oyles, Baulmes,
*Waters, and Aromaticall Wines, with diuers
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The end of the first Table.

This lecond Index containeth all the Simples that are

Specified in this Worke, as R.ootes, Herbes, Flowers, Fruits, Plants, Iuy ces,
Gummes, Woods, Stones, Barkes, Mettals, Minerals, and Earths :

Also all the parts of Beasts, and of the Body of man, that are
or may bevsed in Physicke.

A



Bercoches or Peaches, are called in Latine *Mala armeniaca*, *Mala praecoxia*, and *Bericocia*: others do cal them *mala trecacina*, and the common sort name them *Chrysomela*, but this is the right and true Latine name of the Orange: it is a fruit sufficiently knowen, and growing in this our countrey.

Adders tong, is called of *Plinie* *Lingua*, and *Lingulaca*, of the *Herbarists*, *Echioglossum*, *Ophioglossum*, *Lingua viperina*, *Lingua serpentina*, and *Lingua vulneraria*. This herbe is to be gathered onely in Aprill and in May, it groweth in moist medowes & low grounds and that at no other time then in the aboue said moneths. It is vsed in vulnerall potions, oyles and salues.

Alecost, or Indish pepper, in latine *Lepidium*, *Piperitis*.

Alehoose, or (as some say) Harehoose, is called in Græke and in Latine *Chamacissus*, *Selinis*, *Hedera humilis*, and *Corona terra*, by the *Herbarists*, *Hedera pluniatilis*, and by the Apothecaries, *Hedera terrestris*.

Allium alpinum, it is also called *Allium reticulatum*, *Victorialis*, and *Victorialis longa*, to distinguish it from *Gladiolus segetalis*, which by diuers authoꝝ is called *Victorialis rotunda*, although in very deed they differ greatly. The leafe of this herbe is not much vnlike to that of *Paelewort*, the roote is long and hairie, twisted together, as if it had bene done of purpose with the hand, whereof two of them are laide crosse one ouer another, as the legs of man or woman otherwhiles are placed. This roote doe the cosening Merchants (I meane the Mountebanks and Quackesaluers) sel for the right *Handzagoza* or *Handzake*, saying, that they haue digged it by vnder the gallowes with great hazard of their liues: thus doe they beguile and seduce the common sort of men with vntruthes, which ought by the Magistrates to be severely punished, & not for a small peece of siluer to be permitted, otherwise, I feare they shalbe called to an account for it, when it shall be said, *Redderationem villicationis tue*.

Allum, *Alumen*, *Alumen liquidum*, *Alumen liparinum*, *Alumen rubeum*, the Apothecaries do call it, *Alumen de Rocha*.

Amber in Latine, *Ambarum*, *Ambar*, *Ampar*, *Succinum orientale*, and at the Apothecaries, *Ambra*, it is a precious liqꝛor, or a kinde of sweet smelling earth.

Amethyst, *Amethystus*, a precious stone.

Ammie, *Ameos*, *Ammium*, *Ammi*, *Cuminum regium Hippocratis*, *Cuminum Alexandrinum*, and *Cuminum Ethiopicum*, it is a kinde of plant which beareth a sharpe and sweet seed, which the Apothecaries do call *Ameos*.

Anacardus or *Anacardium*, is a strange fruit so called.

Angelica, is called by diuers & sundry names, for that there be diuers sorts of it, as *Hippiatricis*, *Lafaron Gallaticon*, in Græke *Lasen Gallicum*, *Lacerpitium Gallicum*, and of the *Herbarists*, *Imperatoria*, *Ostrutium*, and *Astrutium*, the Apothecaries do call it *Astrantia*, and *Magistrantia*.

Anthoza, is called of *Paulus Aegineta*, *Arnabo*, and of the Arabian writers *Zurumbet*, of the *Simplicists* *Zurumbetum*: It is a sweet smelling root like to *Ginger*, but it is bitter in taste. It is commonly called *Zedoaria*, but vniuersally: for there is no small difference betwæne *Zurumbet*, that is, *Anthora*, & *Zedoaria* of the Arabians, as manifestly appeareth by the words of *Anicen* and *Serapio*, who doe write of these two in sundrie chapters severally: wherefore the *Zedoaria* of the Arabians is not our *Anthora*, although that it hath bin falsly vsed in many compositions for it, but it is the roote of *Zeduary*, *Anthoza* is an herb, not much vnlike the lesser *Mollis bane*, but that it groweth somewhat higher, and the flowers are a little lesse and yellow. It hath two blackeroots round like vnto an *Oliue*, blackish without and as it were withered; within white and solide. It groweth in great quantitie on the hills in *Sauoy*, and about *Genewa*, all about *Salmes*, in high *Burgundy*, & on the hills of *Switzerland*. The latter Græke writers call it *Zadura*, *Zaduar*, *Zadura*, *Zudar*, *Zaduar*, *Zadur*, *Zadera*, *Zaduar*, and *Zadar*: *Serapio* calleth it *Zedoaria*, *Anicen* *Zeduar*, *Gieduar*, and *Napellus Moysi*.

Thelecond Table.

The Simplicists name it *Anthora*, *Antithora*, and *Anthulla*: wherfore whensoever you shal find *Zurumbet* in any composition, then be sure to take *Anthora*; but if you reade *Zedoaria*, then take *Doronicum*.

Antimony, in Græke *Sibi*, *Stibium*, or *Stimmi*, of Galen *Gynacium*, & of Plinie *Platiophthalmou*: it is called at the Apothecaries by the barbarous name *Antimonium*. Plinie also calleth it *Alabastrum*, which name is proper onely to Alabaster; it is a minerall like to lead, and knowen of all men.

Argentine, *Argemone altera*, *Inguinaria Plinii*, *Anserina*, *Argentina*, *Tenacetum sylvestre*, *Agromonia sylvestris*, *Potentilla*, and *Portentilla*. This herbe is sufficiently knowen, & much used for all paines and gripings in the belly which are without any binding.

Aristologie the round, vide *Hartwozt*.

Aromatical wine, is a wine made with spice, and a kind of *Hipocras*, *Aromatites*. *Hipocras* is called in latin *Vinum Hippocraticum*, the Claret wine *Clarea*, *vinum Claritum*, and at the Apothecaries *Clarotum*.

Artichokes, are called in Græke & in Latine *Scolymus*, *Cinara*, *Cinarus*, *Acantha*, *Cactus*, *Carduus altilis*, *Strobilus*, *Carchofilus*, *Articocalus* and *Articoca*.

Ars smart, in Græke and in Latin *Hydropiper*, *Piper aquaticum*, *Piper caninum*, *Herba pannonis*, *Pauonaria* and *Persicaria*, of Hippocrates, *Polycraton* or *Polyeriton*. It is a well known and contemned herb, but very good for wounds; it is hot and dry. The other kind, which by the unskillfull without any regard is used for the true *Ars smart*, is somewhat bigger, and hath blewish spots on the leaves, it is also something colder and dryer by nature then the former, and it is called *Persicaria maior*, and *Persicaria maculata*, and of Plinie *Plumbago*, and *Molybdana*. The first sort is the right *Ars smart*, which is not onely used in wounds, but also for the Piles, and the iuyce of it for the wozmes.

Asarabacca, *Asarum*, *Nardusrustica*, *Vulgago*, and as some say *Vulnago*: the Apothecaries call it *Asarum*, and some *Asarabaccara*.

Ash tree, in Græke and in Latine *Melia*, and *Fraxinus*, it is a common and well knowne tree.

Azure Stone, *Cyanon*, in Latine *Lapis Cyanus*, *Lapis ceruleus*, and *Lapis stellatus*, at the Apothecaries *Lapis lazuli*.

Auence, or herb bennet, *Garyophyllata*, *Auantia*, *Sanamunda*, *Oculus leporis*, and of Pliny *Genm*.

Axungia vehicularis, or *Vnguentum vehiculare*, is a composition of Tarre and Tallow that countrey men doe vse to grease their Cart wheeles withall, it is used for Ruptures or Hernies.

B

Bacon, is called of Plinie in Latine *Lardum*, and of Plantus *Laridum*.

Badger, *Meles*, *Taxus*, *Tassus*, *Taxo*, it is a well knowne beast.

Barbery tree, in Græke and Latine *Oxyacantha*, *Galen*, *Crospinus*, and at the Apothecaries *Berberus* and *Berberis*.

Barley, in Græke and Latine *Cribe* and *Hordium*.

Bay tree, in Græke *Daphne*, in Latine *Laurus*.

There are two sorts of Baies, the male and female kind. The female is the common Bay tree which beareth the berry: the male is altogether like to the former, but that it beareth no berries: the female is called of Plinie *Laurus baccalia*, and of the Herbarists *Laurus foemina*, *Laurus baccifera*, and *Laurus foecunda*. The male is called *Laurus mas*, and *Laurus sterilis*. Both kinds are planted in gardens with vs.

Balme, *Melissophyllon*, *Meliphyllon*, *Melittæum*, and *Melittæna*, in latine *Apiastrum*, *Ciarago*, & *Citraria*, of the herbarists *Citronella*, *Melissolium*, and *Cedronella*, at the Apothecaries *Melissa*. *Nicolaus Myrepsus* calleth it in Greeke *Melissochorion*, that is, *Herba apum*. Our Baulme vndoubtedly is the right *Melissophyllum* of the ancient Physicians, although diuers will gaine say it, for both in forme, vertues & operation do they agree. There be also two kindes of this herbe, the one which is common and daily used, of the which in this place we speake. The other hath long and iagged leaues, and browne flowers, and it beareth the smell of a strong and odoriferous Limon, & it is called *Melissacretica*, & *Melissa Turcica*, to distinguish it from the other: both kinds are in vse.

Bearesfoote, *Acanthus*, few *Acantha*, *Herba Teopiaris*, *Herpacantha*, *Pæderos*, or *Pædorotes*, *Melamphyllon*, of the Simplicists *Branca Vrsina Italica*, to sener it from our common Bearesfoote, which is the right *Spondylium* of our ancestors. The wilde Bearesfoote or *Acanthus* is very common euery where in Germany, it groweth willingly in low and moist medowes, and is there called of the common

The second Table.

common people *Graskol*. It is there ordina-
rily vsed in the pot amongst other potherbs.
Dioscorides calleth it *Acanthus sylvestris*, the
Simplicists call it *Carduus pratensis*, and
Brassica pratensis.

Bære, *Ceruisia*, *Zuhum*.

Bætes are called of the *Grecians* *Tentlon*,
Tentlis and *Sentlon*, of the *Latinists* *Beta*,
and at the *Apothecaries* *Cicla*. There are
two kinds of it, the white and red *Bætes*:
the white *Bætes* are called *Beta candida*, &
Beta Sicula, whence the barbarous names
Cicla and *Sicla* first began. The red *Bætes*
are called *Beta rubra*, in English red *Bætes*,
of which there are also another sort with a
darker red coloured lease, called *Beta nigra*.
The white is vsed in *Physick*, and the other
in the kitchen.

Bæstings, in *Greeke* *Trophalis*, in *Latine* *Colo-*
strum and *Colostrum*.

Behen or *Ben*, are two roots, the white and
the redde, they are seldome vsed seuerally.
The white is knowne of all *Simplicistes*,
and it is called *Cardianthemum*, of *Dioscorides*
Ocymastrum, we know no other name for it
but *Behen* or white *Ben*. The other sort
which is brought vnto vs from foraine
countries, is called the red *Behen*, and but
little accounted of with vs. Some do vse
the rootes of *Wormentill* or of *Wimpernell*
for it, and that indeede not amisse, for that
the rootes of the red *Ben* is, both without
sinell and taste, and also vncertaine.

Benzoinc, *Bentouinum*, *Belzoinum*, *Benzoinum*,
and *Benzuinum*, is a sweete smelling iuice,
which is called at the *Apothecaries* *Asa dul-*
cia, it is very seldome vsed alone, but is al-
wayes vsed in compositions, whether it be
befuming candles or sope balles.

Berill, *Berillus* or *Beryllus*, it is a precious
stone, pale Greene coloured. There is ano-
ther kind of it that is somewhat yellowish,
and is called *Chrysoberillus*, that is, a yellow
Berill. The *Berill* is vsed for all infirmi-
ties of the heart, being mixed with other
things.

Betony, in *Greeke* and *Latine* *Cestron*, *Psycho-*
trophon, *Betonica*, *Vetonica*, *Serratula*, and *Scris-*
bonius doth call it *Hierabotane*, that is, *Sacra*
herba, otherwise is *Merueine* called *Hiera-*
botane.

Benercod, *Castoreum*.

Bisket, *Panis nauticus*, *Biscoctus*, *Bucellatum*,
pyrites Hippocratis, it is a bread twice baked.

Birdlime, in *Greeke* *Cleos*, in *Latne* *Viscus*

Viscum, *Gluten auarium*, and *Gluten aucupum*.
Bistorta, in *Greeke* and *Latine* *Bretanica*, *Bri-*
tannica, of the *Herbarists* *Serpentaria rubra*,
Bistorta, and at the *Apothecaries* *Serpentaria*
or *Colubrina*.

Blackberry bush, or *Bzyer*: *Eatus*, *Rubus*, *Mo-*
rus Vaticana. The fruite of this shrub is cal-
led the *Blackberry*, in *Greeke* and *Latine*
Mora bati, *Mora rubi*.

Blites, in *latine* *Blitum*, of the *Herbarists* *Beta*
insipida, & *Beta fatua*. There be foure kinds
of it: the first is the common *Blites*, and
knowne by that name *Blitum*, *Blitum albu*.
The second kind hath red leaues, & is well
known and common in euery garden, cal-
led red *Blites*: the *Simplicists* do call it *Blit-*
um rubrum, & *Olus rubrum*. The third gro-
weth on euery dunghil, it is much lesse and
is called wilde *Blites*. The fourth kinde is
brought vnto vs from foraine countries,
but now it is common in all gardens, and
it is called *Hungarian* or *Indian* *Blites*,
the *Herbarists* doe call it *Blitum Indicum*,
Blitum Vngaricum, & *Blitum Topiarium*. The
common *Blites* shall be vsed in all compo-
sitions, to wit, where *blites* is named with-
out any addition.

Bozrage, or *Burrage*, *Buglossum*, *Euphrosynum*,
Nepenthes, *Borago*, *Lingua bonis*, *lingua bubu-*
la, and *Corago*.

Bozras, *Chrysocola factitia*, and at the *Apothe-*
caries *Borax*. There is another kind of *Chry-*
socola, which the *Goldsmiths* were wont to
vse in soldering, this is called of the *Greci-*
ans *Chrysocola*, and in *latine* *Auriglutinum*,
Gluten auri, and *Chrysocola natina*, but that
is not taken inwardly as the common *Boz-*
ras is.

Bzan, *Furfur*, *Canabrum*.

Bzimstone, in *latine* *Sulfer*, *Sulphur*: there are
two kinds of it, the one as it is digged out
of the myne, which is called *Sulfer vise*,
in *Greeke* *Theon Apyron*, and in *Latine* *Sul-*
phur ignem non expertum, and *Sulphur viuum*.
The other kind is the common *Sulphur* or
dead *Sulphur*, in *Greek* *Theon pepyromenon*,
in *latine* *Sulphur ignem expertum*, *Sulphur*
factitium, and *Sulphur mortuum*: but when-
soeuer *Sulphur* or *bzimstone* is found in
any composition, then shalt thou vnder-
stand *Sulphur vise*.

Bzyony, in *Greeke* *Ampelos Leuce*, *Bryonia*
Leuce, *Psilothium*, *Ophyostaphilos*, *Melotrum*,
Archisofris, *Cedrostus*, *Hippocrates* calleth it
Ecketrofis, *Plinie*, *Madon*. In *latine* *Bryonia*,
E e e V i i i

The second Table.

Vitis alba, and *Bryonia alba*, *Vua serpentina*, *Vua anguina*, *Rorastrium*, of *Apuleius*, *Dentaria* and *Apia stellum*, in the Arabian tongue *Alphefera* and *Fescera*. The other kinde is called the blacke *Wyony*, but it is not so common with vs as the white: the leaues of this are not much vnlike to the long Hartwozt leaues, but they are somewhat longer and tenderer, fashioned like a Hart: it runneth vp into the hedges like y^e white. This black *Wyony* is called of *Dioscorides* *Ampelos melana*, *Chironios ampelos*, *Bucranii*, and *Plinie* calleth it *Cynacanthé*. In Latine *Bryonia nigra*, *Vitis nigra*, *Vitis Chironia*, *Batanuta*, *Betisalca*, and of *Plinie* *Apronia*. The Herbarists call it *Tamarus*, *Taminus*, *Tamus*, and *Vua taminia*, the Arabians *Alfesiressin*, and *Fesiressin*, yet it is altogether vnknowne to our Physicians and Apothecaries. It groweth very much about *Lauterberge* in the woods and hedges thereabout. Whensoever thou dost find *Wyony* in any composition without any addition, then shalt thou vnderstand the white *Wyony* onely.

Wyome, is altogether vnknowne to the *Grecians*, *Plinie* calleth it *Genista*; at the Apothecaries *Genesta* and *Genestra*. The Simplicists call it *Spartium scoparium*, and *Genesta scoparia*, for a difference of the Spanish *Wyome* which *Dioscorides* calleth *Spartium*.

Bucke, *Hircus*, of this beast are many things and parts vsed in phisicke.

Buffle, *Bubalus*.

Buglosse, *Dretong*, *Lang de beuf*, in Latine and *Greek* *Buglossa*, *Buglossum*, *Lingua bouis*, *Lingua bubula*, the *Greekes* do also call it, *Euphrosinon*, or *Nepenthes*: these are the true names of the *Buglosse* of the ancient Physicians. The herbes that now adayes are called *Buglosses*, are in number 8. whereof thre are tame or garden *Buglosses*, and five wild. The first kind is called the Spanish *Buglosse*, which is the true *Buglos* of *Dioscorides*, as euery one doth acknowledge that compareth it with the description: the Simplicists call it Spanish *Buglos*, *Buglossum sempervirens*, and *Mesues* calleth it *Buglossa domestica*. The second kinde is called *Burrage*, *Borago* and *Corago*, it is both common and well knowne. Many do take this to be the right *Buglosse*, but indeede the former is to be taken for the right. The third is our small *Dretongue*, or *Lang de beuf*, which the Apothecaries do dayly vse, and is called the lesser *Buglosse*, and of the Her-

barists *Buglossa minor*, *Buglossa officinarum*. The fourth kind of *Buglos*, although with vs it be planted in gardens, yet notwithstanding it is a wild *Buglosse*, for by *Merburge* in *Lottering*, and also in *Fraunce* it groweth very common in euery field. It is called the greater *Buglosse*, Italian *Buglossie*, *Buglossum Italicum*, *Buglossum Gallicum*, and at the Apothecaries *Buglossa maior*, *Mesues* doth call it *Buglossa sylvestris*, and other will make a kinde of *Echium* of it. The first kinde (and the second among the wilde *Buglosses*) groweth not aboue one foote in height, it beareth a purple flower admired with blew, it is commonly found in woods, and in sandy grounds: it is both in smell & taste like the lesser *Buglosse*, and is called also the lesser wild *Buglosse*. The Simplicists call this fifth kind of *Buglosse* *Buglossa syluatica*, *lingua Ouina*, and *Cynoglossa minor*. The first kind (& the third wild *Dretong*) groweth not aboue a spanne and a halfe in height, it is very sharp & pricking, it beareth a light blew flower, it is found in gardens, and in other well tilled places of it self: the Herbarists call it *Buglossum Echiotis*, and *Buglossum sylvestre spinosum*. The seventh *buglos* (& the fourth amongst the wilde ones) is also commonly so called, it groweth euery where by the high way sides, and dry places, it is well knowne to euery man vnder the name of *Buglosse*, it is called in *Greek* & latine *Echium*, *Alcibiadium*, & of *Agineta* *Alcibiadium* and *Dorias*, of the Simplicists *Buglossum viperinum*, & *Buglossum sylvestre*. The eighth kind & fifth wild *buglos*, is called red *Buglosse*, because it hath red rotes, it is called in *Greek* and latine *Anchusa*, but *Matthias Syluaticus* doth call it *Lactua asinina*, the Herbarists call it *Buglossa rubra*, and the Apothecaries *Alcanna*, but *Alcanna* is otherwhiles taken for *Ligustrum*. The first five kinds of tame and wild *Buglosses* are moyst, and mostly warme, in time of need they may be vsed one for another.

Bull Taurus.

Burre the greater, in *Greek* *Prosopis*, *Prosopium*, in Latine *Acrium*, *Personata*, *Personata*, *Bardana*, and at the Apothecaries *Lappa maior*.

Butchers Wyome, or *Knecholme*, in *Greek* *Oxymyrsine*, *Myrsine Agria*, *Myrtacantha*, *Myacantha*, *Schinchus*, *Scingus*, *Catangelos*, *Gyrenia*, *Ocneron*, *Cine*, and *Chamemyrtus*. In Latine *Myrtus sylvestris*, *Myrtus Aculeata*, *Myrtus*.

The second Table.

Myrtus acuminata, *Myrtus humilis*, *Myrtus terrestris*, *Genitura Herculis*, *Ruscus*, and *Spina marina*, the Herbarists do call it *Spina vesperilionis*, *Palma murina*, the Apothecaries *Bruscus*, and *Dioscorides Hieramyrus*, that is, *sacra myrtus*. This Butchers bryone is only planted in gardens in Germanie, although his rootes and red berries be daily used of the Apothecaries. In France it groweth very common in diuers places, to wit, about *Orliens* and *Montargy*.

C.

Cabbage, or Coleworts, a Cabbage is called in Greeke *Crambe*, *Cephalote*, and *Nicander* doth call it *Gaster*: In Latine *Caulis imperialis*, *Brassica capitata*, *Brassica tritiana*, *Caulis capitatus*, *Caulis albus*, *Brassica alba*, & the Apothecaries name it *Caputium*; this is most common of all other kindes of Coleworts, wee call it a Cabbage. The other sort of Cabbages is called of *Plinie Lacuturris*, & of the Simplicists *Brassica lacuturria*, or *Brassica sabaudica*, of some Sauoy Coleworts. The third kinde is called the red Cabbage, in Greeke *Caulodes*, in Latine *Brassica curmana*, *Brassica lenis*, and *Brassica rubra*. The fourth sort is named crisped, or crumpled Coleworts, this is much sweeter than any of the rest, and it hath crumpled or wrinkled leaues, like to the headed Lettice, for which cause it is called in Dutch *Latroucoole*, that is, Lettice Coleworts, and by *Plinie Brassica fabellica*, and by the Herbarists *Brassica crispamajor*, and *Brassica dulcis*. The fifth sort is the lesser crumpled cabbage, in Greeke *Selinoides* or *Selinusia*, & by *Athenaeus Brassica crispa minor*, *Brassica Apiana*, and *Caulis crispus minor*. The sixth kind is the common Coleworts, & is also used in phisicke, it is called *Crambe*, *Caulis*, or *Brassica* without any addition. The seventh sort is the cauliflowrie or flowered Cabbage, *Plinie* calleth it *Brassica Pompeiana*, and the Simplicists *Brassica cypriana*, & *Florecaulis*. The eighth kind is called *Rapetole*, or *Rapocaulis*, but this sort was altogether unknowne to our predecessours.

Calamine is the oare of brasse, *Cadmia*, *Cadmia fossilis*, *Cadmia natua*, for a difference of *Cadmia factitia*, or *Luttie*, *Plinie* nameth it *Lapidem arosus*, the Apothecaries barbarously call it *Climiam*, *Cathimiam*, and *Lapidem Calaminarem*, and those that worke in mines name it *Cobaltum*. This minerall Stone is

much used amongst Chirurgians, and is the very best of all the sorts of *Cadmia*, as *Galen* witnesseth.

Calcedonie, *Calcedonius* is a precious Stone, and a kinde of *Onyx*.

Calmus was by the ancient Physicians called *Acorus*: some do take the great *Galingal* for it, and although the same be not the right *Acorus*, yet is their error more tollerable than of those that vse the *Ireas* roote in stead of *Calmus*.

Calmus Aromaticus, is the right *Calmus* of the ancient Physicians, and it is called *Acorus* and *Piperatum*: but the right *Calamus Aromaticus* is a sweete smelling reede, which is neuer brought vnto vs, and therefore we do vse *Acorus*, that is *Calmus*, which doth now supply the place both of *Calmus* and of *Calmus Aromaticus*.

Camelina is called of *Dioscorides Myagrum*, of *Theophrastus Erysimum*, of Herbarists *Camelina*, of the Apothecaries *Sesamum*. And although it be not the right *Sesamum* of the ancient Physicians, yet doubtlesse it may safely be used in stead thereof, because as yet the right *Sesamum* is not knowne. It hath power to warme reasonably, and to ease all manner of paine: wherefore it is much better to vse a thing in place of the true *Sesamum* which is well knowne, than a thing altogether unknowne & vncertain.

Camell, *Camelus*.

Camomils, in Greeke and Latine *Chamaemelum*, *Anthemis*, *Leucanthemus*, and *Leucanthemum*, the Apothecaries do call it *Chamaemilla* and *Camomilla*. Chainemils are hote and drie in the first degree.

Campher: *Caphora*, *Camphora*, in Latine and in Greeke *Caphura*: it is a strong smelling iuice or sap of a tree in Indie: it is cold and drie in the third degree, and it is much used in phisick. There is yet another kind of Campher, which is a kind of minerall or of Amber, called Campher of the mine, that is hot and drie by nature. This kind of Campher is altogether unknowne to the Physicians, for which cause also it is not in vse.

Canker, in latine and grecke *Carcinoma*, *Carcinus* & *Cancer*, a virulent & corroding vlcere.

Canterbury bells, in latine *Smilax lewis*, *Volubilis*, *Campanula*, *Conuolaulus*, *Campanella*, *Sandulaca*, *Coniugulum Catonis*, and *Funis arborum*. This herbe is knowne euery where.

Capers, in grecke and latine *Capparis* & *Iuturis*. **Capon**, *Capus*, *Capo*, and *Gallus spado*.

Ca

The second Table.

Caraway, in Greeke and latine *Carum*: *Atius* calleth it *Carum*, *Carium*; *Simeon* termeth it *Carnabadum*: others call it *Carum* and *Careosemen*: the Apothecaries call it *Carui*: and *Athenens* *Pastinaca maior*.

Carbuncle, in Greeke and in latin *Anthracites*, and *Carbunculus*.

Cardus benedictus, *Atractylis hirsuta*, *Cardus sanctus*, and *Cardus Benedictus*.

Carpe, in greke and in latine *Cyprinus*, *Carpo*, and *Carpio*: *Erasmus* doth call it *Carpa*.

Carot, *Carota*, *Pastinaca Rubra*.

Cassie canes or pipes, in Latine and in Greeke *Cassia*, *Casia*, *Cassi fistularis*, *Siliqua Egyptia*, and *Cassia Carthartica*.

Cassie wood, looke for *Cassia lignea*, or *Xylocassia* in the Latine Table.

Caterpillers, in Greeke and in Latine *Campe*, *Eruca* and *Brachus*: some men do call them *Erucula*: they are worms sufficiently known, that eat and spoyle all greene herbes, as Cabbages, leaues of hedges and trees. They that live on the Pine trees and Firre trees are called in latine *Eruca Pinorum*, and *Eruca Picearum*, in Greeke *Puyocampa*.

Cats Mints, field Mints, wild Pennirovall, *Calamintha agrestis*, or *Arvensis*, & *Pulegium agreste*. *Di Mesua*, *Calamintha domestica*, *Calamintha felina*, and *Cattaria*.

Celandine, in Greeke and latine *Chelidonium maius*, *Cratea*, *Philomedium*, *Oibonium*, *Radix Pandionia*, *Aubium*, *Fabium*, and of the Alchymists *Celidonium*, of *Serapio* *Caurech*, *Curcuma*, and of the Apothecaries *Celidonia*. It is an herbe common and well knowne: the Simplicists do call it *Herba hirundinaria maior*. The second kinde is called the lesser Celandine, *Pilewort*, or *Figwort*: in Greeke and in Latine *Chelidonium minus*, and *Triticum sylvestre*, of the Herbarists *Herba hirundinaria minor*, *Testiculus Sacerdotis*, *Scrophularia*, or *Scrofularia*, and at the Apothecaries *Celidonia minor*. The former kind is alwaies vnderstood if it be without any addition.

Centozie, in Greeke and latine *Centaurium minus*, *Lymnesium*, *Lymneum*, *Libadium*, *febrifuga*, and *Fel terre*.

Ceruse, in Greeke and latine *Psymmithium*, *Cerussa*.

Ceterach both great and small. The lesser Ceterach is called in Greeke and in latin *Scolopendrium*, *Hemionion*, *Asplenium*, of *Scribonius Largus*, *Calcifraga*, of the Herbarists *Scolopendria vera*, & *Scolopendria minor*, *Splenium*, *Asplenium* and *Ceterachum*. The Apotheca-

ries do call it *Ceterach* as the Arabians do: it is the true *Scolopendrium* of the ancients: *Theodorus Gaza* calleth it *Mula*, or *Herba Mula*. Our vnskillfull Physicians and Apothecaries do vse the Harts tongue *Phyllitis*, for the true *Scolopendrium* without any regard or care. If Rosemary were not so common, they would take the Juniper tree for it, and Nettles for Marierom: wherefore it is a great grace that old women do so well know the herbes, otherwise they would often be deceiued, seeing their whole trust and credite relieth on the Herbe wiues. The other kinde of Ceterach is also called Harts tongue, of *Dioscorides*, *Dorchitis altera*, of the Simplicists *Scolopendrium minus*, *Scolopendria maior*, *Asplenium*, *Asplenium minus*, *Spicantum*, *Scolopendrium*, or *Asplenium sylvestre*, because it groweth in darke and moist places. Both these herbes do take their names of the worine *Scolopendra*, which is called an Earwig, or worine with many legges, because the leaues seeme to be noted with it. Both these herbes haue the same operation, for they are both hot in the first, and drie in the second degree: they are the best splenetical herbes that are to be found, for they are good for all maladies of the spleene.

Chaste tree is called in Greeke and in latine *Amelomienum*, *Agnos*, *Lygus*, *Agonus*, *Tridactylum*, *Lecristicum*, *Vuix*, & *Salix Armerina*: of the Herbarists *Piper Agrestis*, *Piper Monachorum*, *Arbor casta*, and of the Apothecaries *Agnus castus*. There are two kindes of it, to wit, the greater and the lesser Chast tree. The great groweth in height like the Willow tree, and hath also leaues most like it, it smelleth very pleasantly, the flowers are white and purple coloured. The other kind hath altogether purple flowers, it is fuller of branches, hath whiter leaues, and is much lesse than the former.

Charuill, *Cerephyllon* and *Cherofolium*, and of the common Physicians and Apothecaries *Cerofolium*,

Chestnut tree, *Castanea*, *Glans Sardiana*, *Iouis glans*: the fruite is called *Nux Castanea*: there are diuers kinds of them that are not needfull to be rehearsed at this present.

Cherries, *Cerasa*, there are two kinds of them, sweete and sowre, and each of them may be subdeuided into moe kindes. The hard, sweete, and great Cherries are in some places called Spanish Cherries, and in latine *Cerasa dracina*, or *Pliniana*; they haue a very sweete

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swēte and pleasant taste: amongst these are the white Cherries also comprehended. The common red Cherries are called *Cerasa Mellea*, for their great and pleasant sweetness. The red and swēte Cherries that leave a bitterness in the mouth behind haue first bin grafted on a Bay tree, whence they as yet do keepe their bitterness, and are called *Cerasa Amarilla*, and *Laurea*. The black tame Cherries are called *Cerasa actia*, *Actiana*, *Ceciliana*, and *Cessiana*. The little wild and blacke Cherries are comprehended vnder the *Actiana*: and in like sort also the little wilde and red, vnder the great red and domesticall or tame Cherries. Of the sowre Cherries there be two sorts, to wit, white and red; the red are called *Apro-niana cerasa*: others call them *Iuliana*, and *Aquea*. The blacke are named *Cerasa Amarina*, and *Amarena*: but amongst all kindes of Cherries, are the wild blacke, the red, and the domesticall blacke Cherries vsed most in Physicke, and aboue all other those black ones that are called *Amarena*. Wherefore if one finde the name of Cherries in any receipt without any addition, the are the black Cherries or *Amarena* to be vnderstood and taken for it.

Chickwēde, in Greeke and Latine *Alfne*, at the Apothecaries *Morsus Galline*, of the Herbarists *Pabulum anserinum*, & *Pauerina*. This herbe is cold and moist.

Cichelings, in Greeke and latine *Lathyrus*, & of Pliny, *Cicercula*: they are white foure square Beason, sufficiently knowne of euery man.

Cichorie or **Suckerie**, in Latine and Greeke *Picris*, Chreston, *Cichorium*, *Pancratium*, *Troximum*, *Intybus* or *Intubus erraticus*, *Cichorium agreste*, *Seris sylvestris*, *Amarago*, *Cicorea*, *Ambubeia*, and of Celsus *Ambugia*, of Plinie *Cichorea*, and of the Arabians *Taraxacon* & *Altaraxacon*. Of the other kinde of *Intybus* loke in E. for **Endiue**: Galen calleth al these kinds of Cicozies and Endiues *Intybolachana*, that is, *Intybacea olera*.

Cinnamom, in Greeke and Latin *Cinamomum*, *Cinnamomum*, and *Cinnamum*: it is a swēte smelling backe, and a well knowne spice: it is also called *Canella*. It is hot and drie in the third degree.

Cinquefoile, in Greeke and latin *Pentaphyllon*, *Pentapetes*, *Chamezelon*, *Pentafolium*, and *Quinquefolium*.

Ciper rootes, or wild **Galingall**, in Greeke and latine *Cyperus*, *Erysiceptrum*, *Cyprius*, *Iuncus*

quadratus, it is called of Celsus and Plinie *Iuncus angulosus*, *Iuncus triangulus*. There are two kindes of it, the one hath a round roote, and is called *Cyperus rotundus*: the other a long roote called *Cyperus longus*.

Cipresse tree, *Cupressus*, *Cyparissus*.

Citrō tree, *malus Cipria*, *medica*, or *Persica malus*.

Citrons, in Greeke and Latine *Cidromelum*, *Cochimelon*, *Malum citrium*, *Malum medicum*, *Malum citraum*, *Malum assyrium*, *Malum Hesperium*, and *Malum citrinatum*, and at the Apothecaries *Citrinatum*.

Citrull, *Citrullus*.

Clarie is called of the Herbarists in Latine *Ornala*, *Ornalla*, *Sclarea*, *Scarlea*, *Matrisalua*, *Gallicrista*, *Totabona*, and *Herba sancti Iohannis*, at the Apothecaries *Gallitricum*, and *Centrum Galli*: it is a kinde of *Orminum* or *Horminum*, although it be neither of them that *Dioscorides* doth write of, yet may it by reason of his similitude, properties and vertues be vsed either with or for *Horminum*. The other kind of **Clary** is the wild **Clary**, that groweth euery where in the fields, it hath deep tagged leaues with a blew purple flower, and is called *Scarlea sylvestris*, or *Sclarea sylvestris*, and *Gallitricum sylvestre*. But whensoever **Clary** is prescribed, then ought the garden **Clary** to be vsed.

Clauers, loke in T. for **Thyrs** leasēd grasse.

Clay, *Argilla*: M. Cicero calleth it *Terra sigillaria*, *Columella*, *Terra figularis*. This **Clay** is vsed in this booke for the bleeding at the nose.

Cloues, in Greeke *Caryophyllum*, at the Apothecaries *Cariofilus* or *Gariofilus*.

Cocke, *Gallus Gallinaceus*.

Cockle, vide **Coznerose**.

Codwort, in Greeke and Latine *Bubonium*, *Asterium*, *Aster Atticus*, *Asteriscus*, *Hypophthalmus*, *Herba inguinalis*, and *Inguinaria*, of the Herbarists *Stella Attica*, *Oculus suis*, and *Albium*. There be foure kinds of it, to wit, the first with the blew flower, which is commonly knowne by the name of **Codwort**. Some Simplicists do call it for a difference *Bubonium ceruleum*. The second is almost like the former, but that the leaues and the flowers be somewhat bigger, and the flowers yellow, and starwise like the blew: this groweth by the river of Athens. The Herbarists terme it *Bubonium luteum*, and *Inguinaria lutea*. The third kind groweth on dry hills, whereof the leaues are lesse, double, wrinkled, and bended almost like a halfe

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halfe moone, the flowers are very yellow, and lesse than the aforesaid the Simplicists call it *Bubonium lunatum*. The fourth kinde hath long and picked leaues, with three or foure sinewes, like to the lesser Plantaine, & hath a faire starlike flower, yellow euery where, & euery flower hath five small leaues vnder it, placed also like a star. This kinde did we 1. get from *Marselles*, for which cause it is now called *Bubonium Massilioticum*, and *Stella Massiliotica*: but when and wheresoever Codwozt is named with any addition, there is alwaies the comon Codwozt with the blew flower to be vnderstood. This may also be called *Ramicaria*, or Rupture weede, because it is especiall good for the Rupture.

Coloquint, in Greeke and latine *Colocynthis*, *Sicyona*, *Cucurbita syluestris*, *Cucurbita sylvatica*, and *Cucurbitula*.

Conie, in Greeke *Dasipus*, of *Polybius* and *Galen* *Cunilus*, in latine *Cuniculus*: it is well knowne beest in all countries.

Copper is called in greke *Chalcos*, in latine *As*, *As Cyprium*, *Cuprum*.

Coriander, in greke and latin *Corianon*, *Corion*, and *Coriandrum*.

Cozke tree, in greke *Pbellus*, & of *Theophrastus* *Ipsos*, and of *Theocritus* *Scoliaestes*, *Anarica*, in latine *Suber*. It is a kind of Oake, and very common in Italy, they haue a thicke rinde or barke, of the which our Cozke is made.

Coznerose or Cockle, in Greeke *Lychnis agria*, in latine *Lychnis syluestris*, of the Simplicists *Caryophyllus aruensis*, *Pseudomelanthium*, *Githago* and *Nigestrum*: *Dioscorides* calleth it *A-tocum*, *Hieracopodium*, *Tragonatum*, *Lampada*, and *Semura*: some vnskilful Whistions and Apothecaries haue vled this herbe for the *Melanthium* or *Nigella* of the ancients, the which erroz diuers Apothecaries and fond fellows haue so imbibed, that they will rather follow their owne foolish opinions, than be better instructed of others.

Cozall, in greke & latine *Coralium*, *Corallium*, *Gorgonia*, *Lithodendron*, *Dextrites* & *Eurallium*.

Costus roots, *Costum* & *Costus*: of this roote there be two kinds, to wit, the bitter & the swete *Costus* rootes. The bitter roote is alwaies vled for the *Costus* without any addition.

Coutsenille, in greke & in latine *Coccus baphica*, of *Pausanias*, *Hysge*, *Cocum infectorium*, *Cocum tinctorium*, *Granum infectorium*: in the Arabian tongue *Kermes* and *Chermes*. The Silke diers for a difference of the crimson colour, haue named it *Kermesinum granum*,

for the crimson colour and *Kermes* of the Arabians is not one and the selfe same. The Coutsenille is called *Kermesinum*, by reason of her bzaue colour, which is somewhat like vnto scarlet. Also the crimson colour called *Kermesinum*, is taken from the rootes of certaine herbs, & it is an externall thing from the rootes, although it grow with them, for it is found to grow on the barks of certaine trees, and hath no vertue or vse in phisick at al, as the Coutsenille doth, which is the naturall fruite of a little tree, not vnlke to our Butchers brome, but that it is somewhat lesse, with fewer leaues & fruits: wherefore they do erre greatly that take the crimson colour *Kermesinum* for the Coutsenille, and vse it for the same in their compositions & medicamets. But the Apothecaries do erre more grossly that do vse the Gooseberries in stead of the Coutsenille, and (that which is worse) the vnskilful Whistions do beare with it, & let it passe for good, so that it may wel be said of them, that one blind man leadeth another: but woe be to the patient, for he ought not to be iessed withall, seeing the Coutsenille is not vled but in extreme debilitie of the heart, for which neither the crimson colour, nor the Gooseberry hath any vertue at all. The Coutsenille is also vled of women with childe for to comfort & strengthen the child in their bodies, and to pzeuent all mishances, for the which it is very meet and requisite. The Gooseberry is of a quite contrary nature.

Cowslips, **Cowslips**, of some Ladykeyes, or **Primroses**, in Greeke *Phlomis*, *Arthritisca*, in latine *Verbasculum*, the Herbarists do call it *Herba paralytis*, *Primula veriflora*, *Primula veris*, *Brachacuculi*, & *Herba primifloris*; and at the Apothecaries *Arthretica*, and *Betonica alba*, the which is indeed the right white *Betony*. There are three kinds of them: the first kinde are the common Cowslips with the yellow flowers, that grow euery where in dyie meadowes, and on grassie hills: these are called of the Herbarists *Verbasculum odoratum*, by reason of their pleasant smell. The second kinde groweth in the wooddes, and is much bigger than the common Cowslips, it hath a pale yellow colour, but without any smell at all, and it is called *Verbasculum syluestre*, and *Verbasculum album*; and when this kinde is set in gardens, it groweth as bigge againe as before.

The third kinde are the double Cowslips, that

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that are set in gardens, and they are much fairer, greater, and more pleasant than the common, & are called *Verbasculum multiplex*.
Creuets, in Greeke and in Latine *Astacus fluuiatilis*, *Cammarus*, *Gammarus*: it is a kinde of shell fish very common and wel knowne. This fish is now a daies of diuers learned men called *Cancer* vniuersally, for that there be no *Cancris* in Germanie; for the true *Cancris* haue no taile as our Creuets haue, which are in all points like to the Lobsters, but that they are much lesse.

Crabs or wild Apples, *Malum syluestre*, or *Pomum syluestre*: they and their leaues are vsed for the laike.

Cresses, in Greeke and Latine *Cardamum*, *Nasturtium hortense*, and of the common Herbarists *Cressa*.

Cricket, *Grillus*, a little woyme very common in all byew houses.

Cristall, *ChrySTALLus* and *ChrySTALLum*.

Crowfoot, in Greeke *Batrachion* and *Batrachis*, in Latine *Ranunculus*, *Herba Sardonia*, *Herba scelerata*, *Strumea*, and *Herba Strumea*, at the Apothecaries *Flammula*, and *Pes Corui*. Plinie calleth the double Crowfoote *Polyanthemum*, it is called here *Witchelers buttons*, & of the Simplicists *Ranunculus multiplex*. There are diuers kindes of it, but because they are not al of them vsed in Physicke, we will onely speake of the lesser sort, which by reason of the round roote that it hath it is called *Ranunculus rotundus*, and at the Apothecaries *Flammula*, and of some (for to distinguish it from the other sorts) *Flammula minor*, and *Flammula rotunda*: and this kinde of Crowfoote is only to be vsed in Physicke.

Cuckoe, in Greeke *Coccyx*, in Latine *Cuculus*, a bird too common and well knowne.

Cuckobread, in greake and latin *Oxys*, *Oxytriphylon*, *Trifolium acetosum*, *Panis Cuculi*, and at the Apothecaries *Alleluia*.

Cuckopit, *Priests pintle*, or *Wake Robin*, in latine *Pes vituli*, *virile Sacerdotis*, *Serpentaria minor*, and at the Apothecaries *Aron*.

Cucobes, in Greeke *Carpesium*, of Actuarius, of the Arabians, and at all the Apothecaries *Cubeba*.

Cucumber, *Cucumis*, *Cucumer*, and *Cucumis satiuus*, in Greeke and of Aristophanes, *Sicyos* and *Sichos*.

Cumfrey, of Dioscorides *Symphytum alterum*, *Symphytum maius*, and *Pecton*; of Apuleius *Pectis*, *Anazetesis*, *Hemostasis*, *Consolida maior*, and *Alus Gallicus*, of Scribonius *Inularustica*,

Consolida, *Confirma maior*, *Conserua maior*, & *Solidago*: it is a common herbe, whereof there be two sorts, the one with purple flowers, and the other with white. There is yet a third kinde called *Symphytum petreum*, of Apuleius *Xylophyton* and *Anachylis*, of the Herbarists *Consolida petrea*: this groweth on hills and stony places.

Cumin, in Greeke and Latine *Cuminum*, *Cuminum*, *Cuminum satiuum*, *Cuminum hortulanum*, and *Cuminum Romanum*.

D.

Daffodill, it is called in greake and latine *Hemerocallis*, *Lilium syluestre*, *Lilium Saracenicum*, and at the Apothecaries *Affodillus* for *Asphodelus*, but vniuersally; and although it be not the true *Hemerocallis* that Dioscorides describeth, yet it is a kind of it, and very like it in vertues and operation. The right *Daffodill* is called in Greeke and Latine *Asphodelus*, *Hastula regia*, *Albucum*, the flowers with the skalle *Anthericos*. It is now by the diligent and expert Whistons brought in to vse againe.

Damaske pines, *Pruna Damascena*.

Dandelion, *Priests crowne*, wilde or pellow *Cichorie*, in Greeke *Hedypnois*, of Theophrastus *Aphaca*, and of the Herbarists, *Seris urinaria*, *Herba urinaria*, *Seris somnifera*, *Caput Monachi*, and *dens Leonis*. The Apothecaries and unskillfull Whistons do call it *Taraxacon*, and *Altaraxacon*, which names are due to Plantaine, as may be seene by Serapius and the Arabians. For that which Dioscorides calleth *Intybus Syluestris*, that do they call *Taraxacon* or *Altaraxacon*. This herb is cold by nature, it prouoketh sleepe, it openeth all inward obstructions, it mooueth vrine abundantly.

Dane-weede, in Greeke and Latine *Chamaeete*, *Ebulus*, *Sambucus pumila*, *Sambucus humilis*, *Sambucus arvensis*.

Dates, in Greeke and Latine *Dactyli*, *Caryota*, *Caryotides*, and *Palmule*: sowre Dates are called *Tamarindi*.

Date tree, in greake *Phoenix*, & in latin *Palma*.

Daisies, in greake *Ballis*, in latin *Bellis*, *Bellus*, and *Bellus flos*, by the Herbarists *Pascanthemum*, and *Herba Arthritica*, *Herba margarita*, and at the Apothecaries *Consolida minor*. The other kind is called *Bellis maior*, *Bellum maius*, and of the Herbarists *Chenanthemum*, *Consolida media vulnerariorum*.

Diamond;

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Diamond, *Adamas*, a well knowne gemme or pzeious stone.

Dill, *Anethum*, it is hot in the third, and drie in the second degre.

Diptamer, *Diptamus*, in Greeke and latin *Polemonia* or *Polemonium*, *Phyletaria*, *Chiliodynamis*, *Fraxinus pumila*, *Fraxinula*, *Frassinula*, *Fraxinella*, *Frassinella*, and *Diptamus albus*. The Apothecaries call it *Diptamus*, and *Diptamus albus*. This plant hath been taken a great while for *Paonia mascula*, but it is the true *Polemonium* of the ancients.

Dishwasher, a little bird called *Motacilla*, *Cauda Tremula*, and of *Hesichius*, *Cyrillus*, it is a common and well knowne bird.

Diuels bit, *Morsus Diaboli*, *Succissa*, *Iacea nigra*, and *Fremorsa*. It is a kind of *Scabious*, and is not vnlike the same, only that the leaues of it be not iagged as the *Scabious* leaues are.

Docke, in Greeke *Lapathum*, in latine *Rumex*, and at the Apothecaries *Lapatium*. There are sixe kinds of Dockes: the first hath long piked leaues like *Sorrell*, but something sharper, and it is called in Greeke to distinguish it from the rest, *Oxylapathum*, in latine *Lapathum acutum*, *Lapathum acutifolium*, and at the Apothecaries *Lapatium acutum*. The second kinde hath great broad leaues, not much vnlike the former, but somewhat bigger, the Herbarists do call it *Lapathum latifolium*, *Lapathum platiphyllon*, and *Lapathum non acuminatum*, which is almost altogether in vse under the name of *Lapathum acutum* vniuersally; but amongst the vnskillfull Physicians and Apothecaries a sorte or twaine breaks no square: this groweth in meadows and other moist places. The third kind hath yet bigger, but softer or gentler leaues: it is sowne in gardens, especially in France, where they vse it amongst other pot herbes in their porridge, the rootes of it are bigger than the other, somewhat yellow, not much vnlike to *Rubarbe*: it is called in Greeke *Lapathon Cypaeon*, in latine *Lapathum domesticum*, *Rumex sativus*, and by the Herbarists *Rhabarbarum monachorum*, and *Patientia*: some do call it *Lapathum latifolium sativum*, to distinguish it from the former. The fourth kind hath very great leaues, and piked befoze; it groweth in ponds & other waters, and is called in Greeke *Hydrolapathon*, and *Hippolapathon*, in latine *Lapathum equinum*, *Rumex equinus*, *Lapathum aquaticum*, *Rumex aquaticus*, and *palustris*; the Grecians do also

call it *Bulapathon*. The fift kind hath leaues like the first and the common Docke, with many red spots and veines, and it is found in gardens, it is called of the Herbarists *Lapathum sanguineum*, *Rumex sanguineus*, and *Sanguis Draconis*. The sixth kind is *Sorrell* whereof shall be spoken elsewhere.

Doronicum, the Arabians do call it *Doronigi*: it is mingled with other things that serue for comfort of the heart. Some will affirme that it is venemous, because the second kinde of it is such, that it killeth both man and beast: Wherefoze if our *Doronicum* be poison, then must of necessitie follow that the herbe *Antera* or *Antitora* be also venemous, because the one is as like the other in leafe, flower, and roote, that the one can hardly be knowne from the other. But that our *Doronicum* is no poison, hath experience taught vs many yeares ago.

Dragons, in Greeke *Dracontium*, *Dracontea*, *Dracontia*, *Isarum*, *Biarum*, *Iarum*, *Harmiagrion*, and *Pygigialium*. *Apuleius* calleth them *Pythoniū*, *Anchomanos*, *Sauechromaton*, *Typhonium*, *Crocodylium*, *Therium*, & *Therionophonium*; in latine *Serpentaria*, *Columbina*, *Colubrina*, *Mauriaria*, *Dracontea*, and *Collum Draconis*: of the Arabian Physicians *Luf*, *Luph*, or *Alluff*: the Simplicists do call it *Dracunculum*. There are three kinds of Dragons, to wit, the first, which we doe call the greater Dragons, *Dracontium maius*, *Dracunculus maior*, & *Colubrina magna*, thereby to know it from the other two sorts. The second kinde is somewhat lesse, and like to the Cuckopit, it is called *Dracontium minus*, *Dracunculus minor*, or *Colubrina minor*, and of *Athenais*, *Aronia*: *Cordus* doth call it *Dracunculum*, *Hemicophyllon*, and *Luph platum*: the greater they call *Luph Crispum*. Others doe call it the lesser Dragons, that is, *Serpentaria minor*. The third kind groweth neare the water, vpon a stubbed roote, with many stalkes vnto it, and on euery stalk one onely leafe, much like to *Iuie*, and euery stalk bringeth a bunch of berries like *Cuckopit*: it is called *Dracunculus palustris*, *Dracunculus aquaticus*, *Colubrina palustris*, and *Arum palustre*. We call them water Dragons. Some simple Physicians & silly Apothecaries do vse the *Bistorta* rootes for the roots of Dragons: but what great distance is between them, what difference in their vertues and operations, is sufficiently knowne to the learned.

Dragonblood, *Cinnabaris Indica*, *Sanguis Draconis*.

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mis, and *Lacryma Draconis*, it is the sap of a tree in the Indies called *Draco*.
 Ducke, he or she, *Anas*.

E.

Earth sealed, in greek *Sphragis*, in latine *Terra lemnia*, *Sigillum lemnium*, *Lutum lemnium*, *Rubrica lemnia*, *Minister lemnium*, *Lutum sigillatum*, and at the Apothecaries *Terra sigillata*: This earth is mathematically falsified and counterfeited, wherefore great heed must be had in the use of it. Our hedge Whistlers will rather use clay, than want earth in their receipts.

Earthwormes, *Lumbrici*, *Vermes terreni*, *Intestina terra*.

Eele, *Anguilla*, the well known fish, that will not be held by the taile.

Elecampane, in latine *Helenium*, *Enula*, *Enula campana*, and *Terminalium*.

Elderne, in greek *Acte*, & in latine *Sambucus*.

Elme, in greek *Ptelea*, in latine *Vlmus*: there are 2. kinds of it, the comon is called *Vlmus campestris*. The other kind groweth on hills, and is called in greek *Oriptelea*, in latine of *Gaza*, *Momulum*, & of others *Vlmus Montana*.

Endive, in greek & in latine *Intybus*, *Intybum*, *Intybus sativus*, & *Seris*, at the Apothecaries *Endivia*: it is a kind of fame *Succory*, and is knowne at this present in every place.

Endive the white, or y^e lesser Endive, in greek and latine *Intybum sativum angustifolium*, *Seris sativa angustifolia*, *Seris sativa minor*, and *Seriola*: the Apothecaries do call it with a barbarous name *Scariolam*.

Eryngus, in greek & latine *Eryngium*, of the Herbarists *Herba pleuritica*, *Acus Veneris*, *Capitulum Martis*, *Centum capita*, & at the Apothecaries *Iringus*. There are two kinds of it, the one, which is common with vs, and by the name of *Eryngus* sufficiently knowne. The other kind hath broad leaves, and is not so prickling as the former, it hath also a faire and bigger top, and a faire skie coloured flower, it is planted in gardes, it groweth otherwise at the sea side: the Simplificists call it *Eryngium maritimum*. Some vnerpert Whistlers and Apothecaries doe use the star Thistle for *Eryngus*, but erroneously, for it is a little Thistle, much lesse than the *Eryngus*, it hath many little heads, with purple flowers, and prickles about them standing out like a starre, it hath a small roote, that perissheth in winter, it groweth every where in dry places. The Herba-

rists doe call it *Carduus Stellatus*, *Carduus Calcifragus*, *Tribulus stellatus*, *Acanthasterion*, *Spinastella*, *Calcitrapa*, and *Calcitripola*: *Valerius Cordus* doth call it *Polyacantha*, but it is not the *Polyacantha* of *Theophrastus*. Others do call it *Eryngium minus*, that is, the lesser *Eryngus*. And although this Thistle doe also moue vrine, or prouoke the termes in women as *Eryngus* doth, yet nevertheless it is not the same, but it is much stronger than the *Eryngus*; for if one vse too much of it, then doth it expell blood with the vrine: wherefore the same is duly to be used, and in steede of *Eryngus* vse the comon Thistle, or Squilles for it. *Rondoletius* doth call *Eryngus* by the name of *Coronopus*.

Escharbot, in greek *Cantharus*, in latine *Cantherius*, *Scarabeus*, and *Pilularius*.

F.

Ferne, in greek and latine *Pteris*, *Blechnon*, *Dasyclonon*, and *Filix*, a well known hearbe, and common in all woods and heathes: it is called of *Nicander*, *Betrus*.

Fenegreke, in greek *Telis*, *Agoceros*, *Ceratitis*, of *Pliny*, *Carphos*, of *Theophrastus*, *Buceras*, of *Hippocrates*, *Epiceras*; in latine *Foenugracum*, of *Pliny*, *Silia*, of *Varro*, *Silicula*, and of the Herbarists *Trifolium gracum*: it is an herbe, whose seede is onely in vse.

Fennel, *Foeniculum*, *Maratrum*, it is a common and well knowne herbe.

Fesant, *Phasianus*, *Fasianus*, and *Facidis avis*, it is a common bird, which ought to be used for meate in many diseases, as hath bene shewed in diuers places of our booke.

Fenerfew: it is called of the Herbarists *Pseudoparthenium*, *Amarella*, the practitioners & Apothecaries doe call it *Matricaria*. This Fenerfew hath vntill this present day been taken for the true *Parthenium* of the ancients, albeit that the most famous & learned Whistlers *Antonius Musa*, *Brassanolus*, *Leonardus Fuchsius*, *Gulielmus Rondoletius*, and diuers others haue long since sufficiently shewed, that the bitter and stinking Cammomils (of some called dogs Cammomils) are the true *Parthenium*; for it is not onely in all points correspondent to the description of it, but agreeeth also to the vertues and operations with it, and hee that readeth *Dioscorides*,

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is constrained to affirme the same: where-
foze it is a great wonder, that many men
will be so obstinate, that although one doe
shew them the truth it selfe, yet will they
like swine tumble in their dirt, and stick to
their vngrounded opinions, whereby they
seeme to seeke the ouerthrow of all truths.
The true *Parthenium* are the stinking cam-
momils, which are called of the Herbarists
Herba virginea, *Cynanthemis*, *Busonaria*, *Ane-
shum caninum*, *chamamelum foetidum*, and
Cotula foetida.

Field berries, looke Huckle berries.

Field Cypres, in Greeke and Latine *Chama-
pitys*, *Abinga*, or *Abiga*, at the Apothecaries
Iua, and *Iua arthetica*, or *Arthetica*: of Plinie
Thus terra, of the Herbarists *Herba apople-
tica*, *cucurbitularis*, and *Pinus pumila*.

Fig tree, *Ficus*.

Figs, dyed figs, *Ficus*, *ficus passa*, *Carica*, there
are three kinds of them brought vnto vs,
the first are they that come in frayles, and
they are the meanest: the second kinde are
the lease figs, that are brought fro Candy
and Cyprus, these are fatter and better
than the former. They are called lease figs,
because they are packed and made vp with
Bay leaues betweene them. The third
kinde are lesser and pleasanter than the rest,
they are brought from Rouence, they are
called figs of *Marselles*, and these are the
best of all for Physicke.

Figwort, the great Scrofulary, this herb hath
been vnknowne to the auncients, and now
adaies it is called of our Physitions *Scro-
phularia* or *Scrofularia*, and also *Millemorbia*,
or *Castrangula*.

Firre tree, in Greeke *Elate*, in Latine *Abies*,
there are two kindes of it, the first is the
common firre tree, which of the Simplicists
is called the white firre tree, or *abies candida*,
the second kinde of Firre tree is called in
Greeke *Peuce*, in Latine *Picea*, and of the
Herbarists *Abies nigra*, which is the red
firre tree. But where thou findest Fir tree
in any receipt without addition, there is
the common Firre tree meant.

Fitches, in Greeke *Bicion*, or *Aracis*, in Latine
Vicia, there are two kindes of them, the first
is that which is knowne to all men by the
name of Fitches, the other kinde groweth
of it selfe here and there, they are called
wild fitches, *Dioscorides* doth call them *A-
phace*, in Latine *Vicia sylvestris*. But if the
name of Fitches be found without additio,

then shalt thou vnderstand the first kind of
them. Our vnskillfull southsayers and Apo-
thecaries do take the fitches for the true
Eruum of the ancient writers, but it is an
open deceit, which ought to be punished by
the Magistrates, & to call such careless fel-
lowes in question for their false *quid pro quo*.
Flax, in Greeke and Latine *Linum*, Plinie cal-
leth all that *Linum* that may be spun.

Fleawort, in Greeke and Latine *Psyllium*,
herba pulicaris, *pulicaria*, of Plinie *Cynoides*,
and *Cynocephalon*. The seed only of this herb
is vsed in physicke, it is cold in the second,
and dry in the first degree.

Flint or pible stone, in Greeke *Chalix*, in La-
tine *Silex*.

Floure deluce, *Lilium caeleste*, and *Iris Germani-
ca*. Although this our Floure deluce do not
agree in euery respect with the *Ireas* of Ita-
ly, yet it is a kinde of it, and much stronger
in purging, for which cause it is aboue al-
other kinds vsed in the Dyopsie.

Folesote, in Greeke *Bechium*, and *Chameleuce*,
in Latine *Populago*, *Tusilago*, of the Herba-
rists *Vngula caballina*, & *herba Dini Quirini*,
at the Apothecaries *Farfara*, of *Theophrastus*
Aphyllates, because that it bloweth without
any leaues, wherfoze it is also called of some
filius ante patrem, others do likewise terme it
populus humilis, or *pumila*, *farfarella*, *farfarago*.

Framboys, in Greeke and Latin *Batus Idæus*,
Rubus Idæus, *Rubus Cernuus*, *Cernirubus*,
the whole shrub is called the Framboye
hedge, the fruite Framboys, *morarubus Idæi*.

Frankinsence, in Greeke and Latine *Libanus*,
or *Libanum*, *Libanotis*, *Thus*, *Tus*, *Opelebanum*,
Incensum, and at the Apothecaries *Olibanum*.
There are foure kindes of it, the first is very
white, round, and little cornes or graines:
it is called in Greeke *Stragonias*, of Plinie
Thus masculum, of the Simplicists *Thus te-
sticulatum*, at the Apothecaries *Olibanum te-
sticulatum*, in english white Frankinsence,
and this is the best of all the kindes. The se-
cond kinde is gray, yellowish, and is that
which is left after the former is picked out,
& it is only called Frankinsence. The third
is also vsed, and it is full of barks, to which
the Frankinsence sticketh, and it is taken
from the tree: and although it be thought
uncleane, yet hath it his place in Physicke
as well as the best. This is called *Thuris*
cortex, *Thus corticosum*, & at the Apothecaries
Olibanum corticosum, in english rindes or
barks of Frankinsence. The fourth kinde
are

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are the reliques that are left after the former three kindes are taken out, all these kinds do come of one and the same tree: but there is yet another condemned kinde of Frankinsence at the Apothecaries, and also at the Druggists, that is not worthie to be numbred amongst the former kindes, because it is only a deceit and knauery vsed in stead of good wace, wherefore it ought by good right to be throwne out of dozes. This is made of the gum of the Pine tree, & so prepared deceitfully, it is called *Thus Adulterinum*, in English couinterfeited Frankinsence. Frankinsence the black, *Timiama*, in Greeke *Nascaphthum Narcaphthum*, of others *Thymiana* & at the Apothecaries *Thymiana*. It is a swete smelling barke which is vsed in swete vnguents, or fuming candles: some do call it *Incensum nigrum*. French beanes, *Phaseolus*, *Phasiolus*, *Dolicus*, *Phaselus*. Frogge, *Rana*. Humitory, in Greeke and Latine *Capnos fumaria*, and *Fumus terre*, the Herbarists call it *Cerfolium felinum*, and *Columbinum*. It is a well knowne herbe, and is hot and dry in the third degree.

G.

Gadise tree, a tree called in Greeke and Latine *Crania*, *Cornus*. Galingall, *Cyprus Babylonius*, and *Galanga*, a well knowne spice, whereof there be two kinds, to wit, the great & the lesser, but the lesser is the true Galingall, and is to be vsed in stead thereof, but the great is called *Galanga maior*. This is vsed of some for the true *Acorus*, that is *Calamus*: but they erre greatly, for *Acorus* is our common *Calamus* as hath beene shewed elsewhere. Gales, *Galla*, they that grow on the Oaks are altogether vnmeete for Physicke, they are called of Galen *Onicicide*, that is, *asine galla*. Garlicke, in Greeke *Scorodon*, and in Latine *Allium*. Gillowfloures, are called of the Herbarists *Cariophyllus flos*, *Cariophyllus hortulanus*, *Cariophyllus domesticus*, *Betonica altalis*, & of Pliny *Cantabrica*, the Apothecaries call it *flos cariophyllorum*, but there are diuers other herbs that are called *Herba tunica*, but some suppose *Carduus Benedictus* to be the right *herba tunica*, where they should reade *herba turca*

or *turcha* and not *tunica*. *Gordonius* doth call our *Ocymastrum*, that is, *Behen*, *herbam tunicam*, so that almost each autho hath his owne *herbam tunicam*. Some doe call our Gillowfloures *flos tunicus*, to distinguish it from *herba tunica*; which is *Behen*, and they doe very well, for a thing well distinguished preuenteth many errours. Gentian, in Greeke and Latine *Narce*, *Aloe Gallica*, and *Gentiana*. Gentian the lesser, in Greeke *Phyteuma*, in Latine *Cruciata*, *Gentiana Cruciata*, and at the Apothecaries about the Riuer of Rhene *Herba diui Petri*. This herb is vsed even at this present for the that haue taken somewhat to fall in loue with another body, or that are bewitched. It is also a true remedie experimented, if it be vsed as it ought. Germanander, in greeke and Latine *Chamedrys*, *Chamerys*, *Lynodris*, *Trixago*, *Curcula*, & *Serratula*. Whensoever thou wilt vse Germanander, take that with the browne red floures, which is a kind of *Tencrium*, for that is the true Germanander, and is called of some *Calamandrina*, and *Morsus mulicrum*. Ginger, *Zingiber*, a well knowne spice, called also *Gingiber*, & at the Apothecar. *Zinziber*. Gips, in greeke and latine *Gipsus*, or *Gypsum*: there are diuers kinds of it, but the best is that which is most like to chalke. Giste, in latine and greeke *Melanthium*, *Guh*, and at the Apothecaries *Nigella Romana*. There is yet another kinde of it, whereof the plant is bigger, & more pleatant to behold, but the seede is not so strong in smell, and is called *Damaske Nardus*, of the Herbarists *Nigella Damascena*: but the first kind is only vsed in Physicke. They are both of them hot and dry in the third degree. Glesw, in greeke *Colla*, and *Xylocolla*, in latine of *Virgil*, *Gluten*, of *Varro* and *Salustius* *Glutinum*, otherwise also *Glutina taurinum*, and at the Apothecaries *Gluten ligni*. It is vsed in plaisters for the rupture. Gnat, in greeke *Conops*, and of *Hesichius* *Nopis*, in latine *Culex*. Goat, *Capra*. Goldfinch is called in greeke *Acanthis*, in latine *Carduelis*, and is good in meates for them that haue a cold stomack. Goose, *Anser*. Goosegras, in greeke *Aparine*, *Omphalocarpos*, *Philanthropos*, in latine *Aspergula*, *Asperula*, and *Speronella*, it is a well knowne weede, hot and dry by nature.

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Gourds, *Cucurbita esculenta*, *Cucurbita ventricosa*, *Cucurbita cameraria*, *Cucurbita perticalis*, and at the Apothecaries *Cucurbita*.

Gray, loke a Badger, B.

Gromell in Græke and Latine *Lithospermon*, *Gorgonium*, of Theophrastus *Diosporus*, and at the Apothecaries *Milium solis*. Dioscor. calleth it *Lithospermum*, and *Semen Leoninum*. There be two kinds of it: the first groweth in the fields and vntilled places: the second is like the former which is vſed at the Apothecaries, but it groweth not aboue a span in height, and the ſeede is alſo much leſſe, it is called *Lithospermon aruense*: the other hath ſmall leaues like to Flare, and betwene euery leaſe a little ſæde, not vnlike to the true Gromell: the Herbariſts do call it *Lingua paſſerina*, *Lithospermon ſylueſtre*, & *Lithospermon nigrum*: in Engliſh black Gromil, to diſtinguiſh it from the white which is daily vſed. Some alſo doe adde to the former kindes *Lachryma Iouis*, calling it *Lithospermon maius*, although it haue no communion with them: the firſt is moſt vſed.

Greines, *Cardamomum maius*, at the Apothecaries *Granum Paradisi*: it is vſed commonly both at the Apothecaries, and in the kitchen.

Grasse, in Græke and Latine *Agrostis*, and *Gramen*.

Grashopper, *Cicada*.

Greenefinch, *Acanthus*, in Græke and in Latine *Spinus*, and of Theodorus Faſa *Ligurinus*: it is a well knowne bird, and vſed commodiouſly in meates for all cold rheumes.

Gum, in Latine *Gummi*, at the Apothecaries *Gummi Arabicum*.

H

Hare, *Lepus*, it is a common and well knowen beaſt, eſpecially in rich mens houſes.

Hares ſote, in Græke and in Latine *Lagopus*, *Lagopodium*, *Pes leporinus*: the Herbariſts do call it *Trifolium Leporinum*, *Trifolium felinum*, and *Trifolium Trinitatis*. This herb is much vſed for the lakke.

Harts-eaſe, in Græke and Latine *Diosanthos*, *Phlox*, *Phlogium*, *Herba flammea*, *Herba clauellata*, *Herba Trinitatis*, and at the Apothecaries *Iacea*. Gaſa calleth it *Flammula*: it is otherwiſe called of the Herbariſts *Flos Iouis*. It is an herbe common in all gardens and fields, it is much vſed, and eſpecially

the water of it.

Harts tong, in Græke and Latine *Phyllitis*, & *Lingua Ceruina*. It is of diuers vnlearned Phyſitions taken and alſo vſed for the *Aſplenium* of the auncients, or for the true *Scolopendrium*; where notwithstanding the true *Scolopendrium* is common enough.

Hartwozt or *Ariſtology*, *Capnos Chelidonia*, *Capnos phragmites*, *Pes Gallinaceus*: of the Herbariſts *Pſeudoariſtologia*, & *Radix Concaua*. The rootes of this herbe haue the vnſkilfull Phyſitions brought in vſe for the true *Ariſtology* the round, and is vnto this day vſed for the ſame at many Apothecaries, which neuertheleſſe is nothing like it. So beſalleth it commonly that we will ſee and deterne what is done in the heauens amongſt the ſtars, and do not know thoſe things that are beneath on earth, and belonging to our Art. This herbe is a kinde of ſumitorie, which *Ætius* and *Pliny* haue ſo deſcribed it as may appeare by their writings. Here is to be noted that as often as you finde either round *Hartwozt*, or round *Ariſtology*, that the right round *Ariſtology* is to be taken for it. The true *Ariſtologia rotunda* is called in Græke and Latine *Ariſtologia*, and *Melocarpon*: otherwiſe it is called for a difference *Ariſtologia rotunda*, and *Malum Terra*.

Haſell, or *Haſell nut*, in Græke *Carya*, in Latine *Corylus*, and *Nux auellana*. There are two kindes of it, the one that groweth euery where in the woods, and the other that is planted in gardens called a *ſilberd tree*. The ſuts are called in Græke *Leptocaryon*, *Nux auellana*, *Nux pontica*, *Nux prænesti-na*, *Nux Heracleotica*, & *Auellana*. The ſame *Haſell ſuts* are called *ſilberds*, *Lombardy ſuts*, that is, *Nux Longobardica*. The wood of the *Haſell* is cut in chips as the wood of the *Aſh*, and alſo vſed in the making of aromaticall wines.

Hawthorne is called of Theophrast. *Cynosbatus*, of *Plinie* *Cynopaston*, and *Neuroſpaſton*, of *Dioſcorides* *Oxyacantha*, of *Gaſa* *Canirubus*; the fruits are called *Hawes*.

Hawke, *Accipiter* of *Virgil* *Sacer ales*.

Heath, *Erica*, of Theophrastus *Tetralax*.

Hedghog, *Echinus*, a well knowne beaſt, it is full of prickles ouer the whole body, ſo that his ſkin will not ſerue to ſur a paire of mittens.

Hemlock, is a very venemous herb; it is called in græke *Conion*, *Cathechomenion*, *Abiaton*, *Egynos*,

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Agynos, Apseudes, Ethusa, Ageomera, Apolegusa, Timeron, Dolia, Palyanodinos, Amaurosis, Dardanis, Aphros, Creidion, Catapfixis, Cete, in latine *Cicuta*: it groweth here and there by hedges, in medowes, and in other grassy places, it hath a very stinking and hurtfull saour.

Hempe, in Greeke and Latine *Schoenostrophon, Asterion, Canabis, or Cannabis*: it is but seldom used in Physicke: it is oft called *Walterweede*.

Henbane, in Greeke and Latine *Hyoscyamus, Dyoscyamus, Emmanes, Dithyrabion, Typhonium, Pythonium, Altercum, Apollinaris, Fabulum, Faba Iouis, Faba suilla, Herba calicularis, Faba lupina, Mania*, and at the Apothecaries *Isquiamus*. It is cold in the third degree, especially the white, which onely is used in Physicke. The gray and black Henbane seeds by reason of their great cold, are taken for poyson, wherefore neither of both ought to be used inwardly.

Herbe-horset, looke Auence. A.

Herbe tence, is called of Theophrastus, *Erestedantum*, in latin *Centimorbia, Centimorbium, or Centimorbium*: at the Apothecaries *Numularia, Serpentina minor, and Serpentina ria minor*. Some do also call it *Hirundinaria*: it is a common vulnerall herbe.

Hermodyctyles, in Greeke *Colchicon*, in Latine *Ephemerum deleterium, Ephemerum lethale, Bulbus agrestis*, of the Herbarists *Canineca, Panis Ciconie, & Bulbus Caninus*. Our Physicians & Apothecaries do call them *Hermodyctylus*. But because y^e diuers other plants are called *Hermodyctyles*, it is needfull to distinguish them here, that no man put either himselfe or any body else in danger: for our common *Hermodyctylus*, is the *Hermodyctyle* roote, and the true *Colchicum*, which Galen calleth *Ephemerum deleterium*: *Anicenna, Serapio*, and other Arabian Physicians do affirme the same: and it awayleth nought, that some will distinguish the *Colchicum* of the Grecians, from the *Hermodyctylus* of the Arabians: their false and erroneous opinions are easily withstood, for you neede but only compare the chapter of *Hermodyctyles* of *Serapio*, with the chapter of *Colchicum* of *Dioscorides*, then shall you evidently perceiue that it is one and the same roote: For *Serapio* being a diligent follower of *Dioscorides*, hath taken his chapter of *Hermodyctylus* out of the chapt. of *Colchico Dioscoridis* verbatim, word for word; as hee hath also

done in all other plants that are described of *Dioscorides*, as all they may perceiue that haue conferred both these autho^rs together. Wherefore it is most sure that the *Colchicum* of the Grecians, and the *Hermodyctylus* of the Arabians, which now also are used for *Hermodyctyles*, are one and the same. But *Dioscorides* and *Serapio* affirme their *Colchicum* and *Hermodyctylus* to bee a poyson as well as the venemous *Toade-stooles*, wherefore also they commaund, that they be in no wise used or eaten: And although *Serapio* doe say that the *Hermodyctyles* bee good for the Gout, and other ioynt diseases, yet hee addeth, that if one vse too much of them, that thereby the muscles and the stomacke are maruellouslie weakened: but then he speaketh of the roote of the white *Hermodyctyles*, and supposeth that they that are red and blacke should altogether kill one. Seeing then they are so dangerous, these rootes ought not to be tolerated at the Apothecaries, and much lesse to bee used inwardly. Whereas then we know sufficiently that our *Colchicum, or Hermodyctylus* is so venemous, therefore must they needes lye extreameley, that byagge that they can cure all ioynt diseases with it. For it is most true, that they that vse these *Hermodyctyles* for the Goute, whether it bee in *Pilles, Potions, or any other way*, doe ware woorse and woorse euery daie, and at last are constrained to dye an vntimely death, as hath bene seene in diuers men, and at diuers times: notwithstanding that diuers learned men haue warned them that vse such dogged medicines, but no man will bee taught of another, which is the onely cause that we will not leaue our owne opinions and errours, which thing doth not onely bereaue many a man of this life, but also of the life to come. Wherefore I would admonish and warne euery man to take heed of them, and where hee findeth *Hermodyctyles* in any receipt, that hee omit them. And because that there bee *Pilles* made with *Hermodyctyles*, which would be very commodious for the Gout, if they were left out, therefore I would wish the *Hermodyctyles* to be omitted, & to put *Turbith, or Agaricke* in stead thereof, or to take *Medulla Carthami* for it: for they that haue obserued this order, haue found great good by it. But if you take the rootes of the true

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Mechoacan for it, that would bee much better, for I my selfe haue approued the same: this done, you need not feare any mishap or daunger, from which I could not omit to warne euery good body. It is very true that diuers Grecian writers, as *Aetnarius*, and *Nicolaus Myrepsus*, haue left vnto vs certain compositions, wherein are both the white and the red *Hermodyctyles*, as in *Aurea Alexandrina Nicolai*, & *Diamoschu Aetnarii*, but these authoꝝ haue not meant the *Hermodyctyles* of the Arabians, or the *Colchicum Dioscoridis*, but they haue meant the *Behen album*, and *rubrum*; which very well ought to be noted, that this precious confection bee not defiled with the *Hermodyctyles*, *Turbith*, or with *Mechoacan*. *Dioscorides* hath also his proper *Hermodyctyles* which hee calleth otherwise *Pentaphyllum*, and it is called in English *Cinquefoyle*, whereof hath bene spoken before.

Heron, in Latin *Erodius*, *Rhodius*, *Anis Diomedea*, and *Ardea*: it is a Bird euery where well knowne.

Hollyhocks, in Greke and in Latine *Althea*, *Aristalthea*, and *Dendron Malache*, of *Aetius* and *Galen* *Ebiscus*, *Ibiscus*, *Hibiscus*, and at the Apothecaries *Maluaniscus*, and *Bismalua*: the leaues and flowers are hot and dry in the first degree.

Hony, *Mel*.

Hony suckle, in Greke *Periclymenum*, *Periclymentus*, *Egine*, *Carpathon*, *Splenion*, *Calycanthemum*, in Latine *Volucrum maius*, *Inuolucrum maius*, *Pileolus Veneris*, & of the Herbarists *Matrisylua*, *Materfylua*, or *Vinciboscum*, of *Scribonius Sylua mater*: the Apothecaries doe call it *Caprifolium*, or *Lilium inter spinas*. There are two kinds of it, first the common sort which is knowne euery where by the name of *Hony suckle*: the other kind is only set in gardens, and is very like the former, but that the leaues are somewhat broader, and grow close to the stalks much like the *Thoro ware*: the floures are a litle shorter than those of the former, and white of colour intermixed with purple, and smell very pleasantly. In *Prouence* and *Italy* is this sort as common as the other is with vs; for it groweth in euery hedge, &c. The Herbarists doe call it for a difference from the former, *Caprifolium Italicum*, *Caprifolium perfoliatum*, or *Periclymenum Italicum*, and *Periclymenum perfoliatum*, both these plants are hot and dry by nature: the leaues and

the flowers are used for stinking blcers, fistulaes, canker, and Pockes.

Hops, in Greke *Bryon*, in Latine *Lupulus salictarius*, *Lupulus Humulus*, and of *Mesues* *Volubilis*, or *Volubilis magna*, *Lupus reptitius*, *Habiola*, and *Bruscandula*. It is hot and dry in the second degree.

Horehound, in Greke and Latin *Linostraphon*, *Phyllopharis*, *Camelopodium*, *Prassium*, and *Marrubium*.

Horse, *Equus*.

Horse Leache, *Hirudo*, *Sanguisuga*: it is a well knowne water woꝝme, it is often used to draw out blood of the body of man.

Horse Radish, *Sinapi Persicum*, at the Apothecaries *Raphanus maior*, of the Herbarists *Raphanus condimentarius*, & *Raphanus obscurum*. The Arabians doe call it *Nasturtium album*. This roote is euery where well knowne, and is taken of diuers unskillfull Physicians & Apothecaries for *Armoracia*, and *Raphanus minor*, or *Syluestris*, the which are the names of wilde Radish.

Horse tale, in Greke *Hippuris*, in Latin *Equisetum*, *Cauda equina*, and *Asprella*; *Dioscorides* doth also call it *Ephedron*, and *Anabasis*. There are two kinds of it, the greater and the lesser: the greater is that whereof wee haue now spoken: the lesser is called *Hippuris minor*, *Equitium*.

Horse tongue, in Greke and Latine *Hippoglossum*, *Hypoglossum*, *Epiglossum*, *Epiphyllocarpon*, *Lingua pagana*, *Bonifacia*, *Vunlaria*, and *Bislingua*.

Hounds tongue, *Cynoglossum*, or *Cynoglossa*, *Lingua Canina*: it is cold and dry in the second degree.

Houſe ke, in Greke *Isoen*, *Hypogressum*, *Steragethron*, *Zophthalmon*, and *Aithales*, in Latine *Sedum semperuiuum*, and of *Apuleius* *Vitalis*, *Caulis Iouis*, of the Herbarists *Herbatonitru*: the Apothecaries doe call it *Barba Iouis*. The second kind is the lesser *Houſe ke* called of the Grecians *Trihales*, *Eristhales*, *Geostitis*, and *Petrophytes*, in Latine *Aizouminus*, *Sedum minus*, *Vermicularis*, *Cauda muris*, of *Plinie* *Digitellus*, of the Herbarists *Herba Vermiculata*, at the Apothecaries *Crassula minor*: both these hearbs haue like operations, for they do dry, coole, and are astringent, but cold in the third degree.

Huckleberries, *fielde Berries*, *Wilberries*, *Pseudomyrtus*, *Vitis Idea* *Theophrasti*, it is a plant growing on hills and in woods verie common. These blacke Berries are falslie taken

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taken for Myrtle seedes of the southsayers and vnlearned crue, as they also do with the leaues in stead of Myrtle leaues, for they could neuer ghesse by the signe and course of the Moone, nor by any other stars influence, what the right *Myrtus* is; for which cause they vse this plant for it; but one must take hede not to vse them for Myrtles, for they neither haue the vertues nor operation of them.

Hyssope or Asope, *Hyssopus*, *Hyssopum*.

I

Iacynth, in Greeke and Latine *Hyacinthus*. It is a precious stone of a light violet colour. It is called an orientall, or Bohemish Amethyst. It is dealt withall of the vnskillfull as it is with diuers other simples, for the Chrysolite hath bene vled many yeres for the Iacynth, but how erroneously that hath bene done, may appeare by the writings of *Plinie*, who sayth, that the Iacynth is like the Amethyst. Wherefore it is apparat that the *Hyacinthus* hath his name of the violet coloured flowre *Hyacinthus*, which is most like to the naturall Amethyst, so that the *Chrysolithus* hath falsely ben vled for the *Hyacinthus*. Also the yellow stone *Prasius*, or *Chrysoprasium* hath falsely bene called *Chrysolithus*, by which meanes these stones haue bin confused & confusedly vled the one for the other: wherefore *Hyacinthus* is the Bohemish or orientall Amethyst, & the Chrysolite is a false Iacynth, & *Chrysoprasus* is the false Chrysolite: this haue I thought good to shew, by reason of the great errors daily committed, to the end that more warily might be dealt hereafter in the like cases.

Jasper stone, it is a pretious stone, whereof there be diuers kindes, to wit, greene red, light red, darke blew, liuer coloured, and spotted, yellow like Turpentine, and gray with smokie colours: all these kinds are in the fields about *Nimernoy*, and also heere and there in *France*, also in *Germany* in sundry places, except the greene and darke greene Jaspers, which onely are brought out of *India*, these two last kinds are the best. The darke greene Jasper is called *Heliotropius*: the light greene like a Smaragde is called *Iaspis viridis*, this is vled for the Smaragde but vniustly. The liuer coloured is called at the Apothecaries *Lapis Hepaticus*. The

yellow Jasper is called of *Dioscorides* *Theribinthizusa*, and the blew Jasper *Aerizusa*. Jewes lime, in greke *Asphaltos*, in latine *Bitumen*, and at the Apothecaries *Bitumen Iudaicum*, it hath his name by reason that it was wont to be brought vnto vs from *Iudea* out of the salt sea, wherein the *Jordan* doth exonerate it selfe, which also hath bin taken for the very best of *Galen*, *Dioscorides*, and of diuers other ancient writers: but that which is now adayes found at the Apothecaries, is onley a deceit and a counterfeited Jewes lime, to wit, made of Pitch, and *Oleum petrae*, which is both bought and sold of Jewes, and other conuetous Merchants; wherefore it is much better to vse of our Dutch Pitch (which is the right *Bitumen*) than to take one that is counterfeited. Pitch or Jewes lime is very seldome vled alone, but it is alwayes mixed with other things.

Jewes stone, in Greeke and Latine *Tecolithus*, *Phenicites*, *Pyrene*, and *Eureos*. All these names doth *Plinie* attribute to the Jewes stone, yet he doth also call y sponge stone *Spongites Tecolithus*, but this name is only due to the Jewes stone. It is called of *Dioscorides* *Lapis Iudaicus*, by which name it is also known at the Apothecaries. Incke, *Atramentum scriptorium*, *Atramentum librarium*, the Apothecaries do call it *Encaustum*.

Indian nut, in Greeke *Caryon Indicon*, in Latine *Nux Indica*, and of *Serapio Nergoil*. It is a fruit like to the great Pompeous whilest it is greene, but it is brought vnto vs dried: the shale of it is as hard as a horne, blacke without, and as big as a common bowle. It is also well knowne in this country: within it hath a white pith or kernell, it is vled at all Apothecaries. The kernell is hot in the second, and moyest in the first degree.

Ireas, of *Dioscorides*, *Iris*, *Vrania*, *Thaumasos*, *Thelpide*, or *Thalptide*, and *Catheron*: of *Athenens*, and *Theophrastus*, *Hieris*, in Latine *Iris*, *Opertritus*, *Radix marica*, and *Radix consecratrix*; of the Herbarists *Strapula odorata*, *Radix violacea*, and at the Apothecaries *indeclinabiliter in casu gemino*, *Ireos*, or *Irios*. There are five kinds of it, the first is strange, and is only planted in Gardens, it hath a faire white and odoriferous floure: the roote is also white and swete smelling: it is called

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of the Herbarists *Iris alba*, *Iris domestica alba*. The second kind is also planted in gardens, it is very like the former, but the flower is blew and within of diuers colours, not vnlike to the rainebow: the roote is somewhat grayer than the first, and not so odoriferous: it is called the blew flower deluce, of the Herbarists *Iris cerulea*, *Iris domestica cerulea*, and *Lilium caeruleum*. The third kinde groweth of it selfe in the woods, it is much like to the last mentioned, but that the flower is bigger and somewhat declining to the Violet or purple colour, within distinguished with many colours like a rainebow. This is called wilde Ireas, of the Herbarists *Iris sylvestris*, *Lilium caeleste sylvestre*. The fourth kinde hath small, yet long and narrow leaues, and a faire blew flower without any smell: the roote is somewhat lesse than of the others, but not odoriferous, yea almost without smell, but very sharpe and biting in taste. It groweth commonly nere the Rhene in marshes: it is called of the Simplicists *Iris palustris angustifolia*, *Lilium caeruleum palustre minus*. The fift kind groweth also in moyst places nere the Rhene, it hath broader & shorter leaues than the former, with a blew flower: the roote is very sharpe on the tongue but without any sent. It is called of the Herbarists *Chameiris*, *Iris pumila*, *Iris palustris minor*, *Iris palustris latifolia*, *Gladiolus palustris latifolius*, *Gladiolus palustris minor*, and *Lilium caeruleum palustre minus*. Dioscorides commendeth the *Iris Illyrica* or *Sclauonica* aboue all other kindes. This is somewhat lesse than the common kinde of Ireas: it is also somewhat reddish and of a pleasant colour, and swete in smell. But the Italian Ireas and that which groweth in Apulia, doth not only excēde the former in odoriferousnesse, but also in operation; wherefore it is also commended of all learned phisitions aboue that of Illyria. The Herbarists do call it *Iris Italica*, *Iris Florentina*, *Iris Apula*: in English the white Ireas roote. If thou therefore finde Ireas in any composition with any addition, then shalt thou take the *Iris Florentina*, which is common at all Apothecaries.

Isop. loke Hyssop. H.

Iuiubes, in Greeke and Latine *Sericum*, *Zyzyphum*, and at the Apothecaries *Iuiuba*: it is a kind of Prunes that are well knowne.

Iron, *Ferrum*, it is very much vsed in Physick:

for it is made red hot and extinguished in water, wine, milk, and many other liquors moe.

Juniper tree, in Greeke *Arceuthos*, in Latine *Iuniperus*. There are two kindes of it, the great and the lesser Juniper tree: the lesser is common on euery hill and knowne to euery man: in Greeke and of Dioscorides it is called *Arceuthis*, and *Acatialis*, of Theophrastus *Oxycedros*, in latin *Iuniperus minor*, *Iuniperulus* and *Iupicellus*, in English the Juniper shrub. The great Juniper tree hath bigger, stronger, and more prickling leaues, than the lesser, and it is a meetly great tree: the berries and fruits are thrice bigger than those of the former: it groweth on high hills and in woods. it is called in Greeke of Dioscorides *Arceuthos*, and *Acatera*, of others *Oxyarceuthis*, and of Theophrastus *Cedria*, in Latine *Iuniperus maior*, *Iuniperus acuta*, and *Cupressus sylvestris*. They are both of sundry virtues and operations in Physick, & therefore they may be vsed without indifferently.

Iuoy, *Ebur*, *Ebor*, *Dens Elefantis*, but Iuba doth call the Iuoy or Elephants tooth *Cerata*.

Iuie, in latine and Greeke *Cissus*, *Hedera*, *Edera* and *Hedera*.

K.

Kite, *Ictinus*, in latine *Miluus*, and *Miluius*. **Knotgras**, in Greeke *Polygonum*, in latine *Proserpinaca*, *Herba sanguinalis*, or *Sanguinaria*. There are three kindes of it, to wit, the male, the female, and the lesser knotgras: the male is sufficiently known by the name of Knotgras, it groweth euery where on the high waies and vntilled grounds: it is called in greek *Polycarpon*, *Carcinethron*, *Tentalis*, *Myrtopetalon*, *Cnopodium*, *Pedalion*, in latine *Polygonum mas*, *Sanguinaria*, *Herba sanguinalis mas*, *Seminalis*, *Vnguis muris*, *Proserpinaca*, of Apuleius, *Clinopodiontes*, *Scorpinaca*, *Statumaria*, and *Misereuiniunum*. The Herbarists do call it *Polygonum Heracleum*, or *Herculeum*, *Corrigiola*, *Multinodia*, *Centumnodia*, *Gramē Porcinum*, of Aetius *Heliobotane*, that is, *Herbasolis*, Dioscor. doth also call it in greek *Cynochala*: The second kind is a kind of Horse taile, and is called of the comon people the lesser Horse taile, & of Diosc. to distinguish it from the other *Polygonum femina*, or *Sanguinalis femina*. The third kind and the lesser knotgras groweth willingly in the fields amongst Turneps, and it hath a smal flar like

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like leaues, and great store of seed: the Herbarists do call it *Polygonum minus*, *Centrodia minor*, *Multinodia minor*, *Corrigiola minor*, *Sanguinalis minor*, *Seminalis minor*, and *Ruella*: but whensoever any mention is made, then must the first kind be understood.

L.

L Adymantle, the greater Sanicle of *Valerius Cordus*, it is called in græke *Drosin*, *Drosifera*, and *Psiadium*: the Herbarists do call it *Alchimilla*, *Stellaria*, *Sanicula maior*, *Pes leonis* and *Planta leonis*: it is a well knowne vulnerall herbe, yet altogether unknowne to the auncient Physicians. It is hot and dry in the second degree, it is used in all manner of vulnerall potions, salues, and oyles.

Ladythistle, in Græke and Latine *Sylibis*, of the Herbarists *Carduus diuæ Mariæ*, *Carduus marianus*, at the Apothecaries *Chameleonta*, as they are taught by the unskillfull Physicians.

Larke, in Græke *Corydes*, and *Corydalis*, of Pliny in latin *Galetita*, and *Alanda*. The Larke is much commended for the paine of the belly and many other infirmities.

Larks spur, of Dioscor. *Cuminum sylvestre alterum*, of the Herbarists *Flectranthemum*, *Calcaria*, *Herba diuæ Otiliæ*, *Flos regius*, *Cuminum cornutum*, *Cuminum siliquosum*, *Cuminum corniculatum*, & *Calcatrippa*, although the Starthistles in Italy bee also called *Calcatrippa*, at the Apothec. *Consolida regia*, and *Consolidaregalis*, *Ruellius* calleth it *Cornuta*.

Lauander, *Lauendula*, *Lauandula*, & *Lauendula*. There are 2. kinds of it, sufficiently known to every man, to wit, the great & the lesser, the lesser kind is commonly called Lauander, & is euery where known by that name: the greater is called Spikenard, & of the Herbarists *Spica hortulana*, & *Pseudonardus*. In old time, as well as in this our age, haue these herbs bin planted nere Wæ hines, because the Wæes do loue both the smell, & the taste of the Lauander flowers. The auncient Physicians haue called this herb *Casia herba*, *Casia coronaria*, & *Cneoron*: whereby they haue intant both the Lauander & the Spikenard: for there are 2. kinds of the herbe *Casia*. The vse of both these herbs is very common with vs in Physicke, not only used of it selfe, but mixed also with other things.

Laurel, or Lōzel, in græke *Daphnoides*, *Eupetalo*, *Pelasgum Plinii*, *Peploin Dioscoridis*, in latine *Laureola*, and *Piper montanum* of the Herbarists: it is a well known plant, that groweth

in the woods, & dangerous to be used: some unskillfull Physicians & Apothecaries do vse it for the true *Mezereon* of the Arabians.

Lead, *Plumbum*.

Leanen, in græke *Zyme*, of *Theophrastus*, *Phyrama*, in Latine *Fermentum*.

Lemon, *Lemonium malum*, *Limonium malum*, *Pomum Lemonium*, and *Limonium*, it is sufficiently knowne euery where.

Lentils, in græke *Phacos*, in Latine *Lens*, and *Lenticula*. They are meane betwene hot and cold, but dry in the third degree.

Lettice, in græke *Thridax*, in latine *Lactuca*, a very common & well knowne herbe. There are many kinds of it: first the common Lettice which is called broad Lettice: secondly the crumpled Lettice, called *Lactuca crispa*, and *Lactuca cappadox*: the third kind is the headed Lettice, *Lactuca sessilis*, of Pliny, *Lactuca Laconica*, of Columella, *Lactuca Ceciliansa*, & *Lactuca medica*, of Athenæus, *Astyllis*, and of Pythagoras, *Euanthion*, because that it hindereth the generation of humane seed: the fourth kind is wild, & is called wild Lettice, in græke *Thridax agria*, in latin *Lactuca sylvestris*, of the Herbarists *Chenoglossum*, *Lingua asserina*, and *Carduus Hepaticus*. Some blunt Physicians do vse this for Endiue, although the Endiue be very common & known of most men, which is no small error.

Licebane, or Stauesacre, in græke *Astaphys agria*, *Staphys agria*, and *Phthitioctonum*, in latine *Vua sylvestris*, *Pedicularia*, and *Herba pedicularis*, of the Herbarists *Piper murinum*, and at the Apothecaries *Staphisagria*: of the whole plant is onely the seed used.

Licorice, *Glycyrrhiza*, *Glyceraton*, *Glycephyton*, *Adipos*, *Sylitra*, *Lybestafon*, and *Theophrast*. calleth it *Euryglycea*, in latine *Radix dulcis*, *Radix Scythica*, & at the Apothecaries *Liquiritia*: & of some barbarous people *Regulitia*: it is a well known root, & especially about Wamberge, where it groweth in that abundance, that it doth not only serue Germany, but many other countries more.

Lighe, *Lixinium*, and *Lixinia*, *Columel*, *Spuma caustica*, of *Martialis*, *Spuma Batana*.

Lignum Aloes, in græke *Agallochum*, of *Ætius*, *Simeon Sethus*, *Nicolaus*, and *Actuarius*, *Xyloaloes*, in latine of Pliny, *Tarum*, of the latter writers *Lignum aloes*, *Xylum aloes*, and *Xyloaloes*. The Druggists doe call it *Calambuncum*, *Lignum Taprobanum*, *Lignum paradisi*, and *Lignum sanctæ crucis*. In the Bible hath it onely bene called Aloes: it is an

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odoriferous kind of wood which is brought out of the Isles of *Sumatra*, or *Taprobana*: There are many kindes of it, the heaviest is the best, and that which is hard and spotted black, and very sappy, is also taken for the best.

Lilly, in greeke and latine *Crinon*, *Lirium*, *Lilium*, *Rosa Iunonis*, or *Iunonia Rosa*, *Nicander* calleth it *Crinanthemum*. The Apothecaries call it for a difference of the others, *Lilium album*, that is, the white Lilly: and by the name of Lillies in this booke are alwayes the white ones meant.

Liticonfancy or **May Lillies**, or Lillies of the vallies, of *Theophrastus*, *Lilium Vernum*, of the Herbarists and common Phisitios, *Lilium conuallium*. Some would haue it to be the *Cacalia* of *Discorides*, but they are deceived. The flowers of this herbe are only used.

Litharge of golde or siluer, *Lithargyrium*, there are two kinds of it: the first is the Litharge or dross of siluer, *Argyritis*, at the Apothecaries *Lithargyrium argenti*. The seconde kind is the Litharge of gold, and it is somewhat redder than the former. There is yet another kinde called of *Pliny* *Molybditis*, and of other *Spumaplumbi*, that is, the scum of Lead. Otherwise it is also called *Lithargyrum argenti*, also *Lithargyros*, and of *Pliny*, *Spuma argenti*, as the Litharge of golde is called of some *Spuma auri*. These 3. kindes haue the same qualities & operations, yet is the litharge of gold take for the best, then the scum of lead; lastly the litharge of siluer.

Loadstone, in greeke of *Galen*, *Magnetis*, and *Heractia*; of *Callimachus*, *Heracleotis*, and of *Porphyrius*, *Magnes*, as it is also called in latine. It is called of *Pliny* *Sideritis*, because it draweth Iron vnto it.

Lobster, *Cancer marinus*.

Louage, in greeke *Hipposelinum*, in latine, *Apium equinum*, of *Theodorus Gaza*, *Equapium*, of the Herbarists, *Pseudoligusticum* of the Apothecaries and common Phisitios *Lenisticum*. Because they haue used it many yeeres for the true *Libysticum*, or *Ligusticum*, therefore will they (according to their old custome) remaine in their error, & will by no meanes be better instructed, let the poore patient speede as he list: notwithstanding that the true *Libysticum* of the Ancients be in great abundance brought out of *Italy*, for it groweth very common in *Liguria*, and other *Provinces*: but diligent and carefull

Phisitians do plant the same in their gardens. Others that haue not the true *Ligusticum*, vse the *Angelica* for it, or the *Oustrum*: for both these herbes haue the same virtues with the *Ligusticum*: the which all Phisitians and Apothecaries ought to imitate, vntill such time as they attaine to the true *Ligusticum*. If we did so much trouble our selues about the knowledge of herbs and simples, as we doe about the making of Calenders and Prognostications, we might haue this and many simples more which now we want. The *Ligusticum* is also called *Panacea* of *Dioscorides*.

Lupines, in greeke and latin *Lupinus*, *Thermus*, and *Faba Lupina*.

M.

Mace in greeke and latine, *Macer*, *Xylomacer*, *Macis*, and *Nucis myristicæ involucrem*: It is a well knowne spice, hot and dry by nature.

Madder, in greeke and latin *Erythrodanum*, of *Nicander*, *Scyron*, *Rubia*, *Rubia tinctorum*, *Rubia infectoria*, *Vena tinctoria*: at the Apothecaries *Rubia tinctorum*, and *Vena tinctorum*. There are two kindes of it, the wild & the tame: the wild groweth euery where in the woods, & it is much better & fitter for Phisitick than the other, which my self haue approued to be true at sundry times: the roote is only in vse, for the herb hath small vertue.

Maggie, *Pica*, and *Citta*.

Malmsiey, in greeke and latin *Momembrasites*, *Vinum aruifium*, *Vinum Creticum*, *Vinum chiti*, and *Nicolaus Mirepsus* calleth it *Vinum Momembrasiticum*, the common Phisitians and Apothecaries call it *Vinum maluaticum*, and *Vinum maruifianum*, or *Maluifianum*.

Mallowes, in greeke *Malache*, in latin *Malua*. There are 4. principall kinds of it, whereof the first is the tame Mallow, which groweth in gardens & elsewhere: it is called *Malua satina*, *Malua hortensis*, of the Herbarists *Malua maior*, *Hippomalache*, and *Malua caballina*: this is the right Mallow, or *Malua satina* of the ancients, notwithstanding that it groweth in all places of it self. The second kind groweth euery where by hedges & ditches, & it is much lesse than the former, it is called in greeke *Malache agria*, and in latine *Malua syluestris*, or *Malua agrestis*, of the Herbarists *Chenomalache*, *Malua anserina*, *Malua leporina*, and *Malua pumila*, in English the

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the lesser Mallows. The third kind is now adayes planted in gardens, and it is called crumpled Mallows, it is more moyst than either of the former, although that first it came from them; for by the arte of Gardening it is so changed, as many other plants also are. It is called of the Herbarists *Malua Romana*, or *Malua crispa*. The fourth kind is called a winter Rose, in greek *Moloché*, and in latine of *Apuleius*, *Hastula regia*, of the Herbarists *Rosa transmarina*, *Rosa hyemalis*, *Rosa autumnalis*: the Apothecaries call it *Malua arborea*. The first two kindes are meane warme and moyst by nature, but the lesser disagreeth somewhat from the other. The crumpled Mallows are much moister by nature than the other, and is but seldome vsed in Physicke, and that because the two first are much stronger. The winter Roses are middle meane warme, but astringent withall, that as the former kinds doe loose the belly, so this doth binde the same, wherefore it is also vsed for the Liske: They therefore doe lie falsely, that commend this kinde aboue all the Mallows of *Dioscorides* and *Galen*.

Mandrake, *Mandragora*, *Antimelon*: this is called of *Pythagoras*, *Anthropomorphos*.

Maniple is a handfull, or as much as one can hold in his hand, of hearbs, flowres, roots, and such like things, in Greeke *Dracos*, *Dragma*, and of the later Grecians *Disimidon*, in latine of *Cornelius Celsus*, *Manipulus*, of *Scribonius* and *Marcellus*, *Fasciculus*, of *Plinie*, *Fasciculus manialis*.

Manna, *Melligo*, *Salua siderum*, *Ros syriacus*, *Mel aerium*: of *Galen*, *Aromeli*, *Drosomeli*, at the Apothecaries *Manna*, or *Manna celestis*, to distinguish it fro the Frankinsence, which is called *Manna Libani*, and *Manna Thuris*. There are two kinds of *Manna*, the one is soft & thin, which is gathered in stone pots, & that is called of *Galen* lib. tercio de alimentorum facultatibus, the principall *Aromeli*, that is, *Mel aerium*, and *Mel libani*. The Arabians do call it for a difference fro the other *Teraniabin*, & *Auerroes* *Tergebium*. The Simplicists do call it *Manna liquida*. But now adayes it is neither found nor vsed any longer, as it was wont to be in the time of *Galen*, & of other writers. This *Manna liquida* doth *Hippocrates* call *Mel cedrinum*. The other kind is drye and hard like Sugar, & is differing according to the place where it is col-

lected, so y the one is called *Manna Calabrina*, & *Manna Bombycina*, this is brought out of *Calabria*, & it is accepted the worst kind, and it is not so swete as the other. The other kind is called *Manna Brianzona*, it is int compacted hard, & fatty graines, it is also sweeter than the former, and more forcible in operation. The third kind is whiter, and the graines of it are not much unlike to the of Mastick, it is also called *Manna granata*, or *granulata*, or *Mastichina* & it is the very best. **Marchasite**, in greek and latine *Pyrites*, at the Apothecaries *Marchasita*, it is a minerall stone, it is vsed in Gums & Tinderbores. There are many kinds of it, whose names do all differ according to the minerall that they containe.

Marierom bastard, looke *Dygany O*.

Marierom gentle, in greek *Sampsychus*, in latin *Amaracus* or *Amaracum*, of *Egineta* and at the Apothecaries *Maiorana*.

Marigold, of *Virgil*, *Columella*, and *Plinie*, *Caltha*, and of the Herbarists *Solsequium aureum*, *Verrucaria*, *Caltha poetica*, to distinguish it from the *Caltha* of *Dioscorides*, which is the *Chrysanthemum*: it is otherwise called *Calendula*, & there are 3. kinds of it, to wit, the common Marigold, that groweth in euery garden, & is called *Calendula*. The second kinde hath fair great & double flowers, it is called *Calenda multiplex*. The third kind is much lesse than both the former, but very like to y first kind with flowers, leaues, & roots: this kind groweth euery where about *Mozms*, & also about *Reingan* in ploughed fields, & it is much better & fitter for Physick than the former, it is called the wild Marigold, *Calendula sylvestris*, and *Arvensis*: some call it *Calthula*, because it is the least of the three.

Mastick, in greek and latine *Mastiche*, *Resina lenticina*, and at the Apothecaries *Mastix*.

Maudlinwort, in greeke *Chrysocome*, & *Chrysitis*, in latine *Coma aurea*, *Aureola*, & *Amaranthus*, of *Galen* and the Herbarists *Amaranthus luteus*, *Amaranthus aureus*, *Tinearia*, *Silphalithemum*, *Stachas citrina*, *Stichas citrina*, and at the Apothecaries *Stichados citrinum*. This herbe is knowne to most men, and is hot and dry by nature.

Mault is prepared Barly, wherof the beere is made, it is called in greeke of *Etius*, *Byne*, and in latine *Maltum*.

May Lillies, or flowers, looke *Liriconfancy*. L.

Marshgarlick, in greek & latin of *Dioscorides*,

Sect.

The second Table.

Scordium, *Scorbiu*, *Disosmon*, and *Mithridation*; of *Apuleius Scordilum*, *Mithridation*, and *Hema Ictinos*, of the *Herbarists Trixago palustris*, *Trixago palustris*, *Trixago aquatica*, *Chamedrys aquatica*, and of *Apuleius Sanguis Milui*. There are three kinds of it: the first is very like the true *Germander* both in the flower and in the leaf; but that the leaves are somewhat softer and of a light green colour, and smell like *Garlicke*: the second kinde is much like to the former, but that it is in every respect somewhat greater: it hath soft leaves somewhat rough & gray, but in smell it is like to the former. The first kinde is called of the *Herbarists Scordium minus*, & the second kinde *Scordium minus*: the third kinde hath a square stalk and white flowers like to the *Horehound*: the leaves are big and much jagged, the smell is like *Garlicke*, but not so strong as the other two. *Plinius* calleth it *Scardotis*, the *Herbarist Scordium alterum Plinii*, or *Scordium Plinianum*, *Scordiastrum*, *Marrubium palustre*, or *Marrubium aquaticum*: in English water *Horehound*. The *Apothecaries* and such like *Southsayers* haue taken the wild garlick for the true *Scordium*, but how falsly that is apparant enough to all the learned. The first and second kind are used promiscue the one for the other: but it auayleth not, seeing they are both of one operation. The water or marsh *Horehound* is as yet unknowne at the *Apothecaries* and not used at all. The *Scordium* is used in many compositions.

Maidenhair, in græke and latine *Adiantum*, *Polytrichon*, *Callitrichon*, *Ebenotrichon*, *Capillus Veneris*, *Supercilium terra*, & *Herba Capillaris*. There are two kinds of it: the first is called *Adiantum nigrum*, or *Adiantum gallicum*, because that it is brought out of *Fraunce* vnto vs: all the English names (as *Venus haire*, *Maidenhair*, &c.) are proper vnto this kind, and whensoever you finde either of them in any compositions, then shall this kind alwayes be vnderstood: the second kinde is called *Adiantum album*: it is a common & well knowne herbe here and elsewhere: some men call it *Onopteris*, *Filicula Asellorum*, *Ruta muraria*, and *Salvia vite*. Look in *V* for *Venus haire*.

Meade or *Hony water*, in græke *Hydromeli*, *Melicratum*, and in Latine *Aquamulsa*.

Medler tree, *Mespilus*.

Melilot, it is called of the *Herbarists Melilotus*

Nobilis, *Herba flauca*, *Herba leporina*, *Melilotus coronata*, *Sertula regia*, and *Corona regia*. It is a well knowne hearbe, it groweth in high medowes & hills about a span and a halfe in height (to wit in the Low countries) with small Clauers; it hath a fine yellow flower which doth both smell & taste like hony; it is not much vnlike the flower of peason. It is used euery where in stead of the true *Melilotus* of the ancients, because it hath the same vertues and operations that are ascribed to their *Melilotus*. But in all Germany is the *Saxifragium luteum* most used, and the *Melilotus Saxifragus*, and *Trifolium vrsinum*, which *Dioscorides* doth call *Lotus Lybica*, *Lotus sylvestris*: this is much more forcible than the common *Melilot* as hath been approued. And although this kind be *Melilotus sylvestris* with *Dioscorides*; yet there is another kind of it, to wit, *Melilotus Auicenne*, whereof hee maketh two kinds, the one with white, & the other with yellow flowers: both which do smell very sweete & are altogether bitter in taste; yet do they digest and bind, which qualities *Dioscorides* and *Galen* do also ascribe to their *Melilot*: wherefore it is aduised to take the great *Melilot Auicenne*, and it is used at the *Apothecaries*. The white *Melilot* is not common in all countries, wherefore it is sown in gardens in many places. The white is called at the *Apothecaries Melilotus alba*, and the yellow *Melilotus lutea*, the *Herbarists* do thus distinguish it from *Lotus satina*, they call it *Lotus alba*, *Lotus lactea*, as they also call the *Lotus satina*, and *Lotus cerulea*. *Serapio* hath also his proper *Melilot*, to wit the lesser *Witches*, which after the flower is fallen away, it getteth little huskes like bird clauers. Some do vse the lesser small *Melilot* that grow in medowes, which is something lesse than the common *Melilot*, calling it *Melilotus minor*, we call it the lesser *Melilot*. *Diosc.* calleth his *Melilot* that groweth in *Campania*, *Sertula Campana*, and *Cato*, *Serta Campana*.

Melons, *Melon*, *Melopepon*, and *Melo*.

Mithridate, *Antidotus Mithridatica*, *Methridatium*, and at the *Apothec.* *Methridatium*. It is a pretious confection against all poison, which first was made by King *Mithridate*, and hath called it by his owne name.

Mewe, *Anethum sylvestre*, *Anethon vrsinum*. *Anethum*, *tortuosum*, and *Mewm*: some do call it *Sesili Creticum*, but care not for them, for it

The second Table.

is the true *Meum* of the ancients, as euery one may see and find to be without deceit, that shal cōser it with y^e description of *Dios.*
White Thistle, in Greeke and Latine *Chamaeleon niger*, and at the Apothecaries *Cardopatium*, some do call it *Carlina nigra*.
Willdust, in Greeke *Pollen*, *Farina volatica*, at the Apothecaries *Farina volatilis*,
Willstone, *Lapis molaris*, of *Virgil* *Lapis incusus*.
Willet, in Greeke *Cenchros*, of *Strabo* *Cenchris*, of *Hippoc.* *Paspale*: it is euery where in Germany well knowne, & is daily vsed in meates.
Willet of Indie, it is called in Latine *Melica*, of *Plinie* *Milium Indicum*, of the Herbarists *Panicum Indicum*, *Meliga*, *Sorghum*, and *Sag-giza*. The Portugales call it *Milium sabur-tum*. It is a plant not much vnlike to the Sugar canes, and beareth a browne seede like a Lettice, bbt somewhat sharpe. It is sown adayes sown in gardens.
Wiscledene, in Greeke of *Plinie* *Ixos*, and of *Vir-gil* *Astilis*, of *Hesichius* *Steer*, *Stelis*, in Latine and of *Virgil* *Viscum*. It is an excrescence of trees, and groweth commonly on Pearre and Apple trees: also on the Hawthorne tree and Birch trees: but that which groweth on Oakes, Willet trees, Chestnut trees, or Hasels, is commended aboue the rest in Physicke. It is vsed for the falling euill and swimming of the head.
Wosse, in Greeke *Brjon*, *Sphagnon*, *Mnion*, and *Amnion*, in Latine *Muscus*, *Muscus arbo-rum*, and *Lanugo arborum*: at the Apothe-caries and of the Arabians *Vsnea*.
Wouse, *Mus*, a domesticall animall.
Wouse-eare, *Auricula Muris*. The herbs that are called Wouse-eare are 4. in number, al-though there be but one of them that is cal-led so of the auncient writers: the first and greatest kind is called of some Wouse-eare, others Lungwort: it groweth commonly in darke Beechen woods & old wals, it hath broad rough & hayrie leaves that ly downe flatte on the ground, and a stalke that is di-uided into three or foure sprigs, on the top whereof are yellow flowers: this stalke being squised it yeeldeth a white milkie iuice like to the wild Lettice: the Chirur-gians do call it *Lactaria consolida*: the Her-barists *Pilosella maior*, *Auricula Muris ma-ior*, and *Pulmonaria Gallica*, because it also serueth for the disease of the lights. The second kinde is called *Pilosella media*, and *Pilosella*, or Wouse-eare, by which name it is euery where knowne as also in this

Woode it is called no otherwise. The third kind is called the lesser Wouse-eare, of the Herbarists *Flos Angelicus*, & *Pilosella minor*. It groweth in barren grounds, it hath fair white and purple flowers. The fourth kind is called the blew Wouse-eare or blew Eye, byight, of *Dioscorides* *Myosotis*, *Auricula mus-ris*, and of the Herbarists, *Euphrasia caru-lea*, and *Auricula Muris cerulea*. This herb is nothing like to the former three kinds in operation and virtue; for the water distilled of it is vsed for the dimmes and blearnes of the eyes. The ancient Physicians haue on-ly vsed it for the bad eyes. But our common Wouse-eare is onely vsed in potions for wounds and ruptures, and such like com-positions; notwithstanding that it hath his proper vse of it selfe.

Wouse of the Alpes, *Mus Alpinus*, wherof the grease is vsed against the lamenes and ex-tenuation of the ioynts.

Wugwort, *Artemisia*, it is an herb sufficiently knowne, hot and dry in the second degree.

Wulberry tree, *Morea*, *Sycaminus* in Greeke, in latine *Morus*, and *Arbor sapiens*: the fruit is called *Morum*, or *Wulberrie*.

Mumme, *Mumia*: there are two kinds of it, the one is digged out of the Graues in Ara-bia and Syria, of those that are Balsamed; and is brought vnto vs: it is called *Pissas-phaltum factitium*, of the Arabians *Mumia*, at the Apothecaries *Mumia*. *Serapio* calleth it *Mumia sepulchrorum*, to distinguish it from this kinde following. The Physicians call it *Mumia Arabum* for a difference from *Mumia Græcorum*. The second kind is only an equall mixture of the Jewes lyme, and *Bitumen*: in Greeke *Pissasphaltum*, in Latine *Picbitumen*, and of the Simplicists *Cera montana*, *Cera terrestris*, *Pissasphaltum natiuum*, and *Mumia natina*. But as often as *Mumme* is named in this present worke, is not the Jewes lyme meant, but the *Mum-mie* of the Arabians, to wit *Mumia sepul-chrorum*, which is found at all Apothecaries vnder the name of *Mumia*.

Muscadine, *Vinum Apianum*, *Vinum Mus-catulum*, *Vinum Muscatellinum*, and *Mus-catellum*.

Muske, *Musbus*, *Moschus*, *Musculus*, it is the dyed matter of the impostume of a certaine beast which is called of the Bar-barians *Gazella*,

Mus.

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Must, in Græke *Glencos*, and *Deucos*, in Latine *Mustum*, and *vinum Musteum*, the wine first prest out of the grape is called of *Columella*, *Mustum Lixivum*, of *Plinie* *Protropion*. This wine was wont to be inclosed in Tunnes, and they well hoped, to the end it should not clarifie, and that it might continue sweete. It is called of some *Vinum coactum*: it is called of the Grecians *Aglenes*, that is, *semper mustum*. It is often used for physick but very seldome alone.

Mustard, in Græke and Latine *Sinapi*, *Napi*, and *Sinapis*. There are two kinds thereof, the wilde and the tame Mustard. They are both of them hot and drie in the fourth degree: the tame kinde is more commended for physick than the wilde.

Mustard seede the white, or Rocket, in græke *Eufomus*, or *Eufomum*, in Latine *Eruca*: there are foure kinds of it, the first kinde is sown in gardens, and is knowne every where by the name of Rocket, or white Mustard seede: this is the true *Eruca* and *Eufomum* of the ancients. The second kinde groweth of it selfe in the fields, not unlike the former, but somewhat lesse; it is called of the Herbarists *Erucasylvestris*, with vs, wild rocket. The other two kinds, to wit, the third, and fourth, do grow about the water side, and haue much bigger leaues than the former, whereof many leaues lye downe flat on the ground about the stâlke: the one beareth white, the other yellow floures, they are called of the Herbarists *Erucæaquatica*, *Erucula marina*, in English water rocket.

Mynts crumpled, *Mentacrispa*, *Mentha satina* or *Mimba*, it is hot in the third, and drie in the second degree: the Grækes do call it *Hedysmum*.

N.

Narcissus in Græke and Latine *Narcissus*. There are three kindes of it, the first is sufficiently knowne by the name of *Narcissus*, the Herbarists do call it *Rhodionarcissus*, and *Narcissus Roseus*, this is the true *Narcissus*. The second kind is very like the former, but it is somewhat bigger in every respect, it is called of *Theophrastus* *Leuconium*, that is *viola alba*, and this kind is most of all used at the Apothecaries. The third kinde is like the first in leafe and roote, but a little bigger, and the floure is yellow, the

Herbarists coll it *Narcissus Autumnalis*, but this is onely to be understood of the floure that groweth in harvest without any leaues. The roote of it is called *Colchicum*, and *Ephemerum*, as hath bene said of the *Hermodyctyles*.

Pep, at the Apothecaries *Mentafelina*, *Cattaria*, it is used of diuers men for *Calamintha montana*, because it hath the same vertues, so that it may be done without any harme.

Pettles, that do burne, or burning nettles, *Vrtica pungens*, *vrtica vrens*.

Pettles, in Græke *Acalyphæ*, *Acalephe*, *Cnide*, in Latine *Vrtica*, there are three kindes of them, first, the great and common burning nettle which is knowne to all men, this is called *Vrtica mas*, or *Vrtica maior*. The second kinde groweth not with vs, but must be sown in gardens, this bringeth her seede in heads like to flax, and in dede it is not unlike to Linsæd, but that it is somewhat lesse and whiter. This nettle is called of *Dioscorides* and *Plinie*, *Vrtica sylvestris*, and of the Herbarists *vrtica Romana*, *vrtica Italica*, *vrtica scemina*. The seede of this nettle is more fit for physick than the former, and it is also more forcible. It is called the Italian, Romish, or Garden nettle, *vrtica hortulana*: notwithstanding that beforesometimes it hath been taken for the wild nettle. The third kinde is the lesser and hotter of all, *Plinie* calleth it *Cania*, and the Herbarists *vrtica minor*. The seedes of all kindes of nettles are hot in the end of the first, and drie in the second degree: the rootes & leaues do warme, resolute, and discusse.

Pettles, stinking or dead nettles, *Vrtica iners*, *vrtica mortua*, *vrtica labeo*, *Anonium*, there be commonly foure kindes of it, they are called in Græke of *Dioscorides* *Galiopsis*, and of *Plinie*, *Galeopsis*, *Galeobdolon*, or *Galephos*, in Latine *Vrtica labeo*, *vrtica foetida*, in English stinking nettles. The second kind is bigger and hath yellowish floures, it is called of the Herbarists *Archangelica*, and *archangelica latea*, or *Anonium luteum*, it is also a kind of *Lanium*, (although *Plinie* do ascribe but one kind of *Lanium*) and is called the yellow archangell. The third kind hath white floures, the leaues are altogether like to y nettle leaues, wherefore they are also called dead nettles: it is called of *Plinie* and of the Herbarists *Lanium album*, to distinguish it from the former, *Archangelica alba*, *vrtica mortua*, *vrtica iners*, *vrtica lactea*, and *Anonium*.

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sum album. The latter Chirurgions do call it *Herbapanariti*: this is the right *Lanium Plinii*, and *urtica mortua*, dead Nettles, or white archangell. The fourth kind is a presie herb, not unlike to the nettle, with faire purple floures, with a strong smell like to haulme; it groweth in thickets and woods, it is called of *Plinie* *urtica Herculeana*, or *urtica Herculea*, *urtica odorata*, also *urtica scarlata*, and that by reason of her strong and pleasant smell, they are also called wood nettles, *urtica syluatica*. Here is to be noted, that when dead nettles are any where prescribed, that you must take the white archangell *urtica lactea*.

Oake, *Quercus*, *Arbor Iouis*.
Dates, in Greeke and Latine *Bromus*, and *Auena*.

Oleander, in Greeke *Rhododendron*, *Nerium*, *Rhododaphne*, the Herbarists doe call it in Latine *Laurus rosea*, *rosea arbor*, *Rosago*, *Oleander*, and *Oleandrum*. It is a tree with greene leaues like to the Bay tree, but the leaues are somewhat longer and lesser, not much unlike to the leaues of the Olive. It beareth a pleasant hoyselish coloured rose, and is planted in gardens. It is hot in the beginning of the third, and dry in the second degree.

Olive tree, *Olea*, and *Olina*. There are two kinds of it, the tame, and the wild Olive, the tame is named as before: the wilde is called in Greeke and Latine *Agrielea*, *Cotinus*, and *olea syluestris*: the tame Olive is called of *Virgil* *Palladia arbor*.

Onion, in Greeke and Latine *Crommyum*, *Cepa*, *Cepe*, and *Cepe indeclinabiliter*. There are many kindes of it, to wit, long, round, great, and small Onions, red, browne, and yellow: the long ones are much stronger than the round, and the yellow stronger than the white. *Plinie* deuidenth them into two kindes, the one doth he call *Cepa condimentaria*, and hath no head at all, but the tops are only used, and it is called *Cepa pallacana*. The other kinde is called *Cepa Capitata*. Amongst all onyons, are greatest accounted & best for meate, they that are flat like Turneps: they are called *Cepe Africana*. Next after them are the Spanish onyons, but they are lesse, longer, and sharper, yet bigger than any onyons in this countrie.

There are also two kinds of them, the one is red, and the other white, but whensoever thou wilt vse onyon seeds in any composition, then shalt thou take the seeds of our onyons, for that is much more fit for Whisicke, but the Spanish onyons are better for meate.

Orage, in Greeke *Atraphaxis*, and *Chrysolanum*, in Latine *Atriplex*, *Atriplexum*, and *olus Aureum*, it is a common potherb, cold in the first, and moyst in the second degree.

Orage tree, *Narantia malus*.

Orange of *Athenens*, in Greeke *Chryseon*, of *Nicander* *Nerantzion*, of *Virgil* *Aureum malum*, and of the common people *Malum Nerantium*, *pomum Arangie*, *Aranium*, and *Aurantium*.

Organe, grosse or course Marierom, in græke and latine *Origanus*, or *Origanum*, *Conila*, and *Cumila gallica*, of *Apuleius*. There are 3. kinds of it, the first is called in Spanish *Dosten*, in latine and græke *Origanus Heracliotica*, or *Origanum Heraclioticum*, of *Mesues* *Origanum Persicum*, and of the Simplists *Origanum Hispanicum*, because it is brought vnto vs out of Spaine: but wee needed not to fetch it in Spaine, if we did but looke about vs here in Germany, we should find this noble herb *Dosten* in a sufficient quantitie here: but our nature and disposition is such, that we must alwaies haue some new fangle, and to forsake that which is present with vs. This course Marierom, or *Dosten* hath small and smooth leaues like to the common course Marierom, the floures are also very like it, but it groweth somewhat higher, it hath a pleasant aromaticall smell, nothing like to the common course Marierom, it groweth in great abundance neere the Athene on the hills. The second kinde of course Marierom is brought vnto vs out of *Candia*, & it hath white leaues like the Spanish *Dosten*, it is like to the wilde Marierom, both by the stalke, floure, and also by the hairines, so that there is no other difference betweene the Spanish *Dosten* and our wilde Marierom, but that the *Dosten* of Candy is somewhat subtiler in sight, and something more pleasant in smell than the other, which must be ascribed to the nature of the countrie, because that the *Dosten* groweth therein the fields, and ours must be planted and sown in Gardens, for we do finde the same by other

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ther plants that do also grow in fields with vs; that they which grow abroad are much stronger then they which are set in gardens, although they be greater & more pleasant to sight. This kind of course Marierom or Organe is called of *Dioscorides* and others in Greeke and Latine *Onitis*, *Origanum onitis*, and of the Herbarists *Maiorana sylvestris*, *Sampsychus sylvestris*, *Origanum asininum*, *Ouriganum*, and at the Apothecaries *Origanum creticum*. They that vse our wild Marierom when that of Candy cannot be had, erre not at all, for it is one & the same herbe. The third kinde groweth also in Candy, and is set in gardens with vs: it hath commonly five or six stalks growing out of one roote, the leaues are very like to the wilde Thyme, and the flowres like Pennyroyall, it smelleth also very well, it is called in Greeke *Tragoriganus*, in Latine *Tragoriganum*, and *Origanum hircinum*. The fourth kind is our common Marierom, sufficiently knowne by that name, it is called in greeke *Agrioriganus*, in latine *Origanum sylvestre*, and of the Herbarists *Organum panaceum*. Note, that if you finde course Marierom in any composition, then is the Spanish Dosten to be taken for it, which is called *Origanum Heracleoticum*.

Otter, in Greeke *Enydris*, in Latine *Lutra*.

Ore, Bos.

Orymel, is a syrupe made with Vineger and Honey.

Oyle of Spikenard, *Oleum Spicanardi*, and *Oleum Nardinum*.

Oyster, in Greeke & Latine *Ostreum*, of *Plinie* *Ostrea*, it is a kind of shell fish.

P.

Palma Christi, in Greeke *Cici*, *craton*, *sefeli cyprion*, *pentadactylon*, and of *Erodotus*, *cillycyprion*, in Latine of *Plinie*, *Ricinus*, *Trixis*, & *Sesamum agreste*, of the Herbarists *Palma Christi*, and *Manus Christi*, of the Apothecaries *Cataputia maior*. The Arabians do call it *Cherua*, *Cerna*: it is a plant common almost in euery garden. The seede whereof is called *granum regium*, it is hot and dry in the second or third degree.

Panick, in Greeke *Elymus*, and *Melymus*, in Latine *Panicum*, and *Panigo*.

Parchment, *Membrana*, and *charta pergamena*.

Parsnep, in Greeke *Staphylinus*, in Latine *Pastinaca*, of the Simplicists *Carotis*, & *Carota*,

There are foure especiall kindes of it, the first hath yellow rootes, and they are called yellow cartots, of the Herbarists *Staphylinus luteus*, *Carotis lutea*, and *pastinaca lutea*, this is the most common sort of al the same kindes, and it is the true *pastinaca satina*, but I trouble not my selfe with them that seeke to place another kinde in stead of it, thereby to couer their grosse errors, if they did looke on the true signes that *Dioscorides* ascribeth vnto it, they would soone be led from that their blindnesse, although they were but childzen in iudgement. The second kind of these rootes is very like to the former, but that it is altogether white, and is called of the Herbarists *Carotis alba*, *staphylinus albus*, *pastinaca alba*, in English a Parsnep. The third kinde are the garden Parsneps, these are most like to the two former in leafe, roote, and floure. But the roote is of a dark red colour, which yeldeth also a iuice of a darke red colour, but in taste it is altogether like the foresaid. This is the true *Pastinaca nigra* of *Theophrastus*, of the Herbarists, *Staphylinus ruber*, *Pastinaca rubra*, *Carotis rubra*, we call them red carots. These three kindes are comprehended vnder the name of *Pastinaca satina* of *Dioscorides*: yet they that would haue the same Parsnep with the broad leafe to be a kinde of Stone Parsly, because it is swete in taste, I could wish they would bethinke themselves otherwise, for they two are as like, as the Firre tree is to the Bore tree. This is the true *Elaphoboscum Dioscoridis*, as euery one must confesse that readeth the description of it: *Dioscorides* both also call it *Ophioctonum*, *Cervi ocellus*, & *Pabulum cervi*. The Herbarists do call it *Pastinaca ceruina*, but especially the wild kinde that groweth of it selfe in hilly medowes, and is most like to the same kind, differing only in the place where they grow: also the wild kinde is fitte for Physicke, although they be both vsed for meate. The fourth kind is the wilde Parsnep, and it groweth euery where in the Vineyards and corne fields, it is much like to y same, or garden Parsnep, the roote is whiter, and sharper in tast than of the other, the floures are white, and of the same kinde yellow: they that know the wilde Parsnep may also know the same kinde very well, and may soone perceine the errors of others: it is called wilde yellow carrot, or Parsnep. This is that Parsnep that

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that all authoꝝ will haue vsed in phisicke: the Herbarists do call it *Pastinaca erratica*: *Staphilinus erraticus*, *Carotus sylvestris*: the Apothecaries do call it *Baucia*; others (but vniuſſly) *Daucus*, and would make *Baucia* and *Daucus* to be one and the ſaine.

Partridge, *Perdix*.

Pauls Betonie, *Betonica Pauli*, *Veronica*, it is a common herbe and daily vsed.

Peach tree, *Persicus*.

Peare tree, *Pyrus*.

Peaſes, in Græke *Margarites*; *Cinædus*, of *Theophrastus*, and *Lucianus*, *Erythraus lapis*, of *Arrianus*, *lapis Indicus*, of *Stratius*, *Erythraus lapillus*, of *Virgil*, *Bacca* and *Bacca conchea*, of *Plinie*, *Vnio*, of *Cicero*, *Margarita*, and of *Saint Ierome*, *Granum maris rubri*, of others *Perla*: it is a gemme or precious ſtone well knowne vnto all men.

Peaſon, *Pisum*: there are diuers kindes of them, but the very beſt are the Haſtings.

Peacocke, *Pauo* & *Pamus* in latine, of *Ouidius*, *Iunonia auis*.

Pellitorie of Spaine, in græke and latine *Pyrethrum*, *Pyrutis*, *Pyroton*, and *Pes Alexandrinus*: it is hote and drie in the third degree.

Pellitorie of the wall, in Græke *Helxine*, *Eufine*, *Elitis*, *Chanocerseæ*, *Amelxine*, *Amorgine*, *Sucotachos*, *Psychnacos*, *Melampelos*, *Anatetamenon*, *Polyonymon*, *Chibodion*, *Clybetus*, & *Clybatis*, in latine *Perdicium*, *Vrceolaris*, *Vitriola*, of *Celsus*, *herba Muraria*, *Muralium*, *Vineago*, *herba Vrceolaris*, *herba Vitriaria*, and of *Anicenna*, *herba Vitri*, of *Apuleius*, *Herba Pedicularis*, of the Herbarists *Helxine muraria* and *Parietaria*. There are two kinds of it, to wit, the common *Parietaria*, which is the biggeſt, and groweth euery where in old wals, and it is called of the Herbarists for a diſtinction *Parietaria maior*. The ſecond kind is ſomewhat leſſe, and groweth not outright like the former, but creeper only along the wals, and hath red and thicke ſtalks, like to *Wurſtaine*; the leaues are like vnto *Wurſtaine*, but thinne, ſoft and limber. This kind groweth plentifully at *Ponte mons*, on the little walles, and in many other places of France: alſo at *Coblence* neare the *Rhene*: It is moſt like vnto the great *Pellitorie* in vertues and operation, they haue alſo an abſterſiue and aſtringent qualitie: they are cold and moiſt.

Penniroyall, in græke and latine *Glechon*, *Blechon*, *Apoleium*, *Abuolum*, and *Pulegium*, it is hot and drie in the third degree.

Pepper, in Græke *Peperi*, and in Latin *Piper*. There are three kinds of it, white, blacke, and long pepper, ſufficiently knowne to euery body: the white pepper is gathered befoꝛe it be thorough ripe, it is much ſtronger and forcible than the blacke, it is called *Piper album*. The black is called *Piper nigrum*. The long pepper is a thing of it ſelfe, and is called *Piper longum*.

Perwinkle, in græke *Clematis*, *Clematis Daphnoides*, *Myrsinoides*, *Polygonoides*, *Daphnoides*, and of *Plinie*, *Camedaphne*, in Latine *Vinca peruinca*, *Vnicordia*, *Palma Virginea*, *Corona Virginea*, *Pervinca*, and *Viola mortuorum*. It is a common hearbe, and it groweth in ſhadowy places. There is yet another kind of it, which is ſet in gardens, it hath a darke blew flower, and it is a little bigger in euery reſpect than the common ſort is. It groweth in diuers places of France of it ſelfe, they are both of them hot and drie in the third degree.

Petroleum, in Græke *Naphta*, and of *Plutarchus*, *Naphtas*, of *Nicolaus Myrepsus*, *Petroleon*, of *Snidas*, *Pharmakon*: in Latine *Bitumen liquidum*, *Bituminis Colamentum*, at the Apothecaries *Petroleum*, and *Oleum Petre*. There are two kinds of it, the firſt is the white, which is brought vnto vs from *Paſſes*, and out of *Italie*: of the blacke kind we haue ſufficient ſtoꝛe in *Germanie* in the Land of *Wittche*, halfe a mile from *Werde*, in the Mountaines, betwæne *Waganolw* and *Weyſenburch*, neare the *Tolwne Lamperts loch*: there is a ſpring in a valley, that in *Aprill* and *May* yeldeth as much of this Oyle, that the men in that place may gather as much of it as will ſerue them all the Winter to burne in their Lampes, and to greaſe their Cart wheelles with it; of which oyle the *Quackſaluers* and other ſuch like impoſtoꝛs doe gather and fill great bottles, and then ſell it againe in ſtrange Countries, as if they had fetched it farre, and had hazarded their liues greatly for to get it: which is little obſerued of diuers Phyſitions, that wil rather employ and apply themſelues to the making of prognostications, in the ſpeculations of *Aſtronomie*, and in the preſaging diuers ſtrange matters to come.

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Phlegme, Slime, a waterish moisture, in Greeke and Latine *Phlegma*, some do call it *Pituita*.

Pibble Stone or flint, in Greeke *Chalix*, and in latine *Silex*.

Pigeon, in Greeke *Peristera* and *Peristeros*, in Latine *Columba*, and of Catullus, *Columbus*.

Pilewort, looke Figwort in F.

Pills, in greke *Catapodium*, of Hippocrates, *Gongylium* and *Gongylidium*, of the common phisitions *Pillula* and *Pilula*.

Pimpernell the great, *Petroselinum* and *Apium saxatile*: It is not our common parsley, which the auncients do call *Apium*, as shall be shewed in the description of Smalage, but our great Pimpernell is nought else but the true *Petroselinum*, which groweth commonly on stony rockes or hilles, and also on walles. The first kind groweth in stonie fieldes: but in Vineyardes there groweth the bigger of the two, and it yeldeth a yelowish iuice, it hath leaues like to the great parsley: it is called of the Herbarists *Pimpinella maior*, *Tragoselinum maius*, and *Pimpinella Hircina maior*, and in English great Pimpernell. The second kinde is somewhat lesse, and groweth on grassie hilles, it is called *Pimpinella*, *Pimpinella alba*, *Tragoselinum*, and *Pimpinella hircina*, without any other addition, that is the common Pimpernell. The thirde kind hath small jagged leaues, almost like to the crumpled parsley; it groweth willingly on stony hilles, walles, and old trees; it hath a very sharpe roote, and is the least of all the other, it is called *Tragoselinum minus*, *Tragoselinum petraeum*, *Pimpinella minor*, and *Pimpinella petraea*. Some authors will accompt these herbes amongst the *Daucos*, but they do abuse them greatly, for they are the right stone parsleys, and haue the same operation with parsley. The last kinde is called the lesser Pimpernell. As often as either parsley seede, roote, or iuice is mentioned in any Composition, then is the greater pimpernell to be vnderstood.

Pingles, in Greeke *Strobili*, *Pitydes*, *Nuclei pinei*, in Latin *Nuces pineae*, and of Hippocrates, *Coccali*.

Pistacies, in Greeke and Latine *Pistacium* and *Pistaceum*, of Possidonius, *Listacium*, of Nicander, *Psittacium*, at the Apothecaries

Pistachium and *Fisticum*. It is a strange fruite like Hasell nuts that grow in Syria.

The tree that beareth these nuts is called *Pistaceus* and *Pistacius*, and it is planted in gardens in Italy, Fraunce and Germany.

Pitch, Pix: there are two kinds of it, to witte, harde or stone pitch, and liquid pitch or tarre. The stone pitch is called *Pix arida*, *Concreta*, seu *excocta*. The other kinde is called Tarre, in Latine and Greeke *Pissa hygra*, *Pix liquida*, *Pix fluida*.

Plaster, in Greeke *Emplastros*, in Latine *emplastrum*.

Plantaine, in Greeke and Latine *Arnoglossus*, *Arnoglossa*, *Arnum*, *Stelephuros*, *Probatum*, *Thefarica*, *Tarbelodatum*, of Theophrastus, *Ortyx*, of Apuleius, *Tarbidolopium*, *Plantago* and *Olus Agninum*. There are sixe kinds of Plantaine, whereof the first is the common great Plantaine, that groweth in all highwayes and fields, it is knowne sufficiently, and is called for a difference *Heptapleuron* and *Polynuron*. in Latine *Plantago maior*, of Apuleius, *Plantagolata*, and *Septinervia*, of the Herbaristes *Plantago rubra*, *Plantago latifolia*, and *Multinervia*. The seconde kind is called Sheepes tongue, *Pentapleuron*, *Quinquenervia*, *Plantago minor*, *Lingua Agni*, and *Lingua Ouina*, *Lingua Arietis*, and *Plantago media*. The third kind is called picked Plantaine, or Houndes ribbe, in Greeke *Hippopleuron* and *Cynospleuron*; in Latine *Plantago acuta*, *Plantago lanceolata*, *Costa equina*, *Costa Canina*, and *Laureola*: this kinde groweth in meadowes, it is well knowne to euery body. The fourth kind hath round leaues like the great Plantaine, but they are somewhat lesse and more limber, and each leafe hath but thre ribbes, it groweth in wooddes, and is called of the Herbarists *Plantago syluatica*, *Plantago trinervia*, and *Plantago latifolia minor*. The fift kind is planted in gardens for pleasure, the leaues are like vnto the great Plantaine, on the vpper end of the stalke doth it get many little greene leaues, they grow double like vnto a Rose, wherefore it is also called Rose plantaine, or *Plantago Rosea*. Otherwise they haue the same operations and vertues with the other plantaine

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Plantaine. The first kinde groweth in Welles and waterish places, it hath long, broad, and sharpe leaues at the end, it is called water plantaine, of the Herbarists *Plantago aquatica*; *Plantago palustris*, and *Cochlearia palustris*. But when thou findest Plantaine in any composition, then shalt thou take the first kinde, or the great plantaine.

Plane tree: it is not the tree which we call *Opulus*, but *Platanus* is a tree that groweth in Italy,

Plume allume, in Greeke and latine *Amiantus*, *Bostrychites*, *linum viuum*, *linum saxatile*, and at the Apothecaries *Alumen plumeum*, or *Alumen plumosum*, which the common Physicians and Apothecaries do falsly vse for *Alumen scissum*, which hath no likelihood with any kinde of Allume: I will omit the vertues and operations which it should haue equall with Allume, for they are as like one to another, as an apple is like an oyster.

Polypodie, in Greeke and Latine *Polypodium*, *Filicula*, of *Cato*, *Felicula*: The roote of it is onely vsed; and when you finde Polipody with addition, then is the roote only to be taken.

Pomegranate tree, in greeke *Rhoa*, *Rhea* & *Sida*, in latine *Malus punica*, and of the common physicians *Malus granata*.

Pomegranates, *Rhea*, *Sida* in greeke, and in latine *Malum punicum*, at the Apothecaries *Malum granatum* and *granatum*.

Pompeon, in Greeke *Pepon*, in Latine *Pepo*. There are many kindes of it, first the common pompeons, knowne to euery body: secondly, the sugar Melons, *Pepo saccharinus*, *Pepo muscatellinus*, and *Pepo Turcius*.

Poplar tree, in greeke *Leuce* and in latine *Populus*.

Poppy, *Papauer satium*. There are two kindes of it, to witte, the white and the blacke poppy, the white is called of *Dioscorides*, *Thylacites*, and *Papauer satium*, or *Hortense*: and at the Apothecaries *Papauer album*. The blacke which is also placed amongst the same kindes, is called of *Dioscorides*, *Pithilis*, and *Papauer sylvestre*, and at the Apothecaries *Papauer nigrum*; of *Hesychius* is the white poppie called *Cynolephaleon*. The toppe or head is called in Greeke *Codia*, in latine *Caput*

Papaueris: the leafe of it is called of *Theocriti Scoliastris*, *Platagonion*. Note that wher-soeuer Poppie is named alone, to take the white.

Priuet, or **Primpint,** in Greeke and latine *Cyprus*, *Ligustrum*; *Auicenna* and *Serapio* do call it *Alcanna*, *Alchenna*, *Henne*, *Alkana* and *Alcanna*: But the Druggists and Apothecaries doe call the rootes of the red Dretong *Alcanna*: *Virgil* doth call the flowers of priuet *Alba Ligustra*: and *Columella* doth call the fruite of it *Nigra Ligustra*. This plant is very common in all Europe. The leaues, flowers, and berries are in vse, and they haue an astringent and drying quality.

Pursaine, in greeke *Andrachne*, in latine *Portulaca*, and *Percellana*: it is colde in the third and moyst in the second degree.

Pineapple, in Greeke and latine *Strobilus* and *Conus*.

Pionie, in Greeke and latine *Paeonia*, *Pentorobum*, *Glycyfide*, of *Apuleius Glycysis*, and *Paeonium*, *Orobelium*, *Orobax*, *Hamagonum*, *Pasade*, *Menogonium*, *Menium*, *Panthicera-tos*, *Aglaophotis*, and of *Eliaxus*, *Aglaophotis terrestris*, *Cynospastus*, *Dactylus Idem*, *Theodonium*, *Selenium*, *Selenogonium*, of *Theophrastus*, *Dichomenium*, of *Apuleius Gludis*, *Rosa Fatuina*, of *Dioscorides* *Herba Casta*, and of *Iosephus Historicus*, *Baaras*. *Dioscorides* doth also call it *Phtisis*, and *Auerroes* *Rosa Asinorum*. The Herbarists doe call it *Rosa benedicta*, *Rosa sancta*, *Rosa lunaris*, or *Lunaria*, *Rosa regia*, and *Rosa basilica*. There are three kindes of it, which are all planted in gardens: of the first kind, to wit, of the female, there be two sortes, the one with faire dark red flowers, and many knottier rootes, about the thicknesse of ones thumb, and somelesse much like to *Acornes*: this is knowne euery where. This kinde is called of *Dioscorides*, *Paeonia foemina*, and *Dactylus Idem*. The other kinde is like to the former, but the leaues are something lesse, and tagged, not so deepe, and of a light greene colour, & paler than the other: the roots are also longer and paler than the other, almost like to the male Pionie, so that it seemeth to be a mixture between both male and female. *Dioscorides* maketh no mention of it, but *Plinie* calleth it *Pionia mascula*, and the Herbarists *Paeonia foemina altera*, and *Paeonia promiscua*. The third kind is like to the first, with

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leaves and rootes, the flowers are redde as blood, faire, great and double, it is called *Paonia multiplex*. The fourth kinde hath leaves like to the Walnut tree, the flowers are like to the former in colour, but something lesse, the roote is white, thicke, long & devided into two, it smelleth very strong and pleasant. This is the true male Pionie, *Paonia mascula*, of the ancient writers. *Aetius* and others do call it *Ephialtia* and *Ephialtium*, of the Herbarists *Paonia alba*, and *Herba Divi Valentini*, we call it the white Pionie: This kinde is alwayes to be used, or else the compounded kind before named in the Head thereof.

Q.

Quicke lime, in Greeke *Conia* and *Asbestos*, in latine *Calx viva*, *Plinie* calleth it *Ferrum Cementorum*.

Quicksilver, it is called in Greeke and Latine *Hydrargyron*, *Argentum aqueum*, and *Argentum vivum*, of the Alchymists *Mercurius*: it is a minerall knowne to every body. There are two kindes of it, the one is found in the mynes, which is called *Hydrargyron nativum*: the second kinde is made of *Sinople*, and it is called *Argentum vivum*, or *Hydrargyron factitium*. The Alchymists doe adde yet three other kindes, unto the former, the one made of Lead, which they do call *Mercurius Saturni*: the other made of Tinne, which they do call *Mercurius Iouis*, or *Fel Draconis*: the third kinde is made of golde, which they call *Mercurius solis*, or *Viscum solis*: But the two first are onely used in phisicke, and the three last kindes, to wit, of Tinne, lead, and golde, we doe commit and commend to the Alchymists.

Quinces, in grecke and latine *Cydonium*, and of *Hesychius*, *Lasion malum*, of *Nicander*, *Chnoam*, of *Plinie* *Malum lanatum*, of *Virgil* *Malum canum*, of others *Cotoneum*, *Malum Cotoneum*, *malum Cydonium*, and at the Apothecaries *Cydonium* and *Cittonium*. There are three kindes of them, the lesser yellow Quinces that are so odoriferous, are most common and most fitte for phisicke. The other kind is bigger & longer like a peare,

and in colour pale yellow, much lighter both in taste and smell than the former: this kinde is called in Greeke and Latine *Struthium* and *Struthiomelum*: the Simplicists doe call it *Cydonium maius*, *Cotoneum maius*, and *Pyrum Cydonium*. The third kinde is the middle sort: both the former are grafted from a tree on a stalk of another, this kind is called of *Plinie* *malum milianum*, and of the Simplicists *Cydonium*, or *Cotoneum nostrum*, with vs the bastard Quince. The first and least are the very best, then the bastard Quinces, and the worst are the greatest.

R.

Radish, in Greeke and Latine *Raphanus*, or *Raphanis*, *Radix* and *Radicula*.

Ragwort, Dogs Stones, Gandergrasse, in Greeke *Satyrion*, of *Apuleius* *Panion*, in Latine *Satyrion*, of *Mesues*, *Testiculus Vulpis*, and of *Apuleius*, *Testiculus Leporinus*. There are two kindes of it knowne to *Dioscorides*, but we have many kindes with vs which we do know, amongst which *Orchis* and *Orchis Serapias* are placed. *Theophrastus*, *Plinius* and *Apuleius* have comprehended them under the name of *Satyrion*, and confounded them together. The first and true *Satyrion* is called of *Dioscorides* in Greeke *Satyrion triphyllon*, or *Satyrion trifolium*. The second kinde is called redde Ragwort, of *Dioscorides* in Greeke *Satyrion Erithronicon*, *Satyrion Erithraicum*, and *Satyrion Erythron*, of *Apuleius*, *Entaticum*, *Priapicum*, and *Satyriscus*: in latine *Molorticulum Veneris*, *Melum aquaticum*, *Testiculus Satyri*, and *Arrectorium*. The third kind is called *Satyrion regium*, or *Satyrion Basilicum*, of the Herbarists *Manus Christi*, *Palma Christi*, and *Palma Veneris*, the Arabians doe call it *Bucheiden* and *Buzeiden*, of *Auicenna*, *Digitus crinitus*, *Satyrion basilicum maius mas*. The fourth kinde is like to the former, but the leaves are full of spots, it is called of the Herbarists *Satyrion Basilicum maius femina*, and *Lacryma Mariae*. The fifth kinde hath small leaves like to *Saffron*, it beareth a faire purple flower with a pleasant smell: the rootes are also like the two other small hands. The Herbarists do call it *Satyrion basilicum*, or *regium minus*, *Satyrion odoratum*, *Amaranthus veneris*, *Palma*

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Palma Christiminor, *Palmula Christi*, or *Palmula Veneris*. The sixth kinde hath leaues like to the white Lilly, but narrower and lesser, it hath two kinds of flowers, the one is of a darke red colour, like to that of Hartwort, the other as white as snow. This kind hath two rootes, of the bignesse of an Oliue, and very swete in taste: *Dioscorides* calleth it in Greeke *Orchis* and *Cynosorchis*, in Latine *Testiculus*, and *Testiculus canis*: the Herbarists doe call it *Orchis maior mas*. The seuenth kind is somewhat like the first, but that the leaues be lesse, it beareth a flower of a Chestnut colour, it is called of the Herbarists *Orchis mas maior*. The eight kind hath soft leaues, not unlike the Lilly leaues, but somewhat lesse; the flowers are partly of a darke red colour, and partly incarnation, with many white streakes, the rootes are like Cockes stones, it is called of the Herbarists *Orchis foemina maior*. The ninth kind is much lesse than the former, but very like the same in flowers, leaues and rootes, it is called of the Herbarists *Orchis foemina minor*. Some do call it *Orchis odorata* or *Testiculus odoratus*, it growes on dry hills. The tenth kind hath lesser leaues than the white Lillies, the flowers are purple, it hath three rootes, much lesse than Oliues, whereof two are of one bignesse, and the third lesse and longer, so that these three are like the member of a man. It is called in Greeke of *Dioscorides* *Orchis serapius*, of *Aegyneta* *Triorchis*, of *Apuleius* *Serapion*. Yet are there three kindes more, whereof we haue spoken elsewhere. Otherwise there is another kind of this herb, which is placed with the *Cynosorchis*, or *Testiculus canis*, which here for breuities sake we doe omit. The Apothecaries doe vse all the former kindes of Ragwort for *Satyrion*, without any difference: and although there be but a small difference betwene all these kindes in operation, yet it were better onely to vse that which hath three leaues like Lillies for the true *Satyrion*, for it is the *Satyrion* of the auncient Physicians, to the end no error be committed. All these beforesaid herbs and rootes are hote and moyst, and haue an attractiue vertue.

Raisons, in Greeke *Astaphides*, and *Staphides*, in Latine *Vua passe*, at the Apothecaries *Passula*. There are three kinds of them in vse: the first kind is the best, and are, called *Vua damascena*, and *Vua zibeba*, at the Apo-

thecaries *Zibeba*, and *Passula damascena*. The second kind is somewhat lesse, they are brought from Cyprus, Spaine, and prouence, they are the best in vertue and operation, and also in taste, and are called of the Physicians *Vua passe maiores*, *Vua massiliotica*, at the Apothecaries *Passula maiores*. The third kinde are the Currans, and are called in Greeke *Apyrme*, in latine *Vua passe Corinthiaca*, *Passula Cilicia*, *Passula Chemesina*, that is, *Passula sine nucleis*, and at the Apothecaries *Passula minores*: but when we find in any composition *Passula*, then are these to be taken. The Arabian physicians call them *Kesmes* & *Chesmes*, that is, Raisons without stones.

Ramine, in Greeke *Crios*, and in Latine *Aries*. Rapes, in Greeke *Gongyla*, *Gongylis*, in Latine *Rapa*, *Rapum*, and *Golsonium* is called in Greeke *Baphys*, and *Rapys*. These Rapes or Turneps are of foure kindes, for some are sound, some long, some white, some small, some great, but we neede not make any long rehearfall of them, seeing they haue all one kind of operation. There are certaine Turneps sowne in Lottering, and in the vpper Burgundie, to the end to make oyle of their seedes, but this kind of Turneps is wilde, and altogether unfit for meate, but the seed is more fit for phisicke than that of the tame Rapes. This kinde is called in Greeke *Gongylis agria*, and in Latine *Rapum sylvestre*.

Rapontica, in Greeke and latine *Centaurium magnum*, *Maro*, *Maronia*, and of *Apuleius* *Maronium*, *Plectronia*, *Pelethronia*, *Chironia*, and of the Magicians *Sanguis Herculis*, *Lunestis*, *Nessum*, *Vnefera*: the Herbarists do call it *Pseudoraponticum*, at the Apothecaries it is vnto this day falsely called *Rhaponticum*, and *Rhapontica*, because their unskillfull physicians do take it to be y same where neuertheless the true *Rhaponticum* may be had sufficiently. But these blinde bayards haue so dazzled their eyes with gazing at the starres, that they are blinde though they seeme to see, and they do draw and hold other men into their errors. The true Rapontica is a roote outwardly dark, gray, and lesse than the common Rapontica, and spongy: also being broken, it hath many white veines much like to *Rubarb*, with an astringent taste, it is brought vnto vs from *Pontus*. This is in vse amongest curious and carefull Physicians.

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It is called with vs pontish Kubarbe, to distinguish it from the roote of the great Centorie, which we do commonly call Rapontica. It is called in Greeke Rha, Rheon, Rheum, in Latine Raponticum, Rapontica, Rheum ponticum, Rheon ponticum, of Plinie Rhacoma or Rhecoma, of Celsus Radix pontica.

Rhapontium, it is called of the Herbarists Rapuntium, Rapontium, Rapunculum, Raponcellus, Raponculus, and Pes locuste, it is a kinde of wilde Kapes, of which there is yet another kind, it groweth commonly in shadowie woods, it hath round leaves below, & beareth a browne purple and hairy flower, and a thicke roote, it is very sweete in taste as the former also is, they are both used in sallads and in meates. The second kind is called the wilde Rapuntium, the Herbarists do call it Rapontium, Rapunculus syluaticus & Raponticum Alopecorum.

Kaspes, at the Apothecaries Ribes, it is a kind of Ceanothus Theophrasti, which we do call Gooseberies, & they are like in euery respect, but that the Kaspes hath no thornes, and they may be used in stead of the Gooseberies. The Kaspes are cold and drie in the second degree.

Kauen, in Greeke Corax, in latine Coruus.

Red Arsenicke or Dypiment, Sandaraca Gracorum, and at the Apothecaries Auripigmentum rubrum.

Red lead, in Greeke Sandix & Syricum, in Latine Minium secundarium, of Vitruuius Sandaracha, at the Apothecaries Minium, of Dioscorides and Pliny also Minium. It is our Sinople Cinnabaris Metallica, but red lead is made of lead, which is burned or calcined vntill it be red. This is used most commonly in salues and plaisters, & especially in the vnguentum Syricum Mesuis, which the vnskilfull sort do call vnguentum Sericinum, & they do suppose that Syricum should be Sericum, and so in stead of red lead they put silke into salue.

Red Poppie, Corne Koses, in Greeke Mecon Rheas, and Oxygonum, in latine Papauer erraticum, of Geza Papauer fluidum, and of others Papaueralis & Papauerina, of the Herbarists Papauer caducum, Papauer punicum, Papauer caninum, Papauer Rheas, rosella, and at the Apothecaries Papauer rubrum. There is another kind of it very like the former but much lesse; whereof each flower hath but foure leaues, it groweth in the Rie and

Wheate, and it is called the lesser red Poppie: The Herbarists doe call it Papauer erraticum minus, Papaueralis, & papauerina minor, it hath also the same vertues with the former.

Kæde, in Greeke & latine Calamus, Arundo, & Harundo, the Apothecaries call it Canna. Plinie in his sixteenth booke & 36, chapter, and in the 24. booke and 11. chapter, accounteth 24. kinds of them: but we doe acknowledge but sixe kinds of them, whereof the first is called Nastos, that is, hard and compact, and smoth betwene the ioynts, whereof the artowes were wont to be made, it is called Sagittaria Arundo, & Calamus Sagittarius. The second kind is the female, whereof the Cornets tongues are made, and it is called of Dioscorides Calamus foemina, and of Plinie Calamus Auliticus. The third kinde is called in Greeke Syringias, in latine Calamus, and Arundo fistularis, and it is hollow fro one end to the other: there are writing pennes made of it, and it is without knots, wherefore it is called Harundo enodis. The fourth kind is also hollow & thick, it groweth in ponds and great lakes, in Greeke Donax, in latine Harundo Cypria, Calamus Cyprius, Harundo aquatica. The fifth kind is thicke and strong, it is used for hedges, it is called in Greeke Phragmites, and of Theophrastus Characias, in latin Calamus vallis, and vallatorius, Harundo vallatoria, Harundo sepiaria, & sepicularis. The sixth kind is planted in gardens in diuers places of France and of Germany, it is faire, great, & pleasant to sight, it is brought vnto vs fro India, and therefore it is also called Arundo Indica. Some call it Spanish Canes or Kæd, because it was first brought vnto vs from Spaine.

Rice, in latine and Greeke Oriza, Risum, Rizum, of Theophrastus Orizum, at the Apothecaries Oriza: it is kinde to euery bodie.

Rocket, looke Mustard seed the white in M.

Roebucke, in Greeke Dorx, in latine Capreus, of Virgill Capreolus.

Rose, in Greeke Rhodon, of Theocriti Scoliaestes, and Homer Thronon, in latine Rosa. There are many kinds of it, to wit, the tame Koses which are planted in gardens, are in number seven seuerall kinds: of the wilde ones are foure kinds, which is in all eleuen kinds. The first kinde is of a darke bloud red colour, and are common in all gardens,

The second Table.

gardens, some are single, some double, and are called of *Plinie Rosa milesia*, of the *Herbarists Rosa purpurea* and *punicea*. The second kind is of a right red colour, it is called of *Plinie Rosa trachinea*, of the *Herbarists Rosarubra*: at the *Apothecaries* and of the common people are they called *Rosa rubra*, and red *Roses* without any distinction, neither skills it greatly, by reason they are all one in vertues and operations. The third kind is the incarnation *Rose* with a pleasant smell, and are called *Prouence Roses*, of *Plinie Rosa Alabandica*, of the *Herbarists Rosa prouincialis*, *Rosa persica*, *Rosa incarnata*, and at the *Apothecaries Rosa purpurea*: this kind of *Roses* are laxative, and are used for the laxative sirupe of *Roses*. The fourth kinde are the double white garden *Roses*, the commonest amongst all tame kindes, and are called *Rosa alba*. The fifth kind is also white, and hath bin known with vs but of late yeares, but they are somewhat lesse, and pleasanter to the sight then the former white *Roses* are, many of them being double grow together vpon one bough, but five of them are scant so bigge as one of the tame ones, yet very pleasant in smell: some doe call them white *Buske Roses*, another name as yet is not known. The sixth kind of tame *Roses* is the yellow *Rose*, euery where common and known, without any smell, and altogether unfit for Physicke: the *Herbarists* do call it *Rosa lutea*, *rosa Egyptia*, *rosa Africana*, & *rosa Vulpina*. The seventh kind are the pleasant *Damaske roses*, they are called of *Plinie Rosa coroneola*, of the *Herbarists Rosa moscata*, or *rosa muscata*, *Rosa syriaca*, *rosa Damascena*, and *rosa Alexandrina*. The first kinde of wilde *Roses* are called hedge *Roses* or wilde *Roses*, they are called in *Græke Cynorhodon*, of *Hesichius Cynocentron*, of *Galen Cynomoron*, in *Latine Caninus*, *bus*, and *Rosa canina*: some do call it *Eglentaria* and *Englenteria*. The second kind of wilde *Roses* are much lesse then the first, and are of an incarnation colour like the former, but they are very fragrant, as wel the *Rose* as the leafe of it: it groweth in hedges and on hilles, and is called of the *Herbarists Rosa diuæ Marie*, *Spina diuæ Marie*, *Oendrhodon*, *uinifera*, and *rosa cinamomina*. The third kind of wilde *Roses* groweth here and there in tilled fields, and especially in fields of *Dates* nere the *Rhene*, it is the very least kind of all wilde *Roses*, but it hath bigger

leaves, inwardly purple coloured, it is called of the *Herbarists Chamberhodon*, *Rosa pumila*, *Rosa Aruensis*, and *Rosa auenaria*. This kind of *Roses* is so odoriferous, that it seemeth to excell all tame kindes. The fourth kind of wilde *Roses* is very like the former, they are also white roses without any smell, they blow very late, to wit, in *June*, they grow on drie hils and fields, and are called white field *Roses*: the *Herbarists* doe call them *Rosa campestris*, it is most contemptible of all other kindes. Amongst all these kindes are the double and single red roses the very best that may be used for Physicke, and in like maner also the *Daten roses*: wherefore if one find *Roses* without any addition in any mixture, then are the red or *Daten roses* to be taken for it.

Rosemary in *Græke* and *Latine Libanotis coronaria*, of *Apuleius*, *Ictericis*, *Herba Salutaris*, and *libanotis coronalis*, of the *herbarists Dendrolibannum*, *Rosmarinus coronarius*, and *libanotis coronaria*, to distinguish it from the other, kind of *libanotis*, which is called by them *Libanotis umbellifera*: the *Apothecaries* call it *Rosmarinus*: it is a well known plant, and so common in the *Prouinces* that they make bawens of it to heate their *Quens* withall, and here with vs it groweth onely in gardenis.

Rosin, *Resina pinus*, and *resina*: but *Resina* is a common name for all *Gums*, but because that *rosin* is daily in use, it is called *resina*: the other gums are named with additions: wherefore whensoever you find *rosin* in any composition, then shall you vnderstand the *resina pinus*.

Rubarbe, in *Græke Rheon barbaricon*, & *Rheon barbarum*, *Rheum barbarum*, *Rhascenticum*, *Remasceniticum*, and *Radix barbarica*.

Rubie, there are five kindes of it, the first and most precious is the *Carbuncle*, which is cleare, fiery, and perspicuous aboue all other gemmes, it is called in *Græke Apyrotus*, and *Anthractes*, in *Latine Carbunculus*. The other kinde of *Carbuncle* is the *rubie*, a well known precious stones, & it is called *Carbunculus*, *Ametystizon*, in *Græke Anthax Amethystizon*, and *Pyropus*, and at the *Apothecaries Rubinus*: this is next the *Carbuncle*, and very much used. The third kind is the *Granate*. The fourth kinde is somewhat paler then the other former kindes, it is of a light red colour, it is called in high *Dutch Ballas*, in *Græke Astrios*, or

The second Table.

Asterios, of *Augustine* in the 21. booke de ciuitate Dei, *Aster*: of the Druggists *Balagius*, *Ballasius*, *Pallasius*, *Pallenaea gemma*, *Ballenaea gemma*, *Carbunculus candidus*, and *Spinalus*, The fifth kinde is of a yellowish red and light in colour, it is called in Greeke and Latine *Lychnis*, *Lychnites*, *Carbunculus gilvus*, and *Carbunculus pallidus*. The sixth kinde is called *Carbunculus alabandicus*, and *Lapis alabandicus*. Amongst all these kinds are only the Rubie and the Granate in vse for Physicke.

Rue, in Greeke and Latine *Peganum*, *Rhyte*, and *Ruta*. There are four kindes of it; to wit, two tame, and two wilde: the two tame kinds are so like that they can hardly be distinguished, if one looke not well vpon them, and they are vsed without any difference one for the other. The first kinde of wilde Rue is called Rue of the mountaines, of *Dioscorides*, *Ruta montana*, or *Rhyte montana*: this is most like to the garden Rue, but that it is much lesse, it groweth here and there on the hills in Italy, but with vs it is set in gardens. The second kind of Rue groweth in diuers places of Germany of it selfe, and it is also otherwiles set in gardens: it hath longish leaues, a strong and vnpleasant smell, and white flowers, out of which three square heads do grow that containe the seede, somewhat bigger then those of the common Rue, and by the name of wilde Rue is this commonly vnderstood. The other wild or mountaine Rue, is only called Rue: this last kind is called in greeke *Peganaon agrion*, of *Galen*, *Moly*, *Armala*, *Harmala*, and *Besasa*: but *Moly* is another plant with *Dioscorides* and *Hippocrates*. The Herbarists do call this wilde Rue with *Dioscorides* *Ruta sylvestris*, *Anicenna* and the Arabians do call it *Alharmel*, *Armel*, and *Harmel*. Some vnskilfull Whistons do take Hemlocke for *Harmel*, or *Ruta sylvestris*, and so do they follow their blinde leaders *Mathaeus Syluaticus*, and *Iacobus Manlius*, that haue composed the *Lumen manus*, and haue translated *Harmel* for *Cituta*, and haue expounded *Armel* to be the wilde Rue, all which is most false: for it is most true that *Armala* and *Harmala* of the Greekes, and *Alharmel*, *Armel*, and *harmel* of the Arabians is one and the same plant, to wit, wilde Rue, which *Galen* doth call *Moly*; wherfore these fellowes doe lie falsly, and shall not be able to make answer for it hereafter, that they

doe mire the seeds of Hemlocke in the *pibula foetida* and *aggregatina* in stead of the seeds of wilde Rue, thereby not onely deceiuing people, but hurting and spoiling them; so that great heed ought to bee taken in all places where these pilles are prepared with the seede of Hemlocke instead of the sead of wilde Rue: which I could not omit at this present to shew and make knowne to the Reader; for to vse venome in stead of Rue-seede is no smaller error.

S

Saffron, in Greeke and in Latine *Crocus*, *Crocum*, and *Cynomorphus*, of the Magicians *Sanguis Herculis*, of *Serapius* and *Anicenna* *Sahaferam*. It is called barbarously *Saffranum*. The very best Saffron that is to be had in Europe, is the Dutch Saffron which is set about *Vienna* and *Spier* in Germany.

Sage, in Greeke *Eleliphacos* and *Crosmis*, in Latin *Salua*, of *Apuleius* *Corsaluim*. There are four kindes of it; two tame, and two wilde: the first is called great Sage, or broad Sage, in Latine *Salua maior*. The second kinde is the lesser or eared Sage, in Latine *Salua Crucata*, *Salua Aniculata*, *Salua minor*, *Salua Acuta*, and *Salua nobilis*. The third kinde is the first of the wilde Sages, which *Theophrastus* calleth *Sphacellus*: it groweth commonly among Chestnut trees, and vpon woody hills, it hath greater, rougher, and more wrinkled leaues than the great garden Sage hath, and it looketh as if it were withered with dryeth, it hath a pretty blew flower. The fourth kinde is the second wilde Sage, which is knowne to diuers by that name, and is called *Salua Sylvestris*, *Salua Bosci*, *Boscisaluia*, *Scorodiana*, *Scordiana*, of *Cordus* *Scorodiana*. By Sage without any addition shalt thou vnderstand the garden Sage.

Saint Johns wort, *Hypericon*, *Perforata* and *Fuga demonum*, of the herbarists, *Ruta Solis*, *herba Solis*, it is a common and well known herbe, hot and dry by nature.

Saint Johns bread, in Greeke *Xylocerata*, or *Xylocaracta*, at the Apothecaries, and of *Aetnarius* *Carrubia*: Others doe call it *panis diui Iohannis*, it is the fruit of a tree, longish and sweet, and hath certaine kernels within it.

Sal

The second Table.

Sal Armoniac, it is called *Sal Armoniacus*, or *Sal Harmoniacus*, and at the Apothecaries *Sal Armoniacum*. This salt was wont to be digged out of the Sandes in *Africa*, and was thence brought vnto vs, which now adayes we want: But there is another chemicall Salt, made of pisse and other things, vsed in stead of the former, the which of many unskilfull men is taken & vsed as wel inwardly as outwardly for the right *Sal Armoniac*; but woe to them that take it inwardly. But because that we cannot get of the right *Sal Armoniac* any more, we may vse in this place the Stone Salt, or Salt of the mines, which is a kinde of the true *Sal Armoniac*, and hath also the same vertue and operation. I would wish no man to vse the common *Sal Armoniac* inwardly.

Salamander, in Greeke *Molge*, in Latine *Salamandra*: it is a very venemous worm like to a great Euet, with blacke and yellow spots, it liueth commonly in the water, and poysoneth the same.

Salt, Sal. There are foure kindes of it: the common salt is called of *Cato* *Sal popularis*. The second, called *Sal Marinus*, is made of the Sea water, in English bay Salt. The third kinde is *Sal palustris*. The fourth is Stone salt, *Sal Fossilis*, *Sal Crystallinus*, or *Sal Montanus*.

Saltpeter, *Nitrum*, *Niter*, and *Sal Petra*: the Arabians do call it *Baurach*, it is a kinde of naturall Salt. Some do falsly vse the common Saltpeter for it, which is a great deceit.

Sanicle, in Latine *Sanicula*, and *Sennicula*, There are three kindes of it, which now adayes are called by the names of *Sanicle*. The first kinde and their true *Sanicle*, hath leaues like to the *Vine*, but somewhat lesse, and denided into five seuerall partes: it continueth greene all the winter time, and is knowne of many men by the name of *Sanicle*, and is properly called *Sanicula*, otherwhiles to distinguish it from the other kindes, *Dianthis*, *Sanicula Quinquifolia*, *Sanicula Virginica*, and *Feraria Minor*. The seconde kinde groweth on high snowie hilles, and hath fat leaues, not much unlike to *Plantaine*: The flowers are somewhat like to *Cowslips*, some blew, some purple coloured: The *Herbarists* doe call it *Arctocum*, *Auricula Vrsi*, *Paralytica Al-*

pina, *Sanicula Alpina*, and *Arthritica Alpina*. The third kinde of *Sanicle* groweth on high, wooddie, and colde hilles; it hath leaues almost like *Angelica*, and a blacke hairie roote. It is called of the *Simplicists* *Sanicula Femina*, or *Astrantia nigra*, in English the or female *Sanicle*. But this hath another operation than the *Sanicle*, for the roote of it purgeth like *Elleboze*, for which cause it is of some called *Sanicula Cathartica*. The *Herbarists* call it wilde *Angelica*. But where and whensoever *Sanicle* is found in any Composition without any additiō, then shalt thou vnderstand the first kinde of it.

Saphire Stone, in Greeke and Latine *Sapphirus*, by *Marbodeus Syrtites*, and at the Apothecaries *Saphirus*. There are foure kindes of it, of the blew which is knowne by that name, we haue spoken before. And to distinguish it from the others, it is called *Sapphyrus Ceruleus*; and *Dionysius Afer* calleth it *Cyaneus Sapphirus*. The seconde kinde declineth somewhat from the blew to the greene, and is called in Greeke *Prasitis*, and *Sapphirus prasitis*. The *Druggists* doe call it *Sapphirus viridis*, in English, a greene *Saphire*. The thirde kinde declineth from the blew to the yelow, and is called in Greeke *Chrysis*, and *Sapphirus Chrysis*: of the *Simplicists* *Sapphirus Aureus*, in English the yelow *Saphire*. The fourth kinde is betweene blew and white, in colour like *Buttermilke*, altogether perspicuous and cleare, called *Sapphirus Candidus*, in English the white *Saphire*.

Sarcocolla, in Latine *Sarcocolla*, or *Carnaglutinum*, at the Apothecaries *Gummi Sarcocolla*, of *Serapius* and other Arabian writers *Anzarot* or *Anzarut*, it is a gumme of a thorne in *Persia* much like to *Frankincense*.

Sauery, in Greeke and Latine *Thymbra*, *Cunila*, and *Satureia*: there are two kindes of it, and there is no difference betweene them both, but that the wilde kinde groweth of it selfe; and is called *Thymbra*, and *Cunila Rustica*. The other kind is planted in gardens, and is more sauoury and acceptable to meate than the former: but for phisicke, the wilde hath more vertue than the other. It is hot and dry in the third degree.

The second Table.

Sauine or **Sauine tree**, in *Greeke* *Bathy, Brathus, Barathrum, and Barithon*: in *Latine* *Sabina* and *Sarina*: It is a well known shrubbe. There are two kindes of it, the one hath rough leaues like to the *Cypres tree*: the other like the leaues of the *Tamariske*; they are both of them planted in the gardens with vs, they are both attenuating and drying in the third degree.

Saunders, in *Greeke* and *latine* *Santalum Santalus*, and of *Aethiarius* *Xylon Santalon*, that is, *Lignum Santalum*. There are three kindes of it, that are all brought vnto vs from the *Indies*, to witte, yellow, white, and redde **Saunders**, all of them very common and well knowne at all *Apothecaries*. The yellow kinde is called *Sandalum Flauum*; and at the *Apothecaries* *Sandalum citrinum*. The *Arabians* call it *Santalum Machoziri, Mazahari, and Machazarie*, that is, *Santalum Aromaticum*; or *Santalum odoriferum*, because it is the very best, and most fragrant of all the kinds. The red **Saunders** are called *Santalum Rubrum*, of others *Rhodofantalum*, that is, *Santalum Rosaceum*, and at the *Apothecaries* *Santalum Rubeum*. The white **Saunders** are called *Sandalum album*. The best **Saunders** amongst all of them is the yellow kinde, next to that the white, and last of all the red. Whensoever one findeth **Saunders** in any receipt without addition, then is there the yellow **Saunders** alwayes understood. There is also a false kinde of redde **Saunders** found at some *Apothecaries*, not vnlike to the true redde **Saunders**, yet without any smell at all: this is a kinde of *Brasill*, but it hath a darker redde colour: the *Druggists* call it *Sandalum Spurium*; it may be called in *English*, *bastarde Saunders*, neyther ought it by any meanes to be vsed in *Physicke*.

Scabious, of the *Herbarists* in *Latine* *Scabiosa*, and *Herba Apostematica*. There are five kindes of it, all of one vertue and operation. *Psora Aetii* is that common **Scabious** vsed at all *Apothecaries*.

Scammonie, in *Greeke* and *Latine* *Scammonium*, or *Schamonia*, *Apopleumenon*, *Dactylon*, and *Sanilum*, of the *Simplicists* *Volubilis Syriaca*, *Volubilis Antiochena*, and *Vo-*

lubilis Colophonia: *Dioscorides* calleth it *Colophonium*, and *Sanilum*: At the *Apothecaries* *Schamonea*, and of the *Arabians* *Sachmunia*. It is a plant that groweth in *Syria* neare *Antiochia*. It hath long sappy stalkes; three square leaues, and white flowers like belles. It hath also a long sappy roote as thick as ones armes, and white in colour. *Dioscorides* calleth this roote *Radix Colophonia*, and *Radix Schamonia*. The iuice which is prest out of this roote is also called as the plant *Schamonia*, or *Scammonium*. Some doe call this iuice in *Greeke* onely *Diacrydion*, that is, *Lacrymula*, and at the *Apothecaries* *Schamonea*. But our *Physitions* now adayes doe vnderstand by *Diacrydion* onely the prepared *Scammonie*, which the common *Apothecaries* and *Physitions* do call *Dagriadum* or *Diagriadum*, and *Schamonia preparata*.

Scorpion, *Scorpius*, *Scorpio*, a maruellous venemous little beast, in *Italy* and other countreyes very common. If it bite or sting a man, and that he vseth no present remedie for it, he is constrained to die.

Sea balles, in *Greeke* *Sphera thalassia*, of *Galen*; in *Latine* *Sphera Marina*, *Pila marina*, at the *Apothecaries* *Balla marina*, and *Nicolaus Myrepsus* calleth it *Palla marina*: *Dioscorides* doth name it *Prunum Genus Alcionii*. It is a kind of a *Sea sponge* dried & round like a ball, whence it hath the name *pila marina*.

Sea Mussels, *Concha marina*, *Conchilium marinum*.

Sea Wormewood, in *Greeke* and *Latine* *Absinthium thalassium*, *Absinthium maritimum*, *Absinthium Seriphium*, *Helmintobotrys*, *Helmintopaea*, *Seriphon* and *Serisnum*, at the *Apothecaries* *Sementina*, or *Zina*.

The seede of it is onely vsed at the *Apothecaries* to kill and expell the wormes of the belly; they call it *Semen Zina*, *Semen Lumbricorum*, *Semen Alexandrinum*, & *Semen Zedoaria*. In *Provence* that is in *France*, is another kind of *sea wormewood*. or *wormeseede* found, which is very like the *garden Cypres*, but it hath lesse store of seed than the former, and in the expulsion of wormes altogether as forcible. This plant is called *Santonicum*, *Absinthium Santonicum*, at the *Apothecaries* *Santonicum*, *Sanctonicum*, *Absinthium Sanctonicum*, *Centonica*, and *Herba*

The second Table.

Herba centonica. By all these names doe they also vnderstand the Wormesæde, or sea Wormwood, for they do confound these and many others more. They do call the sæde *Semen Sandonicum*, and *Semen Sanctum*, by which they do vnderstand both the former sædes.

Helſeheale, *Prunella*, and *Herba Diui Antho-
nii*.

Sene leaues, are called in Greeke, Latine and in the Arabian tongue *Sena*, and *Senna*. *Mefues* called them with a Persian name *Abalzemer*. There are two kinds of them, the lesser groweth in Syria and Egypt, and are called (to distinguish them from the others) *Sena Syriaca*, *Sena Egyptiaca*, and at the Apothecaries *Sena Alexandrina*, and *Sena Orientalis*. The greater *Sene* leaues do grow in Italy and elsewhere, these are called of the Simplicists *Sena Italica*, or *Sena Prouincialis*, and at the Apothecaries *Sena Florentina*. They are much weaker in operation and vertues than the lesser kinde, and therefore more vnfit for physcall vſes. Some there are that affirme *Sena* to be a kinde of *Colutea*. Others would haue the *Colutea Theophrasti* to be *Sena*, or at the least a kinde of the same, but both of them do erre. Look also in the Introduction of this booke for *Sene* leaues.

Seruice tree, in greek *Oa* or *Oe*, in latin *Sorbus*: it is a welknowne tree, wherof the fruit is called in latin *Sorbum*, and it is like to a little pear.

Sebestes, are little blacke berries, called in Greeke *Myxa* or *Myxaria*, of *Actuarius* in latine *Sebestena*, and at the Apothecaries *Sebesten*. They are blacke berries, as bigge as hassell nuts, or little small dyed pyunes, they are well knowne at all Apothecaries.

Sheepe, Onis.

Shepheards purse, *Bursa pastoris*, and *Pera pastoris*.

Silke wormes neastes, *Folliculus Bombycis*, they are called in latine *Sericam crudum*, or *Seracrua*, at the Apothecaries *Seta cruda*.

Siluer, in greek *Argyros* and *Argyrion*, and in latine *Argentum*.

Siluer mountaine, in Greeke and latine *Seseli*, and of *Plinie* *Seselis* and *Sili*, of the Herbarists *Seselim*, at the Apothecaries *Siselenos*, and *Seselios indeclinabiliter*. There

are five kindes of it, the first hath leaues like *Fennell*, but somewhat bigger, with a smooth stalke, the flowers are not vnlike to them of *Dill*, and after them followeth a little sharpe sæde: the roote is long & odoriferous, and it groweth on stonie hilles. It is called in Greeke *Seseli Massilioticum*, and *Platycyminum*, in Latine *Seseli Massiliense*. The Herbarists do call it *Seselim Massiliense*: at the Apothecaries *Siselenos*, *Siler montanum*, in English *Siluer mountaine*, or *Siler mountaine*. The second kinde is called *Siluer mountaine* of *Ethiopia*, the stalke is of the thicknesse of a finger, wooddie, and of a darke red colour. The leaues of it are very like to them of *Honysuckles*: they are smooth, and pale Greene in colour. It hath vpon it foure or five good yellow toppes like *Fennell*: but the seed is somewhat bigger than that of *Fennell*. It is called in Greeke & Latine *Cysophrycon*, *Seseli Ethiopicum*, and of the Simplicists *Seseli Ethiopicum Fruticans*. The third kind is our common blacke *Siluer mountaine*, which of many is taken for *Seseli Ethiopicum*, because it hath the same vertues and operations. But the Herbarists do call it *Seseli*, or *Seselim Ethiopicum Herbaceum* thereby to distinguish it from the afozenamed. The fourth kind is our white *Siluer mountaine*, called in Greeke and latine *Seseli Peloponnesiacum*, *Seseli Peloponnesse*, and of the Herbarists *Seselim Ceruinum album*. The fifth kind is the *Tordylium* of *Dioscorides*. This herb as yet is not thoroughly known, because the description of it is so briedly set downe by the auncient writers, which do onely make mention of the seede of it. This is called in greek, *Tordylon*, *Tordylon*, of *Plinie* *Syreon*, of *Paulus Aegineta* *Gorgylon*, and in latine *Seseli Creticum*. But when and wheresoeuer thou findest *Siluer mountaine* or *Siselios* in any composition, then and there shalt thou alwayes vnderstand and vse the first kinde of *Siluer mountaine*.

Sinober or *Sinople*, *Aermillion*, in Greeke *Cinnabaris*, in latine *Cinnabrium*. There are two kindes of it, the first is naturall, and digged out of the Mine: it is called in Greeke *Miltos Ammion*, in latine of *Dioscorides* and *Plinie*, *Cinnabaris Fossilis*, *Minium Natium*; in English *Sinober* of the Mine. The other kinde is made by the Alchimistes of Quicke siluer and
Bymstone

The second Table.

Brimstone, and it is called of the Simplicists *Cinnabaris Factitia*, *Cinnabrium Artificiale*, and *Minium Artificiale*, with vs Vermilion.

Suet, in Greeke of *Aetuarus Zapetion*, in Latine of the Simplicists *Zibethum*, *Zibettum*, *Algalia*, and at the Apothecaries *Zibeta*: It is the fat or suet which is taken from the cods of the Suet or muske Cat: at the first it smelleth very badly, but afterwards turneth to so fragrant an odour that it farre surpasseth the Muske and Ambergræce: it is hote and moist by nature. It is vsed for the increase of humane seede, and for the infirmities of the Matrix.

Sloe tree, or blacke Thorne, in Greeke *Agriococcymelea*, and *Coccymelea agria*. In Latine *Prunus sylvestris*, and of Virgil *Spinus*.

Smallage, in Greeke and Latine *Eleoselinum*, *Hydroselinum*, *Apium Palustre*, and *Paludapium*. Here is to be noted, that as often as any mention is made in this Booke of Smallage seedes, leaues, iuyce, or rootes, that the greater Impernell rootes are alwayes to bee vnderstood for it, for that is the right *Apium* of the auncient Philosophers.

Smaragde, in Latine and Greeke *Smaragdus*, of Horatius, *lapis viridis*: it is a greene precious stone.

Snake, *Serpens*, *Anguis*.

Snayle, *Cochlea terrestris*, a Snayle house and all. The house of the Snayle is called in Greeke by Dioscorides *Celyphos*, of Galen *Ostracon*, of Scammonicus *Cochleodomus*, and of Plinie *Calyx*. The vine Snayles and garden Snayles are called *Cochlea opercularis*. The dew Snayles are called *Limax* and *Cochlea nuda*.

Solydago media, Sengreene, in latin *Symphytum medium*, *Solidago media*, *Consolidamedia*, *Consolidago media*.

Sote of the chimney, *Fuligo caminorum*.

Sophia, in Greeke and Latine *Thalictrum*, and *Thalictrum*, of the Chirurgions and Herbarists *Sophia*, and *Herba Sophia*. Some authours would haue this herbe to bee *Absinthium Seriphium*, but they shall neuer approue it to be true, for although they were the greatest Alchimists in the world, yet should they neuer transmute the one into the other. This Sophia I will not demie to be very good for the Wormes of the belly, yet doth it not thereby follow that

it is *Absinthium Seriphium*, for if all the hearths should be of *Sinchia Seriphia*, that should expell wormes, then should we haue an infinite companie of them. Of this *Absinthium Seriphium* look vnder the title of sea Wormewood.

Sope, in Greeke and Latine *Smegma*, or *Sapo*, of Martialis, *Mattiaca Pila*. Sope is prepared diuersly, but amongst all others is the blacke Sope best for Whitesicke.

Sorrell, in Greeke of Dioscorides *Oxalis*, *Anaxyris*, and *Lapathon*, of Galen *Oxylapathum*. Dioscorides doth otherwhiles call the Docthe *Oxylapathum*, because it hath picked leaues: But Galen doth not call Sorrell by this name, because it hath pickled leaues, but that it is ampler and sower: for *Oxylapathum* is *Lapathum Acidum*, sowe Docthe: the Apothecaries do call it *Acetosa*. There are foure kindes of it: The first, is that which groweth euery where in Gardens. The second kinde is as bigge againe as the common Sorrell, and groweth very plentifully in the Vineyardes nere Rhene: It is also planted in Gardens for Shallads, and is called *Oxalis satina*, or *Acetosa satina*. The third kind is set in the gardens in France, and high Burgundy, it hath round leaues, and is much sower than the common Sorrell, it might bee called round Sorrell, of the Herbarists *Oxalis Rotundifolia*, *Acetosa rotunda*, *Oxalis Francia*, and *Oxalis Gallica*. The fourth kinde of Sorrell groweth in the common fieldes, and dry places, it hath small narrow leaues, and may be called Shepes or wilde Sorrell: of the Herbarists *Oxalis Tenuifolia*, *Oxalis minor*, *Oxalis Veruecina*, and *Oxalis Aruensis*: at the Apothecaries *Acetosa minor*, and *Acetosa ouina*. But as often as you reade Sorrell in any composition, thou shalt alwaies vnderstand the common Sorrell, although the round be the best.

Sowe milke, in Greeke of Plinie *Oxygala*, in Latine *Lac Acidum*, or *Lac Acetosum*.

Sowes bread, or Swines bread, in Greeke *Cyclaminus*, *Ichthiotheron*, and *Chelonium*, that is, *Icestudinaria*, and *Chyline*: in Latine *Cyclamen*, *Vmbilicusterra*, *Rapumterra*, *Rapum porci*, *Orbicularis*, and *Herba orbicularis*, *Triumphalites*, *panis Terra*, *Arthanita*,

The second Table.

thanita and *Hartbanita*. Of the barbarous writers, *Panis Alcurst*, *Panis fauni*, *Cassamū*, *Cassanum*, and *Quassamus*. Of the Arabian Physicians *Bothor Maria*, It is a root, whose leafe is like to Hartwort, but some what li- therer, & fuller of spots. There is yet ano- ther kinde of Sowes bread which is very like to the former, but somewhat lesse, no bigger than a gall; this groweth in *Apulia*, on the hill *Garganum*, it is called *Cylaminus minor*.

Southernwood, *Auroesne*, or *Wardzobe*, in la- tine *Abrotonum*, *Tbelyphorium*. The female kind of Southernwood is called garden Ci- pers, *Abrotonum foemina*, it is called *Chame- cyparissus*, but vntruly; for *Chamecyparissus* *Plinii* is not great & woody as the garden Cypers is, but it is a little herbe, about one span in height, otherwise it is very like to the garden Cypers, it is also called with vs the female Southernwood: the Herbarists do call it *Abrotonum foemina*, *Cyparissus*, and *Cypressus hortulanus*, and *Sandolina*.

Sparrow, in Greeke *Psar*, *Struthos*, *Colmis*, and in latine *Passer*: a well knowne bird.

Sparrowhawk, in Greeke *Spizias* and *Spizis- tes*, in Latine *Accipiter*, *Fringellarius*, and *Nisus*: it is a birde common and well knowne.

Sperage, in Greeke and Latine *Asparagus* or *Asphragus*, at the Apothecaries *Sparagus*. There be two kindes of it, to wit, the wild and the tame Sperage: the tame kind gro- weth euery where neare the Rhyne: the wild Sperage hath lesser leaues & seedes, this groweth on the hills, for which cause it is called *Asparagus petreus*.

Sperma Ceti, in Greeke *Halos anthos*, in Latine *Miris flos*, of the Herbarists *Sperma balneas- rum*, and at the Apothecaries *Sperma Ceti*: It is vsed for clotted bloud, being mixed with other things.

Spider, in Greeke *Arachne*, in Latine *Aranea*, *Araneus*: there is yet another kind, called of *Plinie*, *Phalangium*: this is big, & poisoneth in biting or stinging, it is only found in hot countreies, and especially in Italy, where it is called *Tarantula*.

Spike of Rome, *Salinuca*, *Nardus Celtica*, *Nar- dus Romana*, *Spica Celtica*, *Spica Romana*, *Nardus Gallica*, and *Spica Gallica*, the Her- barists do call it *flos diuæ Magdalene*: it is a wel knowne herbe, warme in the first, and dry in the second degree.

Spikenard oyle, oyle of Spikenard.

Spinage, in Greeke *Scutlomalache* and *Tentlos malach*, in latine *Beta Maluatica*, *Spinaceū*, or *Spinacea*, *Spanachia* and *Spinachia*, *Olus Spinaceum*, and *Olus Hispanicum*. It is colde and moyst in the first degree.

Sponge, in Greeke *Spongos*, and in Latine *Spongia*.

Spurge, in grecke *Tithymalus*, in latine *Lactas- ria herba*, of *Celsus* and *Columella*, *Lactuca marina*, of *Plinie* *Lactuca caprina*, and at the Apothecaries *Esula*, or *Ezula*. The Ara- bians doe call it *Xanser*. There are eight kindes of it, the first is called in Greeke and latine *Characias*, *Tithymalus characias*, *Tithy- malus vallaris*, *Amygdaloides*, *Cometes*, *Tithy- malus cometes*, *Cobius*, *Tithymalus cobius*, of *A- puleius*, *Alipus*, *Gobius* and *Meconites*, *Ti- thymalus nasculus*, *Lactuca marina*, and *Ge- nitura Martis*, of the Herbarists *Esula*, or *Esula Papaneracea*, *Esulovallaris*, *Esula amyg- dalina*, and *Esula comosa*. It is a very bigge kind of Spurge, it hath great long leaues, not vnlike to the Almond tree, red stalkes and bzanches, it is called *Lathyrus sylvestris*, and *Cataputia sylvestris*. The second kind of Spurge hath thicke and picked leaues, like to the Birtle; it is called in Greeke & Latine *Myrrites*, *Tithymalus myrsinites*, *Ti- thymalus foemina*, *Carytes*, *Tithymalus Caryi- tes*, of *Apuleius*, *Caryon*, of *Theophrastus* and the *Simplicists*, *Tithymalus myrtifolius*, *Ti- thymalus myrtiphyllus*, *Tithymalus myrtaceus*, of *Apuleius*, *Mutilago Capraria*, of the com- men Herbarists *Esula*, or *Esula myrtifolia*, and *Esula myrtacea*. This kind of Spurge groweth not with vs of it selfe, but is plan- ted in gardens. The third kind of Spurge groweth about one spanne in height, and hath red bzanches, round leaues, white flo- wers, and seedes as bigge as small peason, it is called sea spurge, in Greeke & Latine *Paralius*, *Tithymalus Paralius*, *Tithymalus maritimus*, *Tithymalus lactariolus*, *Tithymalis*, & of *Theophrastus*, *Coccus*: of the Herbarists *Lactariola*, *Herba Lactariola*, and *Esula*, or *Esula marina*. The fourth kinde of Spurge groweth euery wherein gardens, and nere hedges, it is an herbe not altogether a span in height, with red stalkes and bzances, it hath round leaues like Purslaine, and it beareth a yellow flower, and turneth with the Sunne, in Greeke and Latine *Helioscopius*, *Tithymalus helioscopius*, *Tithymalus Soli- sequus*, or *Solisequius*, *Dentritis Apuleii* (ob *Arbuscula similitudinem*) *Cicer Columbinum*,

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Caprago, of the Herbarists *Lactaria solissequia*, *Esula*, or *Esula solissequia*, or *Solissequia*. The first kind of Spurge is the lesser kinde of Spurge, which is like to the small field Cipers, it groweth here and there in sundry gardens, and in tilled ground, and it is called the lesser Spurge, in Greeke and Latine *Cyparissias*, *Tithymalus Cyparissias*, *Tithymalus Cupressinus*: of the Herbarists *Esula*, or *Esula cupressina*; and at the Apothecaries *Esula minor*: this plant is called of Mesues *Scebram minus*, and *Alscebram minus*. The first kind of Spurge is the greatest of all, it groweth on rockes or stonie places: it is like to a litle tree, the leaues are narrower than they of *Esula Myrtacea*: it is called in Greeke and Latine *Dendrodes*, *Dendroides*, *Tithymalus dendrodes*, *Tithymalus leptophyllus*, *Tithymalus tenuifolius*, *Tithymalus Petreus*, *Tithymalus arborescens*: of the Simplicists *Esula*, or *Esula Arborescens* and *Petrea*. The seventh kind hath great broad leaues, and is called great Spurge, and swete Spurge, in Greeke and Latine *Tithymalus platyphyllus*, *Tithymalus latifolius*, *Corymbitis*, and of Apuleius, *Persites*, in Latine of the Herbarists *Tritum* or *Tutum*, at the Apothecaries *Esula*, or *Esula latifolia*, and *Esula dulcis*. The eighth kinde is the *Esula*, which is called *Pityusa*, of Mesues, *Alscebram*, or *Alscebram maius*, of Auicenna, *Mehezebe regi*, at the Apothecaries *Esula maior*: there hath bene spoken of this kind in the title of Turbith T. Also if *Esula* or Spurge be named in this book, then is the *Esula Cyparissia* to be vsed.

Squinanth, in latin and Greeke *Schoenus*, *Schoenanthum*, *Iuncus odoratus*, *Pastus Camelorum*, at the Apoth. *Squinanthum*, the flowers are called in Greeke *Schoenanthos*, that is, *Iunci flores*: they are now brought vnto vs againe, although they be not comon euery where.

Stag. Ceruus.

Stauesacre, looke for *Licbane* in L.

Stichados or *Stechas*, it is called of *Dioscorides* in Greeke *Stichas*, of *Galen* *Stechas*, of others *Sinchiopa*; *Alcibiades*, *Styphonia* and *Stiphonia*, in Latine *Stichas*, *Stechas*, *Stachas*, *Oculus Pythonis*, or *Sciolebina*, and at the Apothecaries *Stichados indeclinabiliter*. There are two kindes of it, the one cometh from Arabia, which hath leaues very like to *Lauender*, but they are somewhat jagged, and to each stalke are three or foure compacted pares, & each one hath a little stalke, with

prettie little purple flowers, of a very pleasant & fragrant smell, and it is now adates with vs planted in gardens: this kind is called *Stichas Arabica*, and at the Apothecaries *Stichados Arabicum*. The other kind groweth in Spaine, Italy, and in other places: it is not much vnlike the former, but that it is somewhat bigger, and the leaues are not jagged: the Herbarists do call this kind *Stichados Europea*, it hath also oftentimes a name of the place where it groweth, as that of France is called *Stichas Gallica*: the Italians do call their *Stichados*, *Stichadem montanum*: the Portugales doe call that which groweth in Arabia *Rosmarinum Mauritanorum*. The authors do commend that of Arabia aboue all the other kindes, but because it is brought so farre, and that it loseth his vertue by the way, do the learned phisitions vse onely that which groweth in Europe.

Steele, in Greeke *Calyps*, and of *Pollux*, *Stomoma*, in latine *Chalybs*, of *Pliny*, *Nucleus ferri*, and *Acies ferri*.

Stoncrop, *Illecebra*, *Piper murinum*, & of *Dioscorides*, *Seditertium genus*.

Stone parsley, or *parsley of Macedon*, *Petroselinum Macedonicum*: they that haue great store of small skill in simples, haue hitherto vsed the parsley of *Alexandria* for that of *Macedonia*: Others because they had no *Stone parsley*, haue vsed the greater *pimpernell* in steede of it; of which opinion *Hieronimus Tragus* (my master) was the first, because that kinde of *pimpernell* is stronger, and agréeth better with the *Stone parsley* than the other. But now haue gotten the true *Stone parsley* and planted it in diuers gardens, it is not needfull to vse any other thing for it. The parsley of *Alexandria* hath also her proper vse in phisicke, and it is called of *Dioscorides* *Smyrnum*: of the Herbarists *Petroselinum Alexandrinum*, *Petroselinum Cilicum*, *Apium Alexandrinum*, *Apium grande* and *Olusatrum*: these herbes are seldome vsed alone.

Stozar, looke *Styrax* in the latine Index or Table.

Stozke, in Greeke *Pelargus*, in latine *Ciconia*: it is a bird common enough beyond the seas, *Stozkes bil*, of *Dioscorides* *Geranium alterum*, of the Herbarists *Pes Columbinus*, and *Peristopodium*, it is one of the smallest kindes of *Stozkes bil*, with round leaues like to the lesser *Wallow*.

S traw

The second Table.

Strawberrie, *Fragum*.

Sturghion, *Accipenser*, *Sturio*, it is a common and well knowne fish.

Succozie, loke Cicozie in C.

Sugar, in Greeke *Sacchar*, *Saccharon*, *Meli*, of *Arrianus*, *Calaminon*, in latine of *Plinie*, *Sal Indus* and *Saccharum*, at the Apothecaries *Zuccarum*. There are five kinds of it: the first kinde is refined sugar, which artificially hath bene purified, and is called of the Simplicists *Saccharum valentinum*, *Saccharum finum*, *Saccharum refinatum*, and *Saccharum Tabaceth*. The second kind is Madery sugar, which is brought from the Island *Madera*, this is the second in goodnes, and is called in latine *Saccharum Maderiense* or *Mederiense*. The third kind is Canary sugar, which is next in goodnesse to the Madery sugar, in latin *Saccharum Canariu*. The fourth kinde is the Malta or powder sugar, it is brought from *Maltha*, and it is caled of the Simplicists *Saccharum Maltanu*. The fifth kind is a browne and soft sugar, it is brought from the Island *S. Thomas*, and it is the very worst of all the kindes: it is called of the Simplicistes *Saccharum Thomasinum*, *Saccharum Thomeum*, and at the Apothecaries *Saccharum rubrum*. The first kind is the sirup that floweth from the sugar in refining, it is knowne euery where by the name of Sirupe, *Mel Saccharinum* and *Remel*. Whensoeuer any mentio is made of Sugar, then is either the Madery sugar, or the Malta sugar to be taken and vsed.

Sugar parsnep, in Greeke and latine *Sisarum* and *Siser*: this is the true *Sisarum* or *Siser* of the auncient wryters, and not our common parsnep, as some suppose; for the parsnep with the broad leafe is the true *Elaphoboscum Dioscoridis*. If we did alwaies distinguish our herbes after the best manner, we should not fall and run into so many confusions and errors.

Sulphure, loke for Wymstone in B.

Suppositoie is vsed to procure stools, and is called in Greeke and latine *Balanus*, *glans*, and at the Apothecaries *Suppositorium*.

Swallow, in greck *Chelidon*, in latin *Hirundo*.

T

Tamariske, in grecke *Myrica*, in latine *Tamarix*, of the herbarists *Bryaria*, and at the

Apothecaries *Tamariscus*: it is a well knowne tree, and groweth abundantly in many places of Germany.

Tansie, the Herbarists doe call it *Tanacetum*, and *Athanasia*.

Tassell, in grecke and latine *Dipsacus*, *Onocardium*, *Labrum Veneris*, *Carduus Veneris*, *Virga Pastoris*, *Carduus Fullonius*, and *Lanacrum Veneris*.

Thre leaved grasse, loke for Clauers in C.

Thoroughware, *Perfoliata*.

Thunderbolt, *Phrygius lapis* of *Dioscorides*, and at the Apothecaries *Lapis lyncis*: The gentle Reader is here to be admonished of the great abuse, harme and deceit that hath hapned these many yeares at the Apothecaries in the vse of this simple. For the vnskilful Whistons which do not much trouble themselves with the true knowledge of Simples, are as yet of opinion that the Thunderbolt should bee engendred in the ayre; and they do vse it in their compositions to expell vyne, grauell and stone, and especially in y^e *Lithontribon magnu Nicolai*. But the stone which they call *Lapis Lyncis* or *Lyncurium*, is called of *Galen* and *Dioscorides* *Lapis phrygius*, for the Diers in *Phrygia* doe vse it in their dyings. This foresaid stone (as *Dioscorides* witnesseth) groweth in *Cappadocia*; but neither *Galen* nor yet *Dioscorides* doth say, that this stone should be engendered in the ayre, for it is a thing that groweth of it selfe, as the *Calamine* doth, and (as *Galen* saith) it hath the same vertues with the flint, but that this may not be vsed inwardly. By this may appear how greatly they haue erred that haue called this stone *Lapis Lyncis* or *Lyncurium*: also how diuersly men haue bene deceiued, and their infirmities encreased, in ministring vnto them diuers compositions, wherein this stone is put. Wherefore euerie careful Whistion ought diligently to reade the booke of *Dioscorides*, *Galen*, *Pliny*, *Arius*, & of *Nicolaus Myrepsus*, that he might thereby perceiue his owne defaults, and turne back from his errors. *Dioscorides* in his second booke *de re Medica*, and the 74. chapt. writeth after this manner of the Thunderbolt: It hath ben thought that the water of the ayre, which is called *Lyncurium*, should congeale into a stone, but it hath bene found false, and all whatsoener else hath ben said of it, for the *Lyncurium* is that which is called of some *Electrum Pterigophoron*, Amber,

The second Table.

or white Amber, and is brought vnto vs in great abundance from *Prussia*; these are the very words of *Dioscorides*: The like false opinion doth *Plinie* detect, lib. 37. cap. 3. Here may you evidently perceiue, that neither auncient wryters haue held any thing of that false and fained opinion; for they do all affirme that *Electrum*, *Succinum*, and *Lyncurium*, is one and the same thing, which hath bene sufficiently seene by the words of *Dioscorides*. It doth also appeare in the writings of *Etius*, and *Nicolaus Myrepsus*, that they meant nothing else by their Thunderbolt *Lyncurium* or *Lapis Lyncis*, but only *Succinum*, that is the Amber. Also that the Amber cometh not out of the aire, but out of the sea, that is sufficiently knowne to all the world. But whether that vnskillful crue had sayde that it were engendred of a certaine water in the aire, or that it is the vrin of a beast congealed into a stone, that were a smal erro, if they had vsed the right Amber in their compositions. That Amber hath power to expell the stone, vrine, and grauell, (which vertues are ascribed to the *Lyncurium*) that is sufficiently knowne to euery expert Physitian: and that the white Amber is the right *Lyncurius* or *Lyncurium*, that may be helued by the words of *Etius*, who calleth it *Electrum*, *Lyncurium*, & *Succinum*, and distinguisheth the yelloe Amber from it, calling it *Chryseletrum*, that is, *Aureum Electrum*. And *Dioscorides* in the former chapter calleth the white Amber *Electrum Pterigophoron*, and in the first book de medica materia, doth he call the yelloe Amber *Chrysophorum*. Hereby do we conclude that *Lapis Lyncis*, *Lyncurius* or *Lyncurium* (as the Grecians terme it) is nought else but the white Amber: wherefore heede must be taken that thou vse the white Amber in all compositions that haue the *Lapis Lyncis* in them. Of the vertues of the Thunderbolt, looke for Amber.

Thyme, in græke and latine *Thymum*, *Thymus*, *Serpillum Romanum*, or *herba Thymiana*, at the Apothecaries *Tymus*. There are two kinds of it, and both of them are set in gardens, but in hot countries do they grow euery where of themselves. The first kind is white, and hath long eares or heads like to *Stechados*, it hath a very pleasant smell; it is called in Græke and Latine *Thymum capitatum*, *Thymum candidum*, *Thymum creticum*, *Thymum spicatum*, and *Thymum aro-*

maticum: we call it white Thyme. The second kind is rougher, and of a darke græne colour, and it is common in all gardens, and well knowne by the name of Thyme. The first kind is much better for physicke than the other if it may be gotten: they are both of them hot & dry in the third degree.

Tillet tree, in græke *Philyra*, in latine *Tilia*: there are two kinds of it, the common Tillet tree, and the wild Tillet tree, which groweth in the shadowy wood and hilles, it is very like to the tame kind, but that it is much lesse; it bloweth also slower, and at the last the blossomes fall off without any fruite. It is called the wild Tillet tree, or stone Tillet, because the wood of it is harder and more compacted than the tame: it is called in Latine *Tilia syluestris* and *Tiliamas*. The blossomes and the frutes of it are vsed in physicke.

Toade, in græke *Phrynus*, of *Virgil*, *Bufo*, and of *Plinie*, *Rubeta*. Some vnskillfull Physitians do take *Rubeta* to be the leafe frogge. which is a great erro, for they are as like as an apple is like to an oyster, because the Toade is hurtfull and venemous, and the Leafe-frog without all hurt or harne.

Tormentil: is called of *Dioscorides*, *Chrysogonon*, and of others *Hepstaphyllon*, of the Herbarists *Septifolium*, *Betularia*, & at the Apothecaries *Tormentilla*.

Tortoyse, in græke *Chelone* or *Emys*, of *Hesichius* and *Aristoteles*, *Mys*, in Latine *Testudo*: the shell of it is called in Græke *Chelonium*, and of *Nicauder*, *Chelium*, in Latine *Testudinis operimentum*.

Treacle, in Græke and Latine *Theriaca*: at the Apothecaries *Teriaca*. We haue mentioned in this booke of two kinds of Treacle, to wit, of *Theriaca Andromachi* or *Theriaca magna*, and the common Treacle called *Theriaca Diatesaron*: but wheresoeuer Treacle is named without any addition, there must the great *Theriaca Andromachi* be taken & vsed.

Turbith, of *Aetuaris*, *Turpetum*, in Latine, of the Herbarists *Turbetum*, of the Arabians *Turbith* and *Turbeth*. There are foure kinds of it: the first is the white Turbith, very common at al Apothecaries, this kind is called of *Dioscorides* in Græke *Alpum*, of *Aetuaris* *Alypias*, and *Turpetum album*, at the Apothecaries *Turpetum Orientale*, or *Turpetum Alexandrinum*, and in English white Turbith. The second kind is called

of

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of Dioscorides and Actuarius, Pityusa, Clema, Crabion, and Canopic on, of the Herbarists Turpetum nigrum, and Esula maior: also of the Arabians Alsebram maius, or Scebram maius, in english blacke Turbith. The third kind is called in græke Thapsia, Hypopiū, and Pancranium, in latine Ferulago, and Ferula sylvestris, of the Herbarists Turpetum cineritium, and Turpetum Mesuis, and Mesues hath vnderstood by his Turbith nothing els but Thapsia. The fourth kind is the Turpetum Serapionis, who also hath his leuercall Turbith. Dioscorides calleth it Tripolium, Psyche, Meris, Stachyites, of the Herbarists Turpetum Serapionis, and Aster marinus: but when thou findest Turbith in any composition with any addition, then is the white Turbith to be vnderstood for it.

Turmericke, Cyperus Indicus, the Apothecaries call it Curcuma, and Terra merita, Rasus calleth it Vena citrina.

Turneps, loke for Kapes in R.

Turpentine is called Resina Terebinthi, Terebinthina, or Terminthina, of the Arabians and Apothecaries Terpentina, Terbentina, & Termentina. It is not the comon Turpentine that floweth from the fir tree, as the vnskillfull suppose, but it is the true Turpentine of the Turpentine tree.

Turpentine tree, in græke Terminthos, of Nicander, Trimithos, in latine Terebinthus, of Auicenna, Arbor granivirides.

Turtle Dove, in Græke Trygon, in Latine Turtur.

Tutty, at the Apothecaries Tutia factitia, Cadmi botrytis, or Cadmia Acinosa, and Cadmia officinarum.

V.

Valerian, in græke and latine Phu, Valeriana, Genicularis, Herba benedicta and Marinella. There are foure kindes of it, and two of them only in vse; the first is the common Valerian, which only ought to haue that name. The second kind is planted in gardens, although it be otherwhiles found in woods and on hilles: it hath much greater leaues than the common Valerian. and also a bigger roote, of the thickness of a finger, & this is the true Phu of the ancient writers. It is called Phu Ponticu, in english great Valerian, the Herbarists do call it Theriacaria, Herba diu Georgii, Georgiana, & Herba diu Maria. This is commended be-

fore the former Valerian, if it may be gotten. They are hot in the first, and dry in the second degree.

Venus haire, in græke Trichomanes, Callitrichon, Eupteron, of Hippocrates, Calliphylon, of Apuleius, Tricophys, Selinophyllon, Dyphyes, Scholobrochon, Amianthon, and Adianton: although Dioscorides do describe another kind of Adianton, to wit, Maiden haire, yet notwithstanding is Venus haire the true Adiantum Apulei: in Latine Herba Capillaris, Barba Herculis, and Pinnula, of Apuleius, Herba cristata, Capillus Veneris: the Apothecaries call it Polytrichum. There are yet two kindes more of it, to wit, the greater and the lesser Maiden haire: the greater kind is called of the Herbarists Polytrichum aureum, Adiantum aureum, & Capillaris aurea. The lesser is called Adiantum aureum minus. Some haue taken both these kindes for Polytrichon Apulei; but they erre greatly, as doth appeare by the description of it. But when thou readest Venus haire in any composition, then shalt thou take the common Venus haire.

Verdigrease, in græke Chalcos anthos, in latine Flos aris, or Erugos at the Apothecaries Viride aris.

Vinum punicum, or Vinum Histricum, Vinum punicinum.

Violets, in græke Ion, & Ion porphyryon, of Theophrastus, Ion Melan, and Melanion, of Dioscorides Dasipodium, Priapeion, Cybelion, in latine Viola purpurea, Viola muraria, Viola nigra, and Setialis: of the Herbarists Viola Martia, and Viola Quadragesimalis: it is also sometimes called onely Viola, in english a Violet: the Apothecaries call it Flos Virole. The leaues of the Violets are called Violaria, and Mater Violarum. There are five kindes of them, that are all of one & the same operation. The first kind is common euery where, and knowne to all men. The second kinde are the white Violets, which are very like to the former, but that they be verie white; they are set in gardes notwithstanding that they are found in y fields: the Herbarists doe call it Viola alba, and Viola Martia alba. The third and fourth kindes are the white and blew double Violets, that growe in gardens: The blew double Violets are called Viola multiplex, Ion Polyphyllon, and Viola purpurea multiplex. The double white Violets are called Viola alba multiplex. The fift kind of Violets are the

Wh h i wilos

The second Table.

wilde Violets, which are like to the tame Violets in euery respect, but that the leaues are somewhat lesse and longer, and the flowers are of a light or purple blew, like the other, but without any smell, where neuerthelesse, all the other kindes are very fragrant. The first kinde is called *Ion agrion*, *Viola syluestris*, of the Herbarists *Viola fatua*, or *Viola canina*.

Viper or Adder, in greeke *Echis*, and *Echidna*, in Latine *Vipera*, and of Cicero, *Excerta*: the Italians do call it *Marassus*. It is a venemous Snake, vnknowne with vs, but very common in Italy.

Virga aurea, *Solidago saracenica*, *Consolida saracenica*, *Herba fortis*, and *Virga aurea*.

Unicozne, *Vnicornium*, *Cornu Monocerotis*.

Unripe Grapes, in greeke *Omphax*, in Latine *Vua immatura*, and *Vua acerba*.

Vulture, *Vultur*, and of Plautus, *Vulturius*, it is a well knowne rauening bird.

W

Walflowers, in greeke *Lencoium*, *Viola lutea*, *Hesperis*, at the Apothecaries *Keyri*, *Keiri*, and *Cheyri*.

Walnut tree, in greeke *Caryon*, *Caryon basilicon*, and of Pollux, *Caryon Persicon*, *Nux basilica*, *Nux regia*, *Iuglans*, and *Nux Persica*. There are three kindes of it, to wit, great, middle, and lesser nuts: the lesser may be called stony nuts, becaule they haue such hard shels. The second kinde are the common Walnuts, *Nuces medie*, or *Iuglandes medie*. The third kind are the biggest, and are called *Nuces equine*, or *Iuglandes equine*.

Watercresse, in greeke and latine *Sisymbrium aquaticum*, *Nasturtium aquaticum*, and *Cardamine*.

Water Lentils, *Lens palustris*, or *Lenticula aquatica*.

Water Lillies, in greeke *Nymphaea Rhopalon*, *Heraction*, *Androgynus*, of Apuleius, *Lotometra*, *Madon*, of Theophrastus, *Madonias*: in Latine *Clauus Veneris*, *Digitus Veneris*, *Alga palustris*, *Lilium palustre*, *Papauer palustre*, *Claua Herculis*, *Rosa palustris*, of Apuleius, *Protea*, and *Mater herculanea*: The Arabians and Apothecaries doe call it *Nenufar*, or *Nenuphar*. There are foure kindes of it: the first kinde groweth in Pondes, they are very common, and beare a faire white flower, knowne to euery man: it

is called *Nymphaea alba*, of Pliny, *Nymphaea Heraclia*, with vs white water Lillies. The other kinde is like the former, but not so common, it beareth a yellow flower, and is called of the Herbarists *Nymphaea lutea*, of Dioscorides, *Nymphon*, the flowers *Blepharon*, and *Blephara*, with vs yellow water Lillies. The third kinde hath small leaues, like to Crowfoote flowers, and small white flowers, it groweth commonly in swete and running streames, and it is called of the Herbarists *Nymphaea minor*, in English the lesser white water Lillie. The fourth kinde is like to the great water Lilly, but that it is somewhat lesse, it beareth a prettie yellow starrie flower, it is called of the Herbarists *Nymphaea lutea minor*, we call it the lesser yellow water Lilly.

Water Torch, in greeke and latine *Typha*: the Herbarists do call it *Typha aquatica*, and *Typha palustris*, to distinguish it from the Turkish Cozne, and the Ginny wheats, both which are also called *Typhes*: whereof shall bee spoken more at large when opportunity shall serue. The water Torch is but once mentioned in this whole worke.

Water Willow, in greeke and latine *Lysimachium*, or *Lysimachia*, *Litrum*, of the Herbarists *Salicaria*. There are three kindes of it, the first is the common water Willow, which is called the yellow water Willow, in latine *Lysimachia lutea*, or *Lysimachia melina*. The second kind groweth in moist places, it hath narrow and picked leaues, with a prettie purple flower: it is called of Pliny, *Lysimachia*, for the first kind is *Lysimachia Dioscoridis*: of the Herbarists *Lysimachia Pliniana*, *Lysimachia purpurea*, or *Purpurea*, *Lysimachia Spicata*, and *Salicaria purpurea*, in English the purple water Willow. The third kinde groweth about the running waters or streames, it hath small leaues, like to the Willow, but a little jagged, it beareth a prettie small purple flower, like to the lesser Roses, out of which cometh afterwards a little cup, which containeth some small seeds. It is called of the Herbarists *Lysimachia filiquosa*, and *Filius antepatre*, in English horned water Willows, that is, *Salicaria cornuta*, *Salicaria filiquosa*, and *Lysimachia cornuta*. But if thou finde water Willows without any addition, then shalt thou vnderstand the yellow water Willow, or *Lysimachia Dioscoridis*.

Ware,

The second Table.

Waxe, in greeke *Ceros*, in latine *Cera*.

Whay, *Serum*, *Aqua lactis*, and *Aqua Casei*.

Wheate, in greeke *Gale*, and *Spondyle*, in latine *Mustela*.

Wheate, in greeke *Pyros*, in latine *Triticum*.

There are three kindes of it, the first kinde doe we call Wheate, without any addition, of *Columella Robus*, of the *Simplicists Triticum robum*: this is the very best in waight and whitenesse. The second is a kinde of ruffeared Wheate, in greeke *Pyros Trimeas*, or *Setanias*, in latine *Triticum Trimestre*, and *Halicastrum*, of *Columella*, *Setanium*, or *Sitanium*, of the *Herbarists Triticum sitanium*. The third kinde is called in greeke *Siliguis*, in latine *Siligo*, and *Triticum Siligineum*.

Wheate ruffeared, in greeke *Zea*, in latine *Semen*, of *Columella Far clusinum*, and of others *Spelta*. There are two kindes of it, the first is the common ruffeared wheate, it bringeth two huskes close together, with two graines in them: this is called *Spelt*, and *Zea diacocos*. The second kind is called *S. Peters cozne*, it bringeth but one seede or graine, to witte, in a rowe, as the former bringeth the two: it is called in greeke *Zea monococos*, and in latine *Zea simplex*, and *Semen simplex*: it is a kinde of graine which is a meane between *Barley* and Wheate.

Wheate ruffeared prepared, *Alica* or *Halica*, in greeke *Chondrus*, *Zea deglubita*, ruffeared, wheate peeled.

White water Mints, in greeke *Minthe agria*, *Hediosmos agrios*, in latine *Mentastrum*, and *Mentha sylvestris*, of the *Herbarists Mentha equina*, *Mentha caballina*, and *Balsamita fefina*. There are two kindes of it: the first hath rough, white, and round leaues, and a hayzie and rough stalke, this is the true *Mentastrum Dioscoridis*. The second kinde is not rough, but hath long pricked leaues, and a browne hayzie flower: they growe neere to the water side; this second kinde is called *Mentastrum acutum*, and they haue both one and the same operation. *Apuleius* and *Pliny* haue also their seuerall *Mentastrum*, which they do call *Glechon agrion*, and *Pulegium agreste*: It is the second *Calamintha Dioscoridis*, which we haue called *Calamintha aruensis* before.

Wilde Beets, of the *Herbarists Apiophyllon*, *Herbapyrifolia* or *Pyrifolia*, *Consolida Pyrifolia*, *Pyrola*, and *Pyrula*: It is a vulnerall herbe, hauing leaues like a Beare tree, it

groweth in the shadowie woods, and continueth greene both winter and summer. There is yet another kinde of it, which groweth in meadowes, nere hils, which is like to the former, but that it hath longer leaues and stalkes, whereon there be white flowres: the *Herbarists* doe call it *Pyrola*, or *Pyrula pratensis*: they are both of one nature and operation: they are dry in the third degree, they do consolidate mightily: but by wilde Beetes shalt thou vnderstand that which groweth in woods.

Wilde Cucumbers, *Cucumer Aspinus*, *Cucumer sylvestris*, *Cucumer anguinus*, and *Cucumer erraticus*. It is a well knowne hearbe, but it groweth not with vs vnlesse it be sown in gardens. There is a iuice prest out of the fruit of it, and prepared, which is called *Elaterium*, whereof shall bee spoken elsewhere.

Wilde Flare, in greeke and latine *Osyris* of the *Herbarists Herba vrnalis*, and *Linum beata Maria*, at the *Apothecaries Linaria*.

Wilde Grapes, in Greeke *Ampelos agria*, in Latine *Labrusca*: the blossomes of the wilde Vine is called in greeke *Oenanthe*, in Latine *Flos labruscae*, *Flos vitis sylvestris*, and at the *Apothecaries Flos lambruscae*.

Wilde Beares, *Pyrum sylvestre*: the tree is called in greeke *Archas*, in latine *Pyraster*, in English a wilde Beare tree: these Beares, their leaues, and the water distilled of them is bled for the Laske.

Wilde Radish, *Armoracia*, *Raphanus sylvestris*, at the *Apothecaries Rapistrum*: There are two kindes of it; both of them do grow in fields that are sowne. The first kinde is that whereof now hath been spoken: The seconde kinde is like the first, but it hath fewer and broader leaues; the flowres are white, and is commonly called white wilde Radish, *Rapistrum album*, that is, *Lapsana*, *Dioscoridis & Galeni*. They that call our Hoyle radish *Armoracia*, doe erre greatly; for *Armoracia* is *Raphanus sylvestris*, a wilde Radish. Look for this in the description of *Dioscoridis*, and the truth will soon appeare.

Wilde Saffron, in greeke *Cnicus*, *Cnecus*, *Gnicus*, and *Gnecus*, in latine *Cartamus*, or *Chara ramus*. There are two kindes of it, the first is the wilde well knowne Saffron, which groweth in many gardens: this is called *Cartamus domesticus*, of *Serapio*, *Kartan*, of *Whh 2* *Auerroes*.

The second Table.

Auerroes, Elcratis, of the Herbarists *Crocus hortulanus*, *Crocus sylvestris*, *Crocus saracenicus*, *Crocus fatuus*, it is barbarously called *Zaffranum sylvestre* and *Saffranum fatuum*.

Auerroes calleth the seede of it *Semen de Papaga*. The second kinde groweth on dry hills and vntilled and dry fields, it is called wilde fielde Saffron, in greeke *Atractylis*, and *Cnicus agria*, in latine *Colus rustica*, *Fusus agrestis*, and of the Herbarists *Cnicus sylvestris*, *Cnicus campestris*, *Cartamus sylvestris*, *Eracantha*, and *Carduus amoris*: but the tame kinde is onely vied in Physicke, to wit, the flowers and seede of it, which is also called *Semen papagalli*, or *Semen Psittaci*. Note that *Cartamus* with *t*, doth signifie wilde Saffron, and *Cardamus* with *d*, Cresses seeds, *Nasturtium*: wherefoze great heed is to be giuen of it.

Wild Thyme, *Serpillum*, *Cunilago*, and in greeke *Herpyllum*.

Willow tree, in greeke *Itea*, in latine *Salix*, of *Homerus*, *Frugiperda*: There are five kinds of it, the first is called with vs the red Willow, of *Theophrastus*, *Salix nigra*, or *Pumicea*; of *Pliny*, *Salix viminalis*, of *Columella*, *Salix Sabina*, and *Salix Amerina*: this is the very best kinde of all the rest. The second kinde is the white Willow, and of the Herbarists *Salix candida*. The third kinde is called of *Pliny*, *Salix vitellina*, of *Columella*, *Salix Greca*, with vs water Willow tree. The fourth kind is called of the Herbarists *Salix platyphyllos*, *Salix latifolia*, and *Salix cinerea*. The fift kinde is the least of all, called of *Theophrastus*, *Salix helix*, of *Pliny*, and *Columella*, *Salix Gallica*: of the Simplicists *Salix pumila*. These five kindes of Willows are sufficiently knowen to all men.

Wine, in greeke *Oenos*, of *Cratinus*, *Tryx*. There are sowe kindes, each according to the countrey, to wit, the least, smallest, middle, and strong wine: but we will speake but of two kinds at this present, to wit, of strong and of small wine: the strong wine is called *Vinum Oenodes*, *Vinum polyphorum*, and *Vinum multiferum*. The common wine is called *Vinum oligophorum*, *Vinum pauciferum*, *Vinum aquosum*, and *Vinum Cibarium*, this is only spoken and meant of Rhenish wine.

Winter Cherries, in greeke *Halicacabus*, *Physalis*, in latine *Solanum vesicarium*, of *Pliny*, *Vesicaria*, of the Herbarists *Solanum rubrum*, or *Solatrium rubrum*, *Cerasum Iudaorum*,

Cerasum terra, in the Arabian toong *Alkekengi*, or *Alkakengi*: they are cold and astringent in the seconde degree, but meane moyst.

Weather, *Castron*, *Veruex*.

Woode, in greeke and latine *Isatis*, of *Pliny* *Glastum*, of the Herbarists *Guadum*, and *Pastillium*, it is an herbe well knowne to diuers. There are two kinde of it, one tame, and one wilde; the tame Woode groweth in France, and in During, with vs onely in gardens for physicall vses: it is called *Isatis satina*, *Egne*, and *Glastum satinum*. The second is the wilde kinde, it is lesser than the former, it groweth here and there in the woods and fields; it is called *Isatis sylvestris*, *Isatis minor*, *Glastum sylvestre*, and *Glastum minus*. They are both drying and astringent, but the wild Woode is much stronger than the tame.

Woodcocke, in greeke *Scolopax*, of *Hesychius*, *Varino*, *Nemesiano*, in latine of *Gaza*, *Gallinago*, of *Heradianus*, *Perdix sylvestris*, of other *Perdix rustica* or *Rusticula*, of *Niphus* and *Volaterranus*, *Gallinella*, of the simplicists *Rostrulula*, and *Gallinacea*.

Woodpecker, *Picus Martius*, *Turbo*, in greeke *Driocalaptes* of *Arist.* *Driocolaps* of *Hesych.* it is a well known bird; it is mentioned othervhiles in some dyets in this worke.

Woolblade, or Longwoort, in greeke *Phlomis* or *Phlonus*, of *Apuleius*, *Pycnitis*, in latine *Verbascum foeminalis*, *Lucumbra*, *Candela regis*, *Candelaria*, *Lanaria*, at the Apothecaries *Tapsus barbatus*. There are sowe kindes of it, whereof the first is the common Woolblade, with the white woolly leaues, and yellow flowers; it is called *Verbascum albifolium*, and in greeke *Leucophyllon*. The second kinde is like the former, but that the leaues are blacker and broader; it is called blacke Woolblade, in greeke *Phlomos melanophyllus*, in latine *Verbascum nigrum*. The third kinde is the wilde Woolblade, it hath a long stalke with great leaues, much like to the great Sage; it hath yellow flowers, in greek *Phlomos agrios*, in latine *Verbascum sylvestre*: of the Herbarists *Verbascum saluifolium*. The fourth kinde is most like to the first, but that the flowers are white, and it is called white Woolblade *Verbascum album*, and *Verbascum foemina*.

Wolfes bane, in greeke and latine *Aconitum*, There are sixe kindes of it, the first hath round

The second Table.

round leaues not much vnlike to the lesser Cucumbers, with pretty yellow flowres, not vnlike to the of *Doronicum*. The rootes are round, with many ioynts, the little rootes about it are very like a Scorpion, it is called in Greeke and latine *Pardalianches Thelyphonum*, *Aconitum Thelyphonum*, *Therionophnum*, *Aconitum Therionophnum*, *Myactonum*, *aconitum Myactonum*, and *Scorpion*. The second kind of *Wolfsbæ* hath leaues like to the Italian Plane tree, but somewhat deeper iagged: the roote is blacke, with many hairens about it. This plant is sufficiently knowne by the name *Wolfsbane*, it groweth on high hills, and is called in Greeke and latine *Lycototum*, *Aconitum Lycototum*, *Cynototum*, and *aconitum Cynototum*. The Herbarists do call it *Aconitum Lycototum luteum*: the Apothecaries *Luparia*. The third kinde is called of the Herbarists *Aconitum Lycototum Caruleum*, there are also three kindes of it, and it is common in all gardens. The fourth kinde of *Wolfsbane* is *Aconitum Lycototum caruleum magnum*: *Auicenna* calleth it *Napellus*; it is a very venomous herbe. The fifth kinde hath yellow flowres, and is called yellow *Wolfsbane*, of the Herbarists *Aconitum Lycototum luteum minus*. The sixth kinde groweth in darke and shadowie woods, the stalk is about one span and a half in height, and about the middelt of the same are foure darke greene leaues, standing opposite one against the other: it getteth a blacke berry, vnder which, many little leaues are placed each opposite to other. It is called of the Herbarists *Aconitum salutiferum*, *Sigillum Christi*, *Crux Christi*, *Sigillum Veneris*, and *Herba Paris*. It is a very holesome herbe, and may be vsed inwardly very well against many diseases. Many learned men would haue it to be *Aconitum pardalianches*, but it is as like it as an apple is like an oyster. By *Wolfsbane* shalt thou vnderstand the yellowe *Wolfsbane*.

Wormewood, in Latine and Greeke *Absinthium*, *Aloina*: there are three kindes of it: The first, is the common *Wormewood* that groweth euery where, called *Barthypicron*, *Barypicron*, and *Absinthium rusticum*. The second kinde is like to the former in leaues and floures, but it is somewhat lesse, and it groweth not aboue a span and a halfe in height: it is also bitter like the foresayd, yet somewhat more pleasant to be vsed; it groweth on hilly places, This kinde will neuer be greater although it grow in fertill grounds. This is the same *Wormewood* which *Dioscorides* doth call *Absinthium ponticum*, *Mesues Absinthium Romanum*, of the Simplicitis *Absinthium montanum*, and *Plinie Absinthium Italicum*. The third kinde is very like the great *Wormewood*, but it hath lesser leaues and stalkes then the mountaine *Wormewood*, it groweth also somewhat higher: The leaues are white and soft. This groweth on sandie ditches. It is called *Romish Wormewood*, to auoyd all errors, and we leaue the name of mountaine *Wormewood* vnto the second kind. This *Wormewood* is called of *Galen Absinthium ponticum*. But *Mesues* and other authoers do take the second kinde to be the true *Absinthium ponticum*. Whensoeuer thou findest *Wormewood* by it selfe in any composition, then is the mountaine *Wormewood* to be taken and vsed; and if that cannot be had, then must you take the common *Wormewood* that groweth in the fields, and not that which groweth in gardens; for the garden *Wormewood* is not so strong, neither can it performe that which the wilde *Wormewood* doth that groweth on dry grounds. *Wormewood* is hot in the first, and dry in the third degree.

Perrow, *Rosebleede*, or *Hillfoyle*, in Greeke *Stratiotes*, *Chiliophyllos*, *Supercilium Veneris*, *Herba militaris*, and *Mullefolium*. It is a common herb, it is drying and astringent. *Pewe*, *Taxus*, *Smilax*, *Milos*.

The end of the second Table.

Hhh 3

This

The third Index.

This third and Latine Index, containeth al the Latine, Greeke, and ether strange names of all Simples, especially of those which are mentioned in this Booke, as Rootes, Herbs, Floures, Fruits, Plants, Iuices, Gummes, Woods, Stones, Barks, Metals, Minerals, Earths, Deere, and whatsoeuer else is used in Physick: Also all mixed and compounded Medicines, as Electuaries, Confectures, Syrupes, Iuleps, Conserues, Cakes, Pils, Salues, Oyles, Potions, and distilled waters, with their names, not only as they are called by the ancient Greeke and Latine Physitions, but also as they are now named amongst the common Physitions and Apothecaries :

*In like sort also all inward and outward parts
and members of the body, with all the di-
seases that euery one of them
is subiect vnto.*

A.

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| <p>A Balzener Arabum, Sena, Sene. Abies, a Firre tree. Abies candida, a white Firre tree. Abies nigra, a blacke Firre tree. Abiga, Chamæpitys, small Cipres, or wilde Cipres. Abioten, Abiotos, Hemlock. Abortus, an vntimely birth. Abrotonum, Sothernwood. Abrotonum foemina, Sothernwood female. Abscessus, an impostume, or botch. Absinthium, Wormewood. wood. Absinthium bathypicron, common Worme- Absinthium Italicum, Italian Wormewood. Absinthium ponticum, Wormewood gentle, or Wormewood ponticke. Absinthium montanum, Wormewood of the hill. Absinthium Romanum, Wormewood Romane. Absinthium rusticum, common or rurall Wormewood. Absinthium thalassium, sea Wormewood. Absinthites, Wormewood wine. Abuolum Plinij, Pulegium, Pennyroyall. Acacia, the iuice of a thorne in Egypt, in Aede whereof we vse the iuice of Sloes. Acalephe, Vrtica, Nettles. Acalypha, a Pettle. Acanthus, or Acantha, Branke vsine, or Bearebreech. Acanthus sylvestris, wilde branke vsine. Acantha Germanica, Branke vsine. Acatalis, Juniperus minor, a little Juniper. Acatera, Juniperus maior, a great Juniper. Acetosa, Sorrell. Acetosa sativa, Garden Sorrell.</p> | <p>Acetosa rotunda, round Sorrell. Acetosa Gallica, French Sorrell. Acetosa minor, the lesser Sorrell. Acetosa ouina, Shepes Sorrell. Acetum Vineger. Acetum scillinum, or Scilliticum, Vineger of sea Onions. Acetum Rosaceum, Rose vineger. Acetum Rutaceum, vineger of Rue. Acinus, wilde or small Basill. Achras, Pyraister, a wilde Bearetree. Aconitum, Wolfsbane. Aconitum cynoctonum, or Aconitum cynoctonum luteum, yelloe Wolfsbane. Aconitum lycoctonum, or Aconitum lycoctonum caeruleum, blew Wolfsbane. Aconitum lycoctonum magnum caeruleum, blew Wolfsbane the great. Aconitum lycoctonum luteum minus, the lesser yelloe Wolfsbane. Aconitum Myoetionum, a certaine kinde of Wolfsbane. Aconitum Pardalianches, Lybards bane. Aconitum saluterum Herbariorum, one berry. Aconitum Thelyphonum, a kinde of Wolfsbane. Aconitum Theriophonum, another kinde of Wolfsbane. Acorum or Acorus, Calmus, the great Galan- gale. Acte, Sambucus, Elder. Acylos Aristotelis, Glans quercina, an Acorus. Adamas, a Diamond. Adiantum, Venus haire, or well ferne. Adiantum album, the white Venus haire. Adiantum Apuleij, Trichomanes Dioscoridis. Adiantum Aureum Herbariorum. Adiantum Gallicum, French Venus haire. Adiantum</p> |
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The third Index.

- Adiantum nigrum*, black Venus haire.
Adipos, *Glycyrrhiza*, *Licozice*.
Erizusa, a Iasper like the ayze.
Eris flos, *Viride aris*, *Herdegreece*.
Egoceros, *Foenum græcum* *Fenegreake*.
Egyne, *Caprifolium*.
Egynos, *Cicuta*, *Hemlocke*.
Eromeli, *Manna*, a manner of dew congealed on trees and plants.
Erugo, *viride aris*, *Herdegreece*.
Esustum, burnt Copper.
Affectus animi, affections, motions, or passions of the minde.
Affodillus officinarum, *Daffodill*.
Agallochum, *Lignum Aloes*, a sweet wood so named.
Agaricum, or *Agaricus*, a Mushrum growing on trees.
Agasilis, frutex qui *Hammoniacum* *Thymiana* gignit, the herbe wherof *Hammoniacum* is made.
Ageomoron, *Cicuta*, *Hemlock*.
Aglaophoris Apuleij, *Pæonia*, is named of *Ælianus* *Aglaophoris terrestris*, *Piony*.
Agnus vitex, *Agnus castus*, *Chaste tree*.
Agnus castus officinarum, the same.
Agonus, *Vitex*, *Agnus castus*, the same.
Agresta officinarum, *Veriuite*.
Agriclaa, *Olea sylvestris*, wilde *Olive tree*.
Agrimonia officinarum, *Eupatorium Græcorū*.
Ægrimony, or *Agrimony*.
Agrimonia sylvestris Herbariorum, *Potentilla*, wild *Agrimny*.
Agriocinara, *Cinara sylvestris*, wild *Hartichock*.
Agriococcymela, *Prunas sylvestria*, *Sloes*.
Agrioccy melea, *Prunus sylvestris*, *Slo tree*, or *Slo bush*.
Agrioriganos, *Origanū sylvestre*, wild *Oregane*.
Agrostis, *gramen*, *Grasse*.
Aigleuces, *Semperuultum*, *Wyne alwayes mustie*.
Aithales, *Sengrene* or *Houslecke*.
Aizoō agrion, *Sedum sylvestre*, wild *Sengrene*.
Aizoon Semperuiuū, *Sengrene* or *Houslecke*.
Aizoom minus, *Semperuiuum minus*, the lesser *Sengrene*, or *Prickmadame*.
Alabandicus lapis, a red stone mixt with blew.
Ala, *Axilla*, the arme pit.
Alarmel Arabum, wilde *Rue*.
Alarum foetor, *Tragonia*, stinking of the arme pits.
Alabastrum Plinij, a Marble stone.
Albucum, *asphodelus*, *Daffodill*.
Album coctum officinarum & Chirurgorum, a plaister of *Ceruse*, or white Lead.
Album græcum officinarum, *Stercus caninum album*, a white dogs turd.
Alcanna Arabum, *Ligustrum*, *Priuet*, or *Pimpint*.
Alkakengi Arabum, *Alhakengi*, or winter Cherry.
Alchenna Arabum, *Cypus Priuet*.
Alcibiadium, wilde *Langdebase*, or *orelong*, or wilde *Baglosse*.
Alcibiadium Eginetæ, *Echium*, wilde *Baglosse* the lesser.
Alchimilla, *Ladies mantle*.
Alcibiades, *Stœchas*, *French Lauender*.
Alcocalus, *Scolymus*, a *Hartichoke*.
Alcyonium primum Dioscoridis, *Balla marina officinarum*, the some of the sea indurate, or a Sea ball.
Alcyonium quintum Dioscor. *Spuma marina officinarum*, the some of the sea.
Alexander, or *Alexandrum officinarum*, *Parsely*, or *Alexandria*.
Alexipharmacum vnguentum, a medicine against poyson.
Alfescera Arabum, *Vitis alba*, white *Bzyony*.
Alfesiressin, *Vitis nigra*, blacke *Bzyony*.
Algalia, *Zibetum*, *Siuet*.
Alga palustris, *Reites*, or a sea weede so named.
Alharmel, wilde *Rue*.
Alibium, *Alter Atticus*, an hearbe so called; *Codwort*.
Alica, or *Halica*, a meate made of Wheate.
Alipta muscata.
Alhandal Arabum, *Colocynthis*, *Coloquint*.
Alkana Arabum, *Ligustrum*, *Priuet*.
Alkekengi, winter Cherries.
Allium, *Garlicke*.
Allium Alpinum, *Victorialis*.
Allium caninum, Dogs garlicke.
Allium reticulatum, *Allium Alpinum*.
Allium sylvestre, wilde garlicke.
Alleluya officinarum, wood *Sorrell*.
Alluf Arabum, *Dracontium*, *Dragonwort*, or *Dragons*.
Aloe, *semperuiuum marinū*, a very bitter herb.
Aloe caballina, the grosser kind of Aloes.
Aloepatica, & *Aloepaticum officinarū*, the same.
Aloe Gallica, *Gentian*.
Aloe lignum, *Lignum aloes*, a sweete and precious wood.
Aloina, *Abinthium*, *Wormewood*.
Alopecia, *Capillorum defluuium*, a disease causing the haire of the head or beard to fall off by the rootes.
Alfescera Mauritanorum, *Vitis alba*, white *Bzyony*.

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Alſcebram, or Alſcebram maius Arabum, Pity-
 uſa, Eſula, Spurge,
 Alſcebrā minus Arabū, Eſula minor officinarū.
 Alſine, pauerina, Chickweede.
 Altaraxacō officinarum, Aphaca Theophraſti,
 of ſome a kinde of Tare, of others a kinde
 of Cicozie.
 Althæa, Maluauifcus, Hollyhocke.
 Altercum, Penbane.
 Alumen, Allome.
 Alumen fecis, dyeggs of wyne, or wyne læs.
 Alumen iamentum officinarum, Alumen capil-
 Alumen capillare, the ſame. (lare.
 Alumen liquidum.
 Alumen liparium,
 Alumen plumoſum officinarū, Alumen rupeū.
 Alus Gallicus Scribonii, Symphytum.
 Alypias Actuarii, Turpetum album.
 Alypus Apuleii, Tithymalus Dioſcor. Eſula.
 Alypum, Turpetum album Actuarii.
 Amara Dulcis.
 Amaranthus aureus, gold flowre.
 Amarātus Galeni, Maudlen wort, or Baltasar.
 Amaranthus Luteus, the ſaine.
 Amaranthus Veneris, flower gentle, of ſome
 Ragwort.
 Amaracus Dioſcoridis, Marigold.
 Amaracus Galeni, Feuerſew.
 Amarena Ceraſa, black Cherries.
 Amarena paſſa, dyed Cherries.
 Amarella, Parthenium adulterinum, Feuerſew
 Amauroſis, Cicuta, Hemlock.
 Amber, ſiue Ambarum, Amber.
 Ambarum, Amber.
 Ambar, the ſame.
 Ambragriſea officinarum, Ambergræſe.
 Ameos officinarum, Ammi, Amy.
 Amethyſtus, a gemme, or pretious ſtone, called
 an Amethiſt. (haire.
 Amianton Apuleii, Trichomanes, Hayden-
 Amiantus, Linum ſaxatile, Plume Allome.
 Amictomiænum, vitex, Agnus caſtus, chaſt tree.
 Ammi, ſiue Ammum, Amy, the herb and ſeed.
 Ammoniacum, or Hammoniacum, is called of
 the Apothecaries Armoniacum. It is the
 iuice or gum of a tree growing in Africa,
 called Agaiſſis. Of this gum there are two
 kinds, the one faire and cleane, verie like
 Frankincenſe: this ſort of the auncient
 Phyſitions hath bene vſed for a ſweete ſa-
 uour or ſmell, it is named of Aetius, of Pau-
 lus Aegineta, and the other Greeke writers,
 Ammoniacum Thymiana, or Hammonia-
 cū Thymiana, & this is the beſt for phyſick.
 Plinius calleth it Thrauſton, and Thrauſma.

The other kind is foule and vncleane, ſuch is
 very common in the Apothecaries ſhops, and
 is called of Plinius, Apyrama.

Amnion, Bryon, Poſſe.

Amniō Plinij, Cinnabaris ſoſſilis, a ſoft red ſtone
 in mynes called Cinoper.

Amomum, a ſtrange ſhrub as yet vnknoſt,
 although the vniuerſall Phyſitions vſe it not,
 for they in ſtead of this haue in their commō
 ſhops a dead and wilde Parsley ſeede (when
 indeede the right Amomum hath alwayes
 bene a pleaſant and ſweet ſmelling ſhrubbe
 accounted of the auncient Phyſitions) which
 is as like the right Amomum as an apple is
 like an oyster. Let euery one therefore take
 heede of this Amomum, alſo of all ſuch medi-
 cines which are mixed with it. Some take
 the Roſe of Ierico for the right Amomum,
 which the Herbariſts call Roſa Hierichuntea
 and Roſa Diua Maria, but they are deceiued.
 Galen ſayth, that Amomum and Calmus in
 vertue are very like, and therefore ſeeing
 that we haue not the right Amomum, we
 may vſe Calmus very well in his place.

Amorgine, Perdicium, Bellitoze of the wall.

Ampar, Ambarum, Amber.

Ampelos, vitis, the Vine.

Ampelos agria, vitis ſylueſtris, a wilde Vine.

Ampelos leuce, vitis alba, white Wypony.

Ampelos melana, vitis nigra, black Wypony.

Ampelopraſum, Porrum vineale, wilde Lecke.

Amydum officinarum, Starch.

Amygdalum, an Almon.

Amygdalus, the Almon tree.

Amygdala amara, bitter Almons.

Amygdalogala, Amygdalinum lac Almon-
 milke.

Amygdaloides, Spurge.

Amylum, Starch.

Anacardium, ſiue Anacardus, a tree (growing
 in India, and on the fire mountaines of Sici-
 ly) ſo named.

Anabasis, Hoſe tayle.

Anagallis, Corchorus Theophraſti Sapania, Ma-
 cia, Niſteritis, Zeliaurus, Chickweede.

There are three ſundry kindes of Chicke-
 weede, whoſe leaues are all alike, but differ
 in flower: the one hath pretty little purple
 flowres, and is called in Greeke Anagallis
 phoenicea, Anagallis punicea, Anagallis ru-
 bea, Anagallis purpurea: Paulus Aegineta,
 calleth it Coralliū, or Corallia, this is Chick-
 weed with the red floure. The other is called
 Anagallis cærulea, Anagallis fœmina, that
 is, Chickweede with the blew floure. The
 third

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third hath yellow flowers: this groweth not about vs except it be set or sowne. It is found in the upper Burgundy, in a field betwene Dolen and Belanson. This is called Anagallis lutea, Chickweede with the yellow flower. They are all hot and dry, and may be used in wounds and fractures.

Anagallis mas, Chickweede with the red flower or Chickweede male.

Anagallis foemina, Chickweede with the blew flower, or Chickweede female.

Anagallis phoenicea, Chickweede with the red flower.

Anagallis punicea, Purpurea, the same.

Anagallis lutea, yellow Chickweede.

Anactorium Theophrasti, wide flags.

Anangelos, Ruscus, Kneehull, kneehulme, pestigre.

Anastrophe, Inuersio ventriculi, an inuersion of the stomacke.

Anasarca, Hyposarca, the dropsie.

Anatetamenon, Bellitor of the wall.

Anaxyris, Oxalis, Sorrell.

Anasetesis, Comfrey.

Anchmanes Apuleij, Dracontium, Dragonwort, or Dragons.

Androgynos Apuleij, Nymphaea, a water Lily, or a water Rose.

Andrachne, Portulaca, Purslaine.

Anesum, Anisum, Annise.

Anetum, Dill.

Anetum caninum, Cötula foetida, an herbe like Cammomill.

Anetum syluestre, wilde Dill.

Anetum tortuosum, the same.

Anetum vrsinum, the same.

Angelica, Angelica, or Imperiall.

Angina, Inflammatio faucium, a swelling in the throate. The Angine.

Anchusa, wilde Buglos, or Dychanet.

Animi accidentia, troubles of the minde.

Anisum, Anise.

Anonium, a dead nettle.

Anonium album, the white dead nettle, or Archangell.

Anorexia, a disease of the stomacke.

Arnium, Plantaine.

Arnoglossa, Arnoglossus, a kinde of Plantaine.

Arnachylis, Plantaine.

Anthemis, Chamamelum, Cammomill.

Anthericos, the flowers and stalks of Martagon.

Anthera, the yellow seede that is within the Roses.

Anthracites, a gem, or pretious stone.

Anthrax, Carbunculus, a Cole.

Anthrax, Amethystizon, Carbunculus lapis, a pretious stone, a Carbuncle.

Anthora, is taken of some for the right Zeduar roote, but it is not so.

Antullia, hath no English name, it is called in Greeke Anarbo, in high Dutch, Zuwan.

Antidictus, or Antidotum, is Alexipharmacum, a medicine against payson: but there are other medicines so likewise named.

Antidotus Mitridatica, Mithridate, a medicine like Treacle against payson.

Antimelon, Mandragora, Mandrage.

Antimonium officinarum, a kinde of minerall.

Antiphthora, or Antitora, Napellus salutiferus, Monks hood.

Anthophyllus officinarum, refuse of Cloues.

Antora, Monks hood.

Anthropomorphos, Mandrage.

Anzarot, siue Anzarut Arabum, Sarcocolla, a gum of a tree in Persia like the powder of Incense.

Apepsia, bad digestion of the stomack.

Aparine, Aspergula, Cliuers, or Goosegras.

Aphaca Theophrasti, a kinde of Cichorie.

Aphaca Dioscoridis, vicia syluestris, wilde tates.

Aphros cicut, Hemlock.

Aphyllantes, Tussilago, Fole soote, Colts soote, or Horse hose.

Apiastrum, Melisophyllon, Balme.

Apiastellum Apuleij, Bryonia, Bryony, or the wild Vine.

Apium, Smallage.

Apium Alexandrinum, Stone Parsley.

Apium Equinum, Louage.

Apium grande, called also Smyrnium.

Apium palustre, Paludapium, Smallage.

Apium risus, water Crofsoote.

Apium saxatile, the greater Pimpernell.

Apiophyllon, Pyrola, wilde Bætes.

Apoleium, Pulegium, Pennyroyall.

Apolegusa, Cicuta, Hemlock.

Apolinaris, Henbane.

Apoplecticus, one that hath the Palsie.

Apopleumenum, Scammony.

Apoplexia, the Palsie.

Apostema, Abscessus, an impostume or byle.

Appetitus syncopalis, appetite with a sowning.

Appetitus Caninus, an immoderate hunger, or dogs hunger.

Apronia Plinij, Vitis nigra, black Bryony.

Apsudes, Cicuta, Hemlock.

Apyreni, Cozrans.

The second Table.

- Apyrotus, Carbunculus, a Carbuncle.
- Aqua xrosa, or Aqua xrea, water of Copper, or that hath the vertues of Copper.
- Aqua extinctionis Argenti, water in which silver hath bene quenched.
- Aqua extinctionis Auri candentis, water in the which gold hath bene quenched.
- Aqua casei, Chesse whey.
- Aqua extinctionis Chalybis, water in which Steele hath bene quenched.
- Aqua Chalybata, Steele water.
- Aqua decoctionis Cinamomi, sodden Cinna-mome water.
- Aqua florum omnium officinarum, Aqua stillatitia stercoris vaccini, the water of Cowdung.
- Aqua decoctionis Glycyrrhizæ, the decoction of Licorice.
- Aqua lactis, Milke whey.
- Aqua marina, Sea water.
- Aqua mulsa, Meade, or Hony water.
- Aqua pluvia, or Aqua pluuialis, Raine water.
- Aqua fortis, Goldsmiths water.
- Aqua salsa, Salt water.
- Aqua saccharata, Aqua decoctionis sacchari, Sugared water, or the decoction of Sugar.
- Aqua extinctionis silicum candentium, water in the which hot Flint stones haue bene quenched.
- Aqua sulphurea, Brimstone water, or that hath the vertues of Brimstone in it.
- Aqua vitæ, in this Booke by Aqua vitæ, are meant the compounded waters, or Aqua vitæ compositæ.
- Aqua vitis, Lachryma vitis, the water that dropbeth out of Vines being cut.
- Aquilegia, a Columbine.
- Aquilina, the same.
- Arantium, an Orange.
- Arbor calta, Agnus castus, Chaste tree.
- Arbor Iouis, Quercus, Oake.
- Arbor sapiens, Morus, the Mulberry tree.
- Arceuthos, Iuniperus, Juniper.
- Arceuthis.
- Arceuthides, Baccæ Iuniperi, Juniper berries.
- Arceuthites, Iuniperinum vinū, Juniper wine.
- Archangelica, or Archangelica lutea, Archangell with the yellow flower.
- Archangelica alba, Lamium album, White Archangell.
- Archezostis, vitis alba, Bryony.
- Arction, or Arctium, the great Burre.
- Arctotium, seu Auricula vrsi Herbariorum, Sanicle the great.
- Area, Alopecia, the fallings off of the haire by the rotes.
- Argentina Herbariorum, wilde Tansy.
- Argentum aqueum, Quicksilver.
- Argentum viuum, Quicksilver.
- Argilla, Clay.
- Argyritis, Lythargyrum, Lytharge.
- Aristaltæa, Bismalua.
- Aristolochia longa, long Hartwort, or Birtwort.
- Aristolochia rotunda, round Hartwort.
- Aristolochia officinarum, Hartwort.
- Armoniacum officinarum, Armoniacke.
- Armala Galeni, Ruta sylvestris, wilde Rue.
- Armoracia, Raphanus sylvestris, wilde or horse radish.
- Armel Auicennæ, Ruta sylvestris, wilde Rue.
- Arnabo Pauli Aeginetæ, Zurumbetū, Seduar.
- Aromaticum gariophyllatum, a confectiō of Cloves so termed.
- Aromaticum Rosatum, a confectiō of Roses.
- Aromatites, an aromaticall or spiced wine.
- Aron, Cuccopit, Whistles pintle, or wake Robin.
- Aronia Athenæi, Dragons.
- Arquatus morbus, the yelloe Jaundise.
- Arsenicum, Arsenick, or Katsbane.
- Arectorium.
- Arthenicum, Katsbane.
- Artechocha, Artichocke.
- Artemisia, Bugwort.
- Arteria, artery, or veine.
- Arteria aspera, the winde pipe.
- Arthanita, Cyclaminus, Panis porcinus, sowes bread, or Swines bread.
- Arthetica officinarum, Arthritica, Cowslips.
- Arthrica alpina Herbariorum, Sanicle the great.
- Arthritis, Morbus articularis, the gout.
- Articoca, Artichocke.
- Articocalus, the same.
- Arum, Cuccopit.
- Arum palustre, the same.
- Arundo sagittaria, a great Keede to make darts.
- Asa dulcis, Benzoin.
- Asa foetida, a stinking gum.
- Asara baccara, Officinarum, Asarum, Asarabacca.
- Asbestos, looke Conia.
- Ascalis, Palmes, the branch of a Vine.
- Asclepias, Vincetoxicum, Swallowes wort.
- Asclites Barbarorum, Ascites, that kinde of dropisie that maketh the legs and belly swell onely.
- Asparagus, Sparage.
- Asparagus altilis, common Sparage.
- Asparagus

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Asparagus Horelaceus, Asparagus altis.
 Asparagus regius, common Sparage.
 Asparagus petraeus, wilde Sparage.
 Asparagus myacanthinus, wilde Sparage.
 Asparagus palustris Galeni, wilde Sparage.
 Asparagus sylvestris, the same.
 Asparagia, Corrudago, wilde Sparage.
 Aspera arteria, Canna pulmonis, the winde pipe.
 Aspergula, Aparine, Clivers, or Gosegrasse.
 Aspergula, Asperula, the same.
 Aspaltium.
 Aspaltus, siue Aspaltum.
 Asphodelus, Daffodill.
 Aspis, a little serpent.
 Asplenos, Asplenium, or Asplenū, Scaleferne, or Fingerferne.
 Asplenium sylvestre Herbariorum, the same.
 Aspella, Hippuris, Hoxsetaile.
 Asa dulcis officinarum, Bensoine.
 Asa foetida officinarum.
 Astaphydes, Kaysons.
 Astaphisagria, an herb called Staphis Agria.
 Aster atticus, an hearb also called Inguinalis, or Codwort.
 Aster Augustini, a Ruby.
 Asterion, Cannabis, Hempe.
 Astarios, Ballasius, a Ruby.
 Asterium Bubonium, Share, Starre, or Codwort.
 Astericus, Inguinalis, the same.
 Asthma, a stopping of the breath with wheezing.
 Atilis, viscum, Birdlime.
 Astrantia officinarum, Imperatoria, Angelica.
 Astrantia nigra, Sanicle.
 Astrios, Ballasius, a Ruby.
 Astrutium officinarum, Angelica.
 Astylis, headed Lettice.
 Aza dulcis, Benzoine.
 Aza foetida officinarum, a Sinking gum.
 Azara baccara officinarum, Asarabacke.
 Athanasia, Tanacetum, Tanse.
 Atoſum, Lychnis sylvestris, wilde Saffron.
 Attractylis hirsuta, Carduus benedictus.
 Atramentum Coriariorum, Coperas.
 Atramentum Librarium, Inke.
 Atraphaxis, Atriplex, Dage, or Dache.
 Atriplex sylvestris, the wilde Dage.
 Atriplex, siue Atriplexum, Dage.
 Atrophia, Nutrimenti cessatio, a Consumption.
 Attonitus, astonished.
 Auantia Herbariorum, Herb Auance, or hearb Blessed.
 Aubium, Chelidonium maius, Celandine the

greater, or swallows hearbe.
 Avena, Dates.
 Auellana, hasell Nut.
 Aurantium, an Dange.
 Aurea Alexandrina, a confection so called.
 Aureola Herbariorum, Amaranthus luteus, Maudentwort, or Baltasar.
 Aureum malum, an Dange.
 Auricula muris, the hearbe House eare.
 Auricula muris maior, Houseare the great.
 Auricula muris minor, Flos angelicus, the lesser Houseare.
 Auricula muris caerulea, blew Houseare.
 Auricula muris, Dioscoridis Myosotis, Houseare.
 Auricula vrsi, Sanicle the great.
 Aurigo, the yelow Jaundise.
 Auri pigmentum, Arsenicum luteum, Dye ment.
 Axilla, Ala, the arme pit.

B.

B Aaras Iosephi Historici, Pæonia, Pyony.
 Bacca, and Bacca conchea Virgilij, a Pearle.
 Bacca Lauri, a Bay berry.
 Balanus, Glans quercina, an Acorne.
 Balanus, Suppositorium officinarum, a Suppositoie.
 Balanus Aegyptia, Mirobalanus, it is the fruite of a tree, and is called Ben.
 Balanus myrepica, Glans vnguentaria, the fruit of a tree much like Myrice.
 Balauſtium, the flower of a Pomegranate.
 Ballagius, or Ballasius, a Ruby.
 Ballamarina, Alcyonij primum genus, a sea ball.
 Ballanæa gemma, Carbunculus candidus, a Ruby.
 Ballis, Bellis, Daisies.
 Balneum Sulphureum, a bath that hath the vertues of Brimstone.
 Balsamita, Felina Herbariorum, Mountaine Mints.
 Balsamum Iudaicum, Opobalsamum, Balme naturall.
 Barba Herculis Apuleij, Trichomanes, Maidens haire.
 Barba Iouis, semperuiuum, Sengraene.
 Bardana, the great Butte.
 Baratrum, Sabina, Sauine.
 Batypicron, Bathypicron, common wormwood.
 Baryton, Sabina, Sauine.
 Basilica dextra, the Liner veine.

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- Basilica sinistra, the vein of the Spleen, or Spleen.
 Basilica herba, Basilicum, Basil.
 Basilicum minus, the lesser Basil.
 Basilicum crispum, a kinde of Basil.
 Basilicum aquaticum, water Basil.
 Bathypicron, Absinthium rusticum, Worme-wood.
 Batitura aris, refuse of Masse.
 Batanuta, Vitis nigra, black Vionie.
 Batrachis, Ranunculus, Crowfoote.
 Batrachium, Crowfoote.
 Batus, Rubus, Bramble, Blackberry, or Hyperbush.
 Batus Idæus, Rubus Idæus, Framboise, Raspis, or Hindberry.
 Baucia, Pastinaca sylvestris, wilde Parsenep.
 Bechicæ officinarum, a medicine for the cough.
 Bechion, Bechium, Folefoote, or Horsehoofe.
 Bedegar, or Bedeguar, the white hyper.
 Beletzici, Bellirici, one kind of Mirobalans.
 Bellerici, Mirobalani bellerici, the same.
 Bellis, Ballis, a Daisy.
 Bellis maior, the great Daisy.
 Bellium, a Daisy.
 Bellios flos, the same.
 Bellirici, one kind of Mirobalans.
 Benedicta Laxativa, a purging Elettuary.
 Beniouinum, Bensoine.
 Benzoinum, or Benzuinum, the same.
 Berberis, or Berberus, Berberry tree.
 Berberus, the same.
 Bericocia, Mala præcocia, Abjecoche tree.
 Beryllus, a precious stone called Beryll.
 Befasa, Ruta montana.
 Beta, Beetes.
 Beta sicula, white Beetes.
 Beta fatua, Blitum, wilde fine Dage, or Blite.
 Beta insipida, Blitum, Blites.
 Beta nigra, blacke Beetes.
 Beta rubra, red Beetes.
 Beta maluacea, Spinacea, Spinage.
 Betifalca, Brionia nigra, blacke Bryony.
 Betonica, Betony.
 Betonica alba officinarum, Cowslips.
 Betonica, alba vera, white Betony.
 Betonica altilis, Betony.
 Betonica Pauli, Veronica, Paules Betony.
 Betula, Birch tree.
 Betularia, Tormentilla, Tormentill.
 Bdella, Hirudo, a Horseleech.
 Bdellion, or Bdellium, the name of a gum.
 Biarum, Dracontium, Dragons.
 Bibinella, Pimpinella, Pimpernel. Theodorus Gaza taketh Bibinella for a kind of wool-blade, which is called Thryallis of Dioscorides and Theophrast.
 Bicion, Vicia, Vetches.
 Bilis, Gall.
 Bilingua, Vuularia, Horse tongue.
 Bismalua, Althæa, marsh Mallow.
 Bistorta.
 Bitumen, a kind of natural lime or clay.
 Bitumen Iudaicum, Jewes lime.
 Bitumen liquidum, Naphta, a kind of clay.
 Blacca byzantia, or Blacta byzantia, or Blatta byzantia officinarum, in Greeke Onix: it is called of Actuarius, and Nicolaus Mirepsus, and the other new Grecians Blattion, Conchyla Indica, Vngula odorata, Vnguis Aromaticus, Ostrutium Iudicum, and Conchylj Indici operculum, a Musle shell of India. This is brought hither out of India, as there they are taken up out of the pooles, in the which the sweete smelling leanes Malabathra grow. Of these, there be two sorts, the best are white and fat, these are found in the red sea. The other are blacke, and are brought from Babylon. They are both well smelling, and while they bee burning, they scent as strong as the Benecod.
 Blechon, Pulegium, Pennicoyal.
 Blechion, Filix, Ferne.
 Bletus Nicandri, Felix, Ferne.
 Bletum, Blitum, Blites.
 Blitum album, white Blites.
 Blitum Indicum, Blites of India.
 Blitum rubrum, red Blites.
 Blitum sylvestre, wilde Blites.
 Blitum Vngaricum, Blites of Hungary.
 Boletus, or Boletus cerui, a Mushrum that may be eaten.
 Boletus cerui, the same.
 Bolus Armenus, Bole Armenacke.
 Bombasum, siue Bombax officinarum, Cotton.
 Bombax, Bombasum, the same.
 Bonifacia Herbariorum, Vuularia, Horse tongue.
 Borrago, Borrage.
 Borax officinarum, Borate.
 Borax officinarum, Chrysocolla factitia, the same.
 Boscaluia, Salvia sylvestris, wilde Sage.
 Botor Mariz Arabum, Cyclaminus, Sowbread.
 Brabela, Pruna Damascena, Damaske Prunes, Dammosens.
 Brabyla Theocriti, the same.
 Bracha cuculi Herbariorum, arthitica, Cowslips.
 Bradypepsia, a long digesture.

Brancha

The third Index.

Brancha vrsina officinarum, *Wzanke vrsine*.
 Branca vrsina Italica, *Italian Wzanke vrsine*.
 Brassica, Cabbage or Colewort.
 Brassica alba, *white Cabbage*.
 Bassica apiana, *a wrinkled Cabbage*.
 Brassica crispa maior, *the great wrinkled Cabbage*.
 Brassica cumana, *the broad red Cabbage*.
 Brassica cypria, *flowered Coleworts*.
 Brassica pratensis, *Acanthus sylvestris, wilde Wearebeech, or Wzanke vrsine*.
 Brassica marina, *Sea cole*.
 Brassica rubra, *a red Cabbage*.
 Brassica Sabaudica, *Sauoy Coleworts*.
 Brassica fabellica, *crisped Coleworts*.
 Brassica tritiana, *headed Coleworts*.
 Brathy, or Brathys, *Sauine*.
 Britannica, *Scurvygrasse*.
 Brisa Galeni, *Secale, Rye*.
 Bromus, *Avena, Dates*.
 Brucus, *Eruca, Rocket*.
 Brusca officinarum, *Ruscus, Kneeholme*.
 Bruscula Herbariorum, *Lupulus, Hop*.
 Bryaria, *Tamarix, the Tamariske tree*.
 Bryon, *Lupulus, Hoppe*.
 Bryon, *Muscus, Mosse*.
 Bryonia, *Wyony*.
 Bryonia alba, *white Wyony*.
 Bryonia melana, *blacke Wyony*.
 Bryonia leuce, *Vitis alba, white Wyony*.
 Bubonium, *Aster atticus, Codwort*.
 Bubonium caeruleum, *blew Codwort*.
 Bubonium luteum, *yellow Codwort*.
 Bubonium Massilioticum, *Codwort of Massilia*.
 Buceras, *Foenum graecum, Fenegreke*.
 Bucheiden Arabum, *Palma Christi*.
 Buchormarien Arabum, *Cyclaminus, Panis porcinus, Sow bread*.
 Bufonaria, *Parthenium, Maiden wæde*.
 Buglosa, *Buglossum, Buglosse*.
 Buglosa domestica, *Mesues, Burrage*.
 Buglosa maior, *the lesser Buglosse*.
 Buglosa maior officinarum, *the great Buglosse*.
 Buglosa officinarum, *Buglosse*.
 Buglosa sylvestris, *wilde Buglosse*.
 Buglosa syluatica Herbariorum, *the same*.
 Buglossum, *buglosa, Buglosse*.
 Buglossum Dioscoridis, *Buglosse*.
 Buglossum Gallicum, *French Buglosse*.
 Buglossum Hispanicum, *Spanish Buglosse*.
 Buglossum Italicum, *Italian or great Buglosse*.
 Buglosa semperuiuens, *tame Buglosse*.
 Buglossum sylvestre spinosum, *Herbariorum Echium, wilde Buglosse*.

Buglossum viperinum, *Herbariorum Echium, wilde Buglosse*.
 Buglossum rubrum, *Herbariorum, Anchusa, red Buglosse*.
 Buglossites, *Vinum buglossatum, Wine made of Buglosse*.
 Bulbus agrestis, *our Ladies Colwips*.
 Bulimus, Bulismos, *Colewunger, or an vnnatural appetite of meate*.
 Bulimia, bulimus, *an vnatural hunger*.
 Bunias, *Napus, Kape, or Pauet*.
 Bulapathum, *Lapathum palustre, Docke*.
 Buris, *a kinde of soze proceeding from Melancholy*.
 Bursa pastoris, *Shepheards purse*.
 Butermariem, or Buthomarien Arabum, *Cyclaminus, Sow bread*.
 Butyrum, *Butter*.
 Buxus, *Bore*.
 Buzeicon Arabum, *Palma Christi*.
 Byne, *Maltum, Mault*.

C.

C Acochymia, *a corruption of all the humors in the body*.
 Caçoete, *vlcus malignum, an ulceration hard to be cured, a roding vlcet*.
 Cactus, *cinara, Hartichocke*.
 Cadmia, *Tuttie*.
 Cadmia, *Botrytis, Tuttie*.
 Cadmia fossilis, *Lapis calaminaris*.
 Cadmia natua, *a kind of Minerall*.
 Cadmia officinarum, *Cadmia ocina, Tutty*.
 Caducus morbus, *the falling sicknesse*.
 Calamandrina, *Germander*.
 Calamentum, *Mint*.
 Calamintha agrestis, *wilde Mint*.
 Calamintha aruensis, *the same*.
 Calamintha felina, *Cattaria, Cats mint*.
 Calamintha montana, *wilde mountain Mints*.
 Calamites, *Rana viridis, a greene frog*.
 Calamus aromaticus, *Calmus, a sweet smelling Reede, which is brought out of India: Wee vse the common Calamus roote in steede of it*.
 Calamus odoratus, or Calamus vnguentarius, *the same*.
 Calcaria, *Consolida regalis, Larks spur*.
 Calcatrepola, *Star thistle the lesser*.
 Calcedonius, *a precious stone*.
 Calcifraga, *Saxifraga, Saxifrage*.
 Calcifraga Scribonij Largi, *Asplenium, Fearn*.
 Calendula, *Caltha, Marigold*.
 Calendula aruensis, *wilde Marigold*.

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- Calendula multiplex, double Marigold.
 Calendula sylvestris, wilde Marigold.
 Carenum, see Carenum.
 Calliphylum Hippocratis, Trichomanes, Maiden haire.
 Callitrichum, Adiantum, the same.
 Caltha of Virgil, Columell, and Pliny, Calendula, Marigold.
 Caltha poetica, Calendula, Marigold.
 Caltha Dioscoridis, Chrysanthemum, Golden knappe.
 Caltha Plinij, see Caltha Virgilij.
 Calycanthemum, Caprifolium, Woodbinde.
 Calix Plinij, Cochlear domus, a Snail's shell.
 Calx conia, Lime.
 Calx viua, Quicke lime.
 Calomelopodium, Prassium, Horehound.
 Camomilla officinarum, Cammomill.
 Campe, Eruca, Rocket.
 Campanella, Volubilis, Campanula, the flower called Canterbury bells.
 Campanula marina, Soldanella, sea Pansie.
 Cammarus, Gammarus, a Crab.
 Camphora, Camphura, Camfere.
 Cannabis, Hemp.
 Cancer, a Crab.
 Cancer carcinoma, the Canker.
 Cancer marinus, a sea Crab.
 Candela regis, Verbascum, Woolblade, or Torch herbe, or Longwort.
 Candelaria, the same.
 Canella, Cinamomum, Cinnamon.
 Canineca, Colchicum, Hermodactyles.
 Canina fames, Cynorexia, unnatural hunger.
 Canirubus Dioscoridis, Cynosbatus, Eglantine, or Sweet bryer.
 Canirubus Theodori Gazæ, Cynosbatus Theophrasti, the Hawthorne tree.
 Cania Plinij, Vrtica minor, the little Nettle.
 Canna, Calamus, Arundo, a Reede.
 Canophicon, Turbith.
 Canthabrica Plinij, Caryophyllus hortulanus, a Gilloflower, a Belouer.
 Canthabrum, Furfur, Bran.
 Cantharides, Cantarides, or Spanish flies.
 Cantharus, or Catherius, a blacke Beetle.
 Caphura, Camphora, Camfere.
 Capillaris, Capillus Veneris, Venus haire.
 Capillus Terræ, Adiantum, Maiden haire.
 Capillus Veneris Apuleij, our Lady haire.
 Capillaris aurea Herbariorum, yellow Maiden haire.
 Capnos, Capnus, Fumaria, Fumitory.
 Capnos chelidonia, Pseudaristolochia rotunda officinarum, Hartwort, or Aristologie.
 Capnos phragmites, the same.
 Caprago Apuleij, Esula, Spurge.
 Capparis, Capers.
 Caprifolium, Woodbinde.
 Caprifolium Italicum, Caprifolium perforatum Woodbinde of Italy.
 Caput monachi, Hedypnois, yellow Cicorie.
 Caput papaueris, Codia, Poppy seede.
 Caputium barbarorum, headed Coleworts, Cabbage.
 Carabe, Succinum, yellow or white Amber.
 Carbo, Carbunculus, a Plague soze, or botch.
 Carbunculus, Anthracites, a Carbuncle stone.
 Carbunculus amethystizon, Anthrax, a Ruby.
 Carbunculus candidus, Spinalus, Spinale.
 Carbunculus Alabandicus, Lapis Alabandicus, a kinde of Ruby.
 Carbunculus gilvus, or Carbunculus pallidus, a yellow Carbuncle.
 Carbunculus carchedonicus, or Carbunculus Garamanticus, Granatus, a Granate.
 Carchedonius, Gemma, the same.
 Carchosilus, Carduus altis, Artichoke.
 Carcinethron, Polygonum, Knotgrasse.
 Carcinoma, Cancer, the Canker.
 Cardamine, Nasturtium aquaticum, water cresse.
 Cardamomum, a spice coming out of India.
 There be two sorts of this Cardamomum, the greater, and the small or lesser. The greater, we call graines, Nicolaus Myrepsus calleth it Menigeta: Serapio tearmeth it Sacola, and in Apothecaries shops it is Granum Paradisi: the Arabians name the common Cardamomum, Cacola, Heilbague, and is the lesser Cardamomum of the Arabians. The lesser sort is that which we commonly call Cardamom, it is called both in Greeke and in Latine Cardamomum, of the simplists Cardamomum Indicum, of the Apothecaries Cardamomum minus, of the Arabians Cardumenum, or Cordumenum. If any one will vse Cardamomum, let him alwaies take the lesser.
 Cardamomum maius officinarum, Granum Paradisi, Greines.
 Cardamomum minus, Cardomome.
 Cardamomum Indicum, the same.
 Cardanum, Nasturtium, Cresse.
 Cardiaca, Mediana, the Mediane, or Liuer beine.
 Cardiaca, Motherwort.
 Cardialgia, grieve, or paine at the hart.
 Cardianthemum Herbariorum, Ocimastrum. Behen.
 Cardopatium officinarum, Chameleon niger, Milke Thistle.

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- Cardumenum, See Cardamomum.
 Carduus Altilis, Cinara, Artichocke.
 Carduus amoris, Atractylis, an hearbe called
 Cnecus sylvestris, bastard Saffron, or wilde
 Saffron.
 Carduus benedictus, blessed thistle.
 Carduus Fullonius, Diplacus, Fullers Thistle,
 or Teasell.
 Carduus hepaticus, Lactuca sylvestris, Lettice.
 Carduus marianus, our Lady thistle.
 Cardus niger, Milke thistle.
 Carduus pratensis, Cinara sylvestris, wilde Ar-
 tichocke.
 Carduus sanctus, blessed thistle.
 Carduus strobilus, Cinara sativa, Artichocke.
 Carduus sativus, Chameleon niger, milke thistle.
 Carduus varius, the lesser milke thistle.
 Carduus Veneris, Diplacus, Teasell.
 Carenum, or as Brassabulus saith, Calenum
 mustum ad tertias coctum, Must or new
 wine, that hath been sod till the third part re-
 maine.
 Cariosemen, Semen Carui, Caraway seede.
 Caricæ, Ficus passæ, dried Figs.
 Carium, Carum, Caraway.
 Carnabadum, Carnabum, Carum, Caraway.
 Carnabum, the same.
 Carniglutinum, flesh Lime.
 Carolina, Gentian.
 Carota, Carotis, Parsnep.
 Carotis lutea, a yellow Carrot.
 Carotis rubra, a red Carrot.
 Carotis sylvestris, Pastinaca vera, a wilde Car-
 rot.
 Carpathon, Caprifolium, Woodbinde.
 Carpobalsamum, Fructus Balsami, the fruite of
 Balsamum. But that which is now com-
 monly used in the Apothecaries Shoppes, is
 not the fruit of the true Balsamum, but it is
 the seede of Hypericon petraeum, which also
 in the time of Dioscorides was used for true
 seede of Balsamum: and the unskillfull Phi-
 sitions as yet use it for the same in their
 compositions: but indeede with them all
 is one, for so it beare the name onely, it is
 good enough.
 Carphos, Senegræke.
 Cartamus, Cnicus, wilde Saffron.
 Cartamus domesticus, Saffron.
 Cartamus sylvestris, wilde Saffron.
 Cartilago, Chondrus, a Cartilage or gristle.
 Carui officinarum, Caruwates.
 Carya, Nux auellana, a Hasell nut tree.
 Caryon, Juglans, a Walnut tree.
 Caryon basilicon, Nux regia, the same.
 Caryon Indicum, Nux Indica, an Indian nut.
 Caryon Persicum, Nux Persica, a Nut tree.
 Caryon Theophr. Tithymalus myrraceus,
 Caryites Apulei, Spurge. (Spurge.
 Caryophyllum, Cloues.
 Cariophyllata, Auence.
 Caryophyllus flos, Carnations, and double
 Gilloflowers.
 Caryophyllus Aruensis, Carnations.
 Caryophyllus domesticus, Carnations.
 Caryophyllus hortulanus, the same.
 Cassamum officinarum, Cyclaminus, Solwes
 bread.
 Cassia, Cassie.
 Cassia Alexandrina, Cassia fistularis, Cassie.
 Cassiæ flos, or Cassiæ medulla, or Cassia cribra-
 ta, prepared Cassie.
 Cassia lignea, Xyllocassia, a swete smelling rind
 like Cinnamon.
 Cassia herba, Lauendula, Lauander.
 Cassuta, or Cassyta, Bindeweed, or Winde.
 Cassia coronata, Lauander.
 Castanea, a Chestnut.
 Castanea aquatica, Tribulus aquaticus, water
 puts.
 Castoreum, the Beuercod.
 Castrangula, Wilewort the great.
 Catagma, Ossium fractura, a fracture of the bone.
 Catapotium, Pillula, a Pill, or a little ball.
 Catangelus, Ruscus, Ancholeme.
 Catarrhus, a Rheume.
 Catharticum imperiale, is a purging medicine
 so called.
 Cataputia maior, Ricinus, a tree called Palma
 Christi.
 Cataputia minor, Lathyrus, Spurge.
 Cataputia sylvestris, wilde Spurge.
 Catharon, Iris, flowerdeluce.
 Cataploris, Cicuta, Hemlocke.
 Catechomenium, the same.
 Cathimia officinarum, Cadmia, Tuffy.
 Caucasus, bastard Parsnep.
 Cauda muris, Crassula minor, Blood strange.
 Caulis, a Colewort.
 Caulis Iouis, Houssaie, or Senegræne.
 Causon, or Causus, a hot burning Feuer.
 Ceanothus Theophrasti, Goseberry.
 Ceanothus asper, the same.
 Ceanothus levis, Raspes.
 Cedria Theophr. the great Juniper tree.
 Cedromelum, malum Citreum, a Citron.
 Cedronella, Citraria, Baume.
 Cedrositis, vitis alba, Wypony.
 Celidonia officinarum, Celandine the greater,
 or Swallowes.

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- Celidonia minor*, *Chelidonium minus*, *Pilewort*, or *figwort*.
Celyphos, *Cochlex domus*, a Snayles shell.
Cenchros or *Cenchris* *Milium*, *Pil*, or *Pillet*.
Centaurium magnum, the greater *Centozie*.
Centaurium minus, the little *Centozie*.
Centimorbia, *Centimorbium*, Herb twopence.
Centinodia, *Polygonum*, *knotgrasse*.
Centinodia minor, *Ruella*, *knotgrasse* the lesser.
Centumcapita, *Eryngium*, *Seaholme* or *Sea holly*.
Centonica, *Wormesede*.
Centumnodia, *Polygonum*, *knotgrasse*.
Cepa, *Crommium*, an *Onion*.
Cepe, the same.
Cepa Pallacana *Plinij*, *Lékes*.
Cepæ Africanæ, *Onions* of *Africa*.
Cepæ Hispanicæ, *Spanish Onions*.
Cephalæa, *capitis dolor diurnus*, a continual headache.
Cephalalgia, *capitis dolor*, headache.
Cepa maris, *Sea onion*.
Cephalica, the head veine.
Cepuli, *Chebuli*, a kind of *Pirobalans*.
Cera, *Ware*.
Cera montana, *Pisaspphaltum*, a kind of *Lime* or *Clay like Pitch*.
Cera terrestris, *Picibitumen*, the same.
Ceraitis, *Fœnum græcum*, *Fenegræke*.
Cerasa, or *cerasia*, *Cherries*.
Cerasia amarella, or *Laurea*, bitter *Cherries*.
Cera Theophrasti, or *Ceria*, a certaine *Drinke*.
Cerasites, *vinum ex cerasis confectum*, *Wine* made of *Cherries*.
Cerasum, a *Cherry*.
Cerasum Iudæornu, or *Cerasum terræ*, a winter *Cherry*.
Cerasus, a *Cherry tree*.
Ceratia, and *Ceratonia*, the fruit of the tree *Silqua*.
Ceratum, or *Cerotū*, it is called of *Galen* *Cerotum*, or *Cerote*: This is a plaister made of oyle and ware, and is prepared diuersly.
Ceratum album Galeni, a cold or cooling plaister of *Galen*.
Ceratum Sandalinum, a salve made of *Saunder*s.
Cerebrum, the braine.
Cerefolium officinarum, *Cherwill*.
Cerefolium columbinum, *Herbariorum fumaria*, *fumitorie*.
Cerefolium Felinum, *Herbariorum capros*, *fumitorie*.
Cerefolium Hispanicum, *Chærephyllon*, *Spanish Cherwill*.
Cerefolium syluestre, *Pseudomirrhis*, *wilde Cherwill*.
Ceruiocellus, *Ophioctonū*, a kind of *Parasney*.
Ceruicornula tenella, *Harts hozne*.
Ceruina radix, *Siluermountaine*.
Ceruirubus, *Rubus Idæus*, *Raspis* or *Frambois*.
Ceruus volans, *Escarbot*.
Cerusa or *Cerussa*, *Psymmithium*, *Ceruse* or *white lead*.
Cestrum, *Betonica*, *Betonie*.
Ceterach, or *Ceterachū Arabum*, *Scolopendrium*, *Harts tongue*.
Chærephyllon, or *Chærefolium*, *Cherwill*.
Chachite Serapionis, *sea folefoote*.
Chalcantum, *Vitriolum*, *Coperas*, or *Nitrioll*.
Chalix, *Silex*, a *flint*.
Chalybs, or *Chalyps*, *Steele*.
Chalyps, the same.
Chameacte, *Ebulus*, *Danewoort*, *Blodwoort*, or *Wallwoort*.
Chamæcissus, *Hædera terrestris*, *Alehoose*, or *Harehoose*.
Chamæcyparissus, *Heath Cyper*, or *dwarfe Cyper*.
Chamædaphne Plinij, *Peruinca*, *Perwinkle*.
Chamedaphne Dioscoridis, *Laureola*, *Laurell*, *Lowry*, or *Lozell*.
Chamædrys aquatica, *Scordium*, *water Germander*.
Chamædrys, *Trissago*, *Germander*.
Chameleuce, *Populago alba*, *Colts hoose*.
Chamæmelum, *Cammomill*.
Chamæmelum foetidum Herbariorum, *Parthenium*, *feuersew*, *Maidenweed*, or *Potherwoort*.
Chamæmyrtus, *Ruscus*, a prickled shrub, of some *Butchers brome*, of others *kneholme*.
Chamærhodon, a certaine *wilde Rose*.
Chamæpitys, *field Cipers*.
Chamærops, *Chamædrys*, *Germander*.
Chamæplatanus, *Spondylium*, *Bearesote*.
Chamæleon niger, the black *Thistle*.
Chamæleon albus, *carlina*, the white or milke *Thistle*.
Charabe, *Succinum*, *Amber*.
Characias Dioscoridis, *wilde Spurge*.
Chartamus, or *Cartamus*, *bastard saffron*.
Chebuli, a kind of *Pirobalans*.
Cheiri vel Cheyri, *Leuccium*, a *Wallflower*.
Chelidon, *Hirundo*, a *Swallow*.
Chelidonium minus, *Pilewort*, or *figwort*.
Chelidonium maius, *Celandine*.
Chelone, *Telludo*, a *Tortoise*.
Chelonium herba, *Cyclaminus*, *Sowes bread*.
Chenanthenum Herbariorum, *Bellium maius*, the

The third Index.

- the greater Daisie.
Chenoglossū, Lactuca sylvestris, wild Lettice.
Chenomalacha, Malua anserina, Goose mal-
lows.
Chermes, Granum tinctorum, Couchenill.
Chermesinum, Crimson.
Cherua Arabum, Ricinus, Palma Christi.
Cheyri, Sake Cheiri.
Chiliophyllus, Supercilium Veneris, Parrow.
Chiragra, the gout in the fingers.
Chironia, Centaurium magnū, great Centoꝝ.
Chironios, Ampelos, vitis chironia, Wyony.
Cholera, Cholerica passio, is called of Aurelian
Felliflua passio, that is, a great paine in the
belly with pricking and shooting, and auoi-
ding of Choler both by vomit and stoule. The
vnskillfull Physicians and others take Cho-
lera for Bilis: and ouer all this booke Bilis is
taken for Cholera.
Chondrus, Cartilago, a gristle.
Chrysanthemum, Goldknap.
Chryseolum, Electrum aureum, yellow Am-
ber.
Chrysis Plinij, Chrysocome, Gold knaps.
Chrysis, Lithargyrium auri, Litharge or burnt
Lead.
Chrysis gemma, Saphyrus aureus, a yellow
Saphire.
Chrysocolla, Bozas.
Chrysocolla aurifabrorum factitia, Bozas.
Chrysocome, Amaranthus Galeni, Gold knap.
Chrysolachanum, Drage.
Chrysomela, or Chrysonulla, yellow Quinces.
Chrysolithus, a kind of Jasper.
Chrysogonum, Tormentilla, Tormentill.
Chrysophorum Dioscoridis, Electrum aure-
um, yellow Amber.
Chyline, Cyclaminus, Solmes bread.
Chylus, a certaine white iuice that cometh of
meate and drinke digested in the stomacke,
Cicadae, Grasshoppers.
Cicer, Cich or Cich pease.
Cicer columbinum Apuleij, Tithymalus solise-
quus, Spurge.
Cicer columbinū Dioscoridis, the white Ciche.
Cicer candidum, or album, the same.
Cicerbita, Sonchus aspera, Sow thistle.
Cicercula Plinij, Lathyrus, Cicheling, Ceres,
Reason cerres, petite Ciche.
Cichla, Turdus, a Blackbird or Dusell.
Cici, Ricinus, Palma Christi.
Cicla officinarum, Beta, Beetes.
Cichorea officinarum, Cichorium, Cicoꝝ.
Cichorium, the same.
Ciconia, a Stork.
Cicuta, Hemlocke.
Cicutaria, Myrrhis, wilde Cheuerill, Car, Ker,
A ste parsley, or moche Cheuerill.
Cidonium, a Quince.
Cilia, the eyelids.
Cimex, a stinking worme breeding in wood.
Cinara or Cynara or
Cinaros or Cynarus, an Artichoke.
Cinamomum, Cinnamon.
Cine, Ruscus, the Bore tree.
Cinis, Ashes.
Cinnabaris Indica, Sanguis Draconis, a liquoꝝ
gum brought out of Africa.
Cinnabaris metallica, Cinoper.
Cinnabaris metallica natua, a certaine red
mine or Cinoper.
Cinnabaris metallica factitia, common or coun-
terfeited Cinoper.
Cinnabaris fossilis, Cinoper of the mine.
Cinnabaris artificialis, counterfeited Cinoper.
Cinnabrium, Cinnabaris, Cinoper.
Cinnabrium natuum siue fossile, Cinoper of
the mine.
Cinnamomum siue
Cinnamum, Cinnamon.
Circinalis, Maiden haire.
Cission, Aclepias, Swallowwort.
Cissus, Hedera, Iuy.
Citera, siue Citrus, a Citron or Dzenge.
Citream malum, the same.
Citrago, Citraria, Citronella, Baulme.
Citrullus, a Citrull.
Citrus, Citrea, a Citron or Dzenge tree.
Citta, Pica malacia, the affection of longing in
women with childe.
Clareta or Claretum, Claret or spice wine.
Claua Herculis Nymphaea, water Lilly, or wa-
ter Rose, or Penuphar.
Clauus Veneris Apuleij, Nymphaea, the same.
Clema, Palmes, the branch of a Vine.
Clema, Pityusa, Spurge.
Clematis herba, and
Clematis Daphnoides, Perwinckle.
Clibodium, Parietaria, Bellitoꝝ of the wall.
Climia officinarum, Cadmia, Tutty. (gras.
Clinophodiontes Apuleij, Polygonum, knot-
Clibodium, Helxine, Bellitoꝝ of the wall.
Clibatis Nicandri, or
Clibetis Nicandri, the same.
Cnicus Cartamus, wilde Saffron.
Cnecus, Cartamus, wilde Saffron.
Cnicus sylvestris, and
Cnecus campestris, a wilde Saffron.
Cneoron, Sake Cassia coronaria.
Cnopodium, Polygonum, knotgras.

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- Coagulum, the rennet of a beast, that turneth milke.
- Coagulum capreoli, a Kids maſke.
- Coagulum Leporis, a Hares maſke.
- Cobaltum metallicorum, Cadmia, Tutty.
- Cobius, Spurge.
- Coccali Hippocratis, Nices Pineæ, Pingles.
- Coccognidium, Granum Thymelææ. In this booke you muſt not take it for Mezereon, that is Roſell, but for Lathyrus, which is Spurge.
- Coccur infectorium, Graine wherewith cloth is grained.
- Coccus Theophrasti, Paralius, ſea Spurge.
- Coccus Baphica, Granum tinctorum, Graine wherewith cloth is grained.
- Coccimela, a Plum tre.
- Coccimelon, Prunum, a Plum. Diphilo taketh Coccimelon for a Citron.
- Coccimelea agria, Sloes.
- Cochlearia, Braſſica marina, ſea Foſſete.
- Cochlearia paluſtris, Plantago aquatica, water Plantaine.
- Codia, Papaveris caput, Poppy huſkes.
- Coelidonium chymistarum, Chelidonium,celandine.
- Coete, Cicuta, Hemlocke.
- Colatypus avis, a Stare.
- Colchicum, Dogs bane, Dogs ſtones, or meadowe Saſſon.
- Colica, the Colick.
- Colla, Gluten, Glee.
- Collum draconis, Dragons.
- Colon, or Colum, or inteſtinum colon, a great gut ſo called.
- Colocynthis, a kind of wilde Gourd purging phlegme.
- Colophonia radix, Scammony.
- Colophonium Scammonium, the ſame.
- Coloſtra or Coloſtrum, Beſtings.
- Columbaris, Veruena, Verueine.
- Colubrina officinarum, Britanica Harts tong.
- Colubrina vera, Dragons.
- Colubrina magna, great Dragons.
- Colubrina minor, the leſſer Dragons.
- Colubrina paluſtris, water Cuckoe pit.
- Columbrina, Verbena, Verueine.
- Columbrina, Dracuntium, Dragons.
- Coluthea Theophrasti, Sene.
- Colus ruſtica, Attractylis, wilde Saſſon.
- Colycea Theophrasti, a kind of nuts called alſo Piſtadium.
- Columbas, Oliua conditanea, preſerued Oliues.
- Coma aurea, Chryſocome, Gold knaps.
- Cometes, Cataputia ſylueſtris, wilde Spurge.
- Comitialis morbus, Epilepſia, the falling ſickeſſe.
- Concha marina, ſea Muſſels.
- Conchilii Indici operculum or Tegumentum; Muſſel ſhells of India. Seeke Blacca Byzantia.
- Condiloma, a ſwelling of the fundament.
- Conion, Cicuta, Hemlocke.
- Confectio laticians Almanſoris, a certain confection ſo called.
- Confectio laticians Galeni, ſuch another confection as that beſore.
- Confectio Anacardina, a confection ſo termed.
- Confectio Aromatica roſata, called alſo Aromaticum roſatum.
- Confectio de gemmis, the confection of Gems or precious ſtones.
- Confectio Hamech, a certaine purge ſo called.
- Confectio Iuſtina, a confection ſo named.
- Confectio de Xyloloe, a confection made of Lignum Aloes.
- Conſerua maior, Symphytum alterum, Comfrey.
- Conſirma maior, Comfrey.
- Cogelatio, Stupor, benumbing, inſenſiblenes.
- Conila Apuleii, Origanum, Marjoram.
- Conigiulum Catonis, Bindweede.
- Conſerua Bugloſſæ, the conſerue of Bugloſſe.
- Conſerua Hyſſopi, Conſerue of Hyſſope.
- Conſerua Meliſſæ, Conſerue of Baulme.
- Conſerua Nenupharis, Conſerue of water Lillyes.
- Conſerua florum paralysis, Conſerue of Cowſlips.
- Conſerua Præoniæ, Conſerue of Pyony ſlips.
- Conſerua Roſarum, Conſerue of Roſes.
- Conſerua, Anthos, Conſerue of Roſemary.
- Conſerua primulæ veris, Conſerue of Primroſes.
- Conſerua Saluiæ, Conſerue of Sage.
- Conſerua Spicanardi, Conſerue of Spikenard.
- Conſerua Trifolij acetoli, Conſerue of wood Sorrell.
- Conſerua Violarum, Conſerue of Violets.
- Conſiligo Plnij, Longwort.
- Conſolida, Symphytum, Comfrey.
- Conſolida lactaria, Mouſeare.
- Conſolida media Herbariorum, Setwall or Bugle.
- Conſolida media vulnerariorum, the ſame.
- Conſolida minor, Bellis minor, Dayſies.
- Conſolida media, Bugle or Setwall.
- Conſolida petræa, Comfrey.
- Conſolida pyriſolia, wilde Beetes.
- Conſolida regalis, Larkes ſpur.
- Conſolida Saracenicæ.
- Conuoluolus, Ciſſampelos, Bindweede.
- Conuoluolus marinus, ſea Bindweede.
- Conuulſio Spasmus, a Conuulſion or crampe.
- Conyſa,

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Conyfa, wilde Mints.
 Corago, Burrage, or Buglosse.
 Corallia, & Coralliū, Anagallis mas, he Pimper-
 Corallium, Corall. (nell.
 Corchorus Theophrasti, Anagallis mas, red or
 hee Pimpernell.
 Cordis palpitatio, Cordis saltus, panting or bea-
 ting of the heart.
 Corda Barbarorum, Neruus, a Sinesw.
 Cordumenum Arabum, Cardamomum Gra-
 corum, Cardamome.
 Coriandrum, the herbe Coziander.
 Corianon, or
 Corion, the same.
 Corona regia, Melilotus, Melilot,
 Corona terra, Alehoose, or High.
 Corona virginea, Clematis daphnoides, Per-
 winckle.
 Cornu cerui, Harts horne.
 Cornus, Dog tree, or Gad rise.
 Corna, the fruit of the same.
 Cornu Monocerotis, the horne of a Unicorn.
 Corsalium Apuleij, Salvia, Sage.
 Corrigiola, Knotgrasse.
 Corrigiola minor, Knotgrasse the lesser.
 Corruda, Asparagus sylvestris, wilde Sperage.
 Corruda, Gaza. Asparagus Regius, Sperage.
 Corrudago Gaza, Asparagus sylvestris, wilde
 Sperage.
 Corylus, an Hasell or Filberd tree.
 Cortex thuris, the barke or rinde of Frankin-
 sence.
 Coryza, the pose.
 Corymbites, a kind of Spurge.
 Costa Asinina, Plantaine the lesser, Ribwort.
 Costaequina, Plantago acuta, the same.
 Costū, or Costus, commonly called herba Mariae.
 Corinus, Oleaster, a wilde Olive tree.
 Cotonea malus, a Quince tree.
 Cotoneum, a Quince.
 Cotoneum maius, the greater Quince.
 Cotula foetida, wilde Cammomils.
 Cotum officinarum, Cotton.
 Crambe, Brassica, Cole, or Coleworts.
 Crambe, cephalote, Brassica capitata, the headed
 Coleworts or Cabbage.
 Crambion, Pityusa, Spurge.
 Cranium, the scull or braine pan.
 Crassamen, or Crassamentum vini, wine lees.
 Crassula minor, Wicke madam.
 Crassula maior, Houseleke.
 Crataea, Chelidonium maius, Celandine the
 greater, or Swallowes herbe.
 Cridion, Cicuta, Hemlocke.
 Cremor lactis, Creame of milke.

Crespinus, a Barberry tree or bush.
 Cressio Barbarorum, Cresses.
 Creta, Chalke.
 Crinanthemum, Lillium, a Lilly.
 Crinis vitis, haire of the Wine.
 Crinon, Lillium, a Lilly.
 Crite, Hordeum, Barley.
 Crocum, or
 Crocus, Saffron.
 Crocus fatuus, Cartamus, wilde Saffron.
 Crotas hortulanus, tame or garden Saffron.
 Crocus Saracenicus, Cartamus, wilde Saffron.
 Crocus sylvestris, wilde or field Saffron.
 Crommium, Cepa, an Onion.
 Crosmis, Salvia, Sage.
 Croton, Ricinus, Palma Christi.
 Cruciata, Gentian.
 Crux Christi herba, Aconitum saluterum,
 Wolfsbane.
 Cuculus herba, Nightshade.
 Cucumer, or
 Cucumis, a Cucumber.
 Cucumer Anguinus, or
 Cucumer Asininus, the wilde Cucumber.
 Cucumer erraticus, or
 Cucumer sylvestris, the same.
 Cucurbita, or
 Cucurbita esculenta, a Gourd.
 Cucurbita syluatica, Colocinthis, Coloquinti-
 da, or the wilde Gourd.
 Cuminum, or Cyminum, Comin.
 Cuminum Alexandrinum, Ammy.
 Cuminum cornutum, Larkes spur.
 Cuminum regium Hippocratis, Ammy.
 Cuminum sylvestre alterum Dioscoridis, larkes
 spur, or wilde Comin.
 Cuminum Satium, Hortulanum, Romanum,
 tame or garden Comin.
 Cunila, Satureia, Sauory.
 Cunila rustica, wilde Sauory.
 Cunila bubula, Marjorane.
 Cunila Gallica Apuleij, the same.
 Cunilago, Serpillum, wilde or running Thyme.
 Cupressus, a Cipres tree.
 Cupressus hortulana, Abrotanum foemina,
 Southernwood.
 Cupressus sylvestris, a Juniper tree.
 Cupula glandis cittarus, Acozne cups.
 Curcuma, Cyperus Indicus.
 Curallium, Corallium, Corall.
 Cuscuta officinarum, Cassia, Windweede.
 Cyanos, lapis Cyaneus, a Turquoyle.
 Cybelon, Viola martia, a Violet.
 Cybeles, Pomum Martialis, Conus, a Bing
 apple.

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Cyclamen, orbicularis, Solves bread, or rape
Violet.
Cyclaminus, Cyclamen, the same.
Cyclaminus minor, Rape Violet the lesser.
Cydonia malus, a Quince tree.
Cydonium maius, the greater Quince.
Cydonium nothum, a bastard Quince.
Cyminites, vinum ex Cymino confectum,
Wine made of Comin.
Cuminum, Cuminum, Comin.
Cuminum dulce, Anisum, Annise.
Cuminum siliquosum, a kind of Comin.
Cynanthemis, Parthenium, Motherwort.
Cynanche, Angina, the Squincie.
Cynobatus Theophrasti, or
Cynobatus Dioscoridis, the Eglantine or
Sweet hyssop.
Cynocentrum Helychij, a wilde Rose.
Cynocephalon Helychij, Papauer nigrum,
the blacke Poppy.
Cynocephalon Dioscoridis, Psillium, Flea-
wort, or Fleabane.
Cynogala, Polygonum, Knotgrasse.
Cynoglossa, or Cynoglossum, Hounds tongue.
Cynoglossa minor, the lesser Hounds tongue.
Cynomazum, Chameleon niger, the blacke
Thistle, or Chameleon.
Cynomorphus, Crocus, Saffron.
Cynomoron Galeni, Rosa canina, the wilde
Rose.
Cynopleuron, Platago acuta, Rib wort.
Cynorhodon, Rosa canina, a Wyer bush.
Cynospaston Plinij, Canirubus Gaza, the
Waltheorne tree.
Cynospastos Aeliani, Paxonia, a Wyonie.
Cynorexia, Appetitus caninus, a greedines and
an unnaturall appetite of meate.
Cynozolū, Chameleon niger, a stinking thistle.
Cynoxylon, Cardopaticum, Wolfes bane.
Cyparissus, Cypressus, a Cypress tree.
Cyparissus hortulana, Southernwood.
Cyparissia, Tithymalus, Cyparissimus, Spurge.
Cyperus, a kind of Galangall.
Cyperus rotundus, the round Galangall.
Cyperus longus, or
Cyperus Romanus, the long Galangall.
Cyperis, Galangall.
Cyprus, Ligustrum, Prinet.
Cytinus, flos mali punicea sativa, the bud or flo-
wer of a Pomegranate.

D

Dactyli, Palmula, Dates.
Dactylion, Scammonium, Scammonie.

Dactylitis, Aristolochia magna, Aristology.
Dactylus Idæus, Herba Peonia, Pyony.
Dacrydion, Lachrymula, is the iuice of the herb
Scammony.
Dagridion officinarū, Dacrydion, Scammony.
Daphne, Laurus, a Bay tree.
Daphnelæon, oleum Laurinum, oyle of Bayes.
Daphnides, Baccæ lauri, Bay berries.
Dardanis, Cicuta, Hemlocke.
Dapsipodium, Viola martia, a Violet.
Daucus, or
Daucum, a Carrot.
Decoctio officinarū, a decoction of boyling of
the Apothecaries.
Decoctio aperitiua, a decoction that openeth
obstructions.
Decoctio communis, a common decoction,
which is made of two sundry wayes at
the Apothecaries, with the which wee mixe
Electuaries or Syzupes to prepare & purge
the humours.
Decoctio fructuum, a decoction of fruites,
which is commonly made of the Apotheca-
ries.
Decoctio pectoralis, a decoction for the breast.
Decoctio Senæ, a decoction of Sene leanes.
Defrutum, Mustum ad tertias decoctum,
new Wine sodde till one third part re-
mayne.
Delirium, dotting or raving.
Dementia, madnesse.
Dentrites, Corallium, Corall.
Dentritis Apuleij, Tithymalus solisæquis,
Dendrodes, and Dendroides Dioscoridis, Ti-
thymalus arborescens, a kinde of Spurge.
Dendrolibanum, Rosemary.
Dendromalache, Althea, the marsh Mallow.
Dens Elephanti, an Elephants tooth.
Dens Leonis herba, Hedypnois, Dandelion,
Priests crowne, wilde or yellow Cicory.
Desipientia, foolishnesse.
Decuos, Mustum, Must, or new wine.
Diacamentum, or
Diacamenta, a certaine confection made of
Mints.
Diacaryon, or
Diacarydion, Rob nucum officinarum, a Con-
serue of Walnuts.
Diacapparis, or
Diacapparum, a conserue made of the rootes of
Capers.
Diacatholicon, a purging confection so termed.
Diacinamomum, a confection of Cinnamon.
Diacinamomum cum Rhabarbaro, an electu-
ary of Cinnamon and Rubarbe.
Diachylon.

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- Diachylon, Emplastrum Diachylon, a playster
or salve so termed.
- Diacitonidion officinarum, or Diacitonitō sim-
plex, Diacidonium, and Diacidonites, a con-
serue made of Quinces.
- Diacitoniton compositum, or cum speciebus
officinarum, a compounded conserue of Quin-
ces.
- Diacitoniton laxatiuum, or Solutiuum officina-
rum, a purging conserue of Quinces.
- Diacodion, a confection made of Poppy.
- Diacostum, a conserue so called.
- Diacrocuma, Diacurcuma officinarum, a cer-
taine confection also called Diacrocum.
- Diacrocum, the same.
- Diacurcuma, the same.
- Diacydones, see Diacitoniton.
- Diacydonium, see Diacitoniton.
- Diacydonium Catharticum, Diacidonium solu-
tiuū, see Diacidonium laxatiuum.
- Diacyminum, or Diacuminum, a confection of
Romish Cumin.
- Diaireos or Diairis Solomonis, a confection made
of Ireas or the roote of flower de luce. It
is thought that Solomon was the first au-
thor of it.
- Diaireos or Diairis simplex, another confection
of the roote Ireas, and is also called Diai-
reos, or Diairis Nicolai.
- Diairis simplex, the same.
- Diairis Solomonis, see Diaireos.
- Dialacca, a confection so called.
- Dianthon, or Dianthos, a confection made of
Rosemary flowers.
- Dianthus, the same.
- Diabetes, Diamnes, or Diampus, an vnnaturall
and extreme making of vrine.
- Diagalanga, a confection made of Galangall.
- Diamanna, Electuarium ex Manna, an Electu-
ary of Manna.
- Diamargariton Calidum, or Diamargaritum
Auicennæ, a hot confection of Perles.
- Diambra, or Diambarum, or Diamper, a consec-
tion of Amber græse.
- Diahyssopum, a confection of Hyssope.
- Dialthea, vnguentum Dialtheæ, a playster of
marth Gallows.
- Diamentha, a conserue of Mints.
- Diamnes, or Diampnes, an vnnaturall yeelding
of vrine.
- Diamoron, Rob mororum, a confection of Mul-
berries.
- Diamoscum, a confection of Muske.
- Diamoscuma amarum, vide Diamoscum.
- Diampnes, vide Diamnes.
- Diapolibanum, or Electuarium de Olibano, an
Electuary of Frankinsence.
- Diagridium officinarum, Diacrydion Scammo-
nea præparata, prepared Scammoney.
- Dianisum, a confection of Anise.
- Diapapauer, Eclegma de papauere, or Loch de
papauere, an Electuary, or lick of Poppy.
- Diapenidion, a confection of Sugar pennets.
- Diapenidion sine specibus, the same without
spices.
- Diapensia, Sanicula, Sanicle.
- Diaplis officinarum, Electuarium plerisarcotis
con, or Electuarium plerisarchigon, a conse-
on so named.
- Diaphœnicon officinarum, Diaphœnicon, Ele-
ctuarium ex dactylis, a purging Electuary of
Dates.
- Diaprunis laxatiua, or Lenitiua officinarum Di-
aprunum solutiuum, a purging confection of
Prunes.
- Diaprunum, vide Diaprunis.
- Diaprunum simplex, the same.
- Diaphragma, septum transversum, the Diaphragme,
a skin that separateth the stomacke and
breast from the belly.
- Diapompholigos officinarum, Vnguentum
Diapompholigos, an ointment made of Tutty.
- Diaprasium, a confection of Horehound.
- Diarrhodon abbatis, a confection of Roses.
- Diarrhodon sine specibus, a simple confection
of Roses.
- Diaria, vide Ephemera.
- Diarrhœa, profluuium alui, a lare or fire of the
belly.
- Diasatyrium, a confection made of Ragwort.
- Diasenna, a confection of Senna.
- Diaspoliticon, a confection so called.
- Diathamaron, a certaine confection.
- Diatragagantū calidum, a warming confection.
- Diatrionfantalon, a confection of Saunders,
called Triasandali at the Apothecaries.
- Diatrionpiperon, a confection made of the three
kinds of Pepper.
- Diatragagantum frigidum, a cooling confection.
- Diaturbith, or Diaturbethum, a confection of
Turbit.
- Diaturbith cum rhabbaro, a confection of
Turbit with Rubarbe.
- Diaxyloaloes, a confection of Lignum aloes.
- Diachomenum Theophrasti, Peonia, Pyony.
- Dictamum, or Dictamus, or Dictamus alba,
French Diptamer.
- Didymi, the Stones of men or women.
- Digitellus Plinij, Blackmadam.
- Digitus citrinus Auicennæ, Priests Stones, or
Rag.

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Wagwort.
 Digitus Veneris, Nymphæa, the water Lilly.
 Dismidion, Manipulus, Fasciculus, a handfull.
 Dyosciamus, Hyoscyamus, Henbane.
 Diosporus, milium solis, Mill, or Millet.
 Dios Anthos, Viola Trinitatis, hearbe Trinity,
 or Harts ease.
 Diptamus, or Diptamum officinarum, Polemo-
 nium, white Diptamer.
 Dipfacus, Teasell, or fullers Whistle.
 Dipyrites Hippocratis, Panis biscoctus, Bisket.
 Discus solis Chymistarum, a kinde of Quick-
 silver.
 Dithyambion, Hyoscyamus, Henbane.
 Dolia, Cicuta, Hemlocke.
 Dolzeginæ Italarum, swete Galingall.
 Domine miserere, Iliaca passio, a paine in the
 small guts.
 Dorcis, Diptamus Cretica, Diptamer of Can-
 dia.
 Dorycnium, a venemous herbe, with the which
 darts were wont to bee poysoned; it grow-
 eth by the sea coast, and hath bene taken
 for Hemlocke.
 Dracontea, or Dracontia, Dragons.
 Draco in insulis Maderiæ & Canariæ arbor est,
 ex qua sanguis draconis defluit, the tree
 whose iuice is called sanguis draconis.
 Dracos, Fasciculus manualis, Manipulus, a
 handfull: it is also called Dragma.
 Dracunculus, Dracontium, Dragons.
 Dracunculus aquaticus, water Dragons.
 Dracunculus Henicophyllos, the lesser Dragons.
 Dracunculus polyphyllos, Serpentine the
 greater.
 Dracunculus minor, the lesser Serpentine.
 Dracunculus maior, the greater Serpentine, or
 Dragons.
 Dragma, a dramme.
 Dragantum officinarum, Tragacantha, vel
 Tragacanthum, the gum of Tragacanth.
 Dragontea, Dragontium, Dragons.
 Drangea Nicolai Mirepsi, Tragea, Tragea, a
 powder used for sauce.
 Drosera Herbariorum, and Drosum Alchimil-
 la, Sanicle the great.
 Drosomeli, Honydein.
 Dryocolaps Helychij, and of others Dryoco-
 laps, Picus martius, a Stare.
 Dulcichinum, Trasum, Cyperus esculentus,
 swete Galangall.
 Duodenum, the stomacke gut.
 Duracinum, Persicum, a Peach.
 Dura mater Barbarorum, Pericranium, the skin
 that is next to the braine pan.

Dyspnœa, Spirandi difficultas, pursueneſſe.
 Dyspnoici, they that are purſy, or haue a
 ſtreightnes of breath.
 Dyspepsia, Concoctio deprauata, ill concoction.
 Dysenteria, Cruenta alui deiection, the bloudie
 ſtre.
 Dysosmon, Scordium, water Leekes.
 Dysuria, Vrinæ difficultas, a ſtopping of the
 vrine.

E

E Biscus, Althæa, marsh Malloves.
 Ebenotrichon, Adiantum, Venus, May-
 den, or our Lady haire.
 Ebor, dens Elephantis, Elephants tooth, or
 Iuory.
 Ebulus, Dane or Bloudwort.
 Ebur, Iuory.
 Echetroſis Hippocratis, Vitis alba, Wypony.
 Echidna, Vipera, a Wiper.
 Echinus, Erinaceus, a Hedghog or Archen.
 Echis, Vipera, a Wiper.
 Echioglossum, Ophioglossum, Adders foong.
 Echium, Buglossa syluestris, wilde Buglosse.
 Eclegma, Illinctus, Ecligma, a lick or confection,
 which is licked vp without any chewing.
 Ecligma de papauere, vide Diapapauer.
 Ectamum Hippocratis, Veratrum album, the
 white Ellebo, or Mæsewort.
 Edera, Hedera, Iule.
 Effluxio, a ſtite of the ſeede or ſperme.
 Eglerteria Herbariorum, Roſa canina, a hyper-
 buſh, or wilde Roſe.
 Egne Dioſcoridis, Igne Hippocratis, Iſatis,
 Woad, or new Aſh of Ieruſalem.
 Eilbagus Arabum, Cardamomum maius offici-
 narum, Greines.
 Elaphoboscū, Ceruicocellus, a kind of Parsnep.
 Elate, Abies, a Firre tree.
 Elaterium, the iuice of wilde Cucumbers.
 Elcratis Arabum, Cartamus, wilde Saſſon.
 Electarium, Electuarium, a Confection, an E-
 lectuary, or compounded medicine.
 Electrum, Succinum, Amber.
 Electrum aureum, Chryseletrum, yelloſe Am-
 ber.
 Electuarium Arantiorum, an Electuary of O-
 ranges.
 Electuarium aureum, Electuarium de ouo, an
 Electuary called the golden Egge.
 Electuarium de baccis lauri, an Electuary of
 Bayberries.
 Electuarium Bezoarticum, Electuarium veneno-
 reſiſtens. an Electuary of the Beſoar ſtone,
 for

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- for poyson.
 Electuarium de Calamentha, an Electuary of
 horse mints.
 Electuarium de castoreo, a confection of the
 Beuercod.
 Electuarium Catholicum, vide Diacatholicon.
 Electuarium de Citro, an Electuary of Citrons.
 Electuarium de corticibus Arantiarum, an
 Electuary of Orange peeles.
 Electuarium de Epithymo, a confection of Dod-
 der.
 Electuarium lenituum, a lenitive Electuary.
 Electuarium de passulis, an Electuary of Ray-
 sons.
 Electuarium ad melancholiam Auicennæ, an
 Electuary of Auicenne against melancholy.
 Elect. Mirobalanorum, a confection of Miro-
 balans.
 Elect. Montagnanæ oculistæ, an Electuary to
 comfort the sight.
 Electuarium de ouo, vide Electuarium aureum.
 Electuarium Plurifarchicon, vide Diaplrir.
 Elect. de Psillio, an Electuary of Fleawort.
 Elect. ex Prunis, vide Diaprunum.
 Electuar. de scoria ferri, a confection of Iron.
 Electuar. Nucum, an Electuary of Walnuts.
 Electuar. vitæ Pauli Rixij.
 Elenium, Elecampane.
 Eleoselinum, Paludapium, Smalage.
 Elitis, Parietaria, Bellitoꝝ of the wall.
 Elephantiasis, Elephantia, the Lepꝝ.
 Elleborastrum, a kinde of Pæsewort.
 Elleborus Veratrum, Pæsewort.
 Elleborus albus, the white Elleboꝝ, or Pæse-
 wort.
 Elleborus niger, the black Elleboꝝ.
 Eluxatio, Exarthrema, luxation, or putting out
 of ioynt.
 Elymus, Panicum, Panicke.
 Emblici, vide Mirobalani Emblici.
 Emmanes, Hyoscyamus, Henbane.
 Emphyfodes, vide Febris Emphyfodes.
 Empelatici, vide Mirobalani Emblici.
 Emplastros, Emplastrum, a plaister or salve.
 Emplastrum album coctum officinarum, or
 Emplastrum de Cerussa, a salve or plaister
 made of Ceruse or white Lead.
 Emplastrum Apostolicum officinarum, Empla-
 strum tripharmacum, vulgo Apostolicum.
 Emplastrum Diaquilon officinarum, Empla-
 strum diachilon, a salve so called.
 Emplastrum diaquilon cum gummis officina-
 rum, or Emplastrum diachilon magnum, the
 same salve with the gums.
 Emplastrum de crusta panis, a salve of the crust
 of bread.
 Emplast. de baccis lauri, a salve of bay berries.
 Emplastrum de Galbano, a salve of the gum
 Galbanum.
 Emplastrum griseum, or Emplastrum de lapide
 Calaminari, a Salve made of Calamine
 stone.
 Emplastrum de Meliloto, a salve of Melilot.
 Emplastrum de Muscilaginibus, Emplastrum de
 mucaginibus, a salve made of Mucilages.
 Emplastrum de pelle Arietis, a salve made of a
 Rams skin.
 Emplastrum Tripharmacum, vide Empla-
 strum Apostolicum.
 Emplastrum viride Chirurgorum, a green salve
 of the Chirurgians.
 Empyrotomus, pronus raptus, a kind of Cræpe.
 Empneumatosis, Condensatio Spiritus plurimi
 in ventriculo, ventosity or windiness in the
 stomacke.
 Empyema, Purulenta excreatio, a spitting of
 corrupt matter out of the chest of the body.
 Endiuia, Intubus Endiue.
 Egenteria, Rosa sylvestris. Egplantine.
 Enneaphyllon, Consiligo.
 Entomum, Helleborus albus, Pæsewort.
 Ephemera Febris, a light feuer that continueth
 but one day.
 Ephemerum Colchicum, or Ephemerum dele-
 terium, or Ephemerum lathale, Hermodactyls.
 Ephialtia, or Ephialtum Atij, Paxonia mascula,
 a kinde of Dionys.
 Ephialtes, or Epialtes, Suppressio nocturna, a
 disease called the Mare.
 Ephydron, Cauda equina, Horse tayle.
 Epialtes, vide Ephialtes.
 Epiglottis, Sublinguium, the couer of the throte,
 the flap.
 Epiglossum, Vuularia, Horse tong.
 Epiceras Hippocratis, Fœnum græcum, Fene-
 græke.
 Epidemia, Pestis, the Plague, or Pestilence.
 Epiphyllocarpon, Hippoglossum, double tong.
 Epilepsia, Cœtialis morbus, the falling sickness.
 Epilepticus, he that hath the falling sickness.
 Epithymum or Epithymus, Dodder, that is,
 Cassia thymi.
 Equapium, Smalage.
 Equicauda, Hipparis, Horse tayle.
 Equisetum, the same.
 Equitium, Hippuris, Horse tayle.
 Eracantha, Carduus amoris, wilde Saffron.
 Erectedanum, Theophrasti, Centimorbia, herbe
 two pence.
 Ergasima, a kinde of Mirche.

The third Index.

Erica, Heath.
 Eristales, Cauda muris, stone crop.
 Eruca, Euzonium white Mustard seed.
 Eruca sylvestris, wilde Rocket.
 Eruum, Orobus, Tares, or bitter Vetches.
 Eryngium Sea holme, or Sea holly.
 Eryngium marinum, Sea holme,
 Eryngium minus, Coronopus Rondoletij, Spi-
 na Stellæ, Eryngus the lesser.
 Erysinum Theophrasti, Camelina Herbariorū.
 Erysipelas, an inflammation called the Rose.
 Erysiceptrum, Ciperus, wilde Galangall.
 Erytreus, Lapis Luciani, Margarita, a pearle.
 Erythrodanum, Rubia,adder.
 Esula, Tithymalus, Spurge.
 Esula Amygdalina, Cataputia sylvestris, wilde
 great Spurge.
 Esula arborefcens, great Spurge,
 Esula camosa, wilde Spurge.
 Esula lactariola, sea Spurge.
 Esula maior, Pityusa, the great Spurge.
 Esula dulcis, a kinde of Spurge.
 Esula latifolia, broad leaved Spurge.
 Esula marina, sea Spurge.
 Esula minor, the lesser Spurge.
 Esula papaueracea, a kinde of Spurge.
 Esula petraea, stone Spurge.
 Esula solifqua, or solsequia, a kinde of Spurge,
 Esulavallaris, the common Spurge.
 Esula, Cicuta, Hemlocke,
 Euphrasia, Eyebright.
 Euphrasea carulea, Myositis.
 Eunuchium, headed Letice.
 Eupatorium, Agrimony.
 Euphorbium, the iuice or gum of an herbe also
 called Euphorbium.
 Euphrosynon, Buglossa, Buglosse.
 Euphrosine, Euphrasia, Eyebright.
 Eupetalon, Lozel, or Laury.
 Euphrosinum, Bourage or Buglosse. haire.
 Eupteron Apuleii, Trichomanes, Maydens
 Euros, lapis Iudaicus, a kinde of stone.
 Eusine, Parietaria, Bellitoze of the wall.
 Eutaticon, Satyrium Erythronium, a kinde of
 Rugwort, or dogs stones.
 Eutyglycea Theophrasti, Licozice.
 Euzomum, or Euzomus, Rocket.
 Exarthrema, luxation, vide Eluxatio.
 Excerta, Vipera, a Wiper.
 Exuvia Vipera, a Wipers skin.

F.

Faba, cyanyus, a Beane.
Faba Iouis, Hyoscyamus, Henbane.

Faba lupina, Lupinus, Lupines.
 Faba suilla, Hyoscyamus, Henbane.
 Fabium, Chelidonium, Celandine.
 Fabulum, Hyoscyamus, Henbane.
 Fagus, a Beech tree.
 Falernum, Vinum Apianum, Mustadell.
 Farclunum, russeard wheat.
 Farfara, Bechium, Folefoote.
 Farfarago, Tussilago, the same.
 Farfarella, the same.
 Farina volatilis, mill dust.
 Farrago, Secale, Rye.
 Fasciculus manualis, a handfull.
 Faseolus, french Beanes.
 Faseanus, a ffeasant.
 Fastidium, Fastidium stomachi Ciceroni, Cibo-
 rum horror Aureliano, Fastidium in cibis
 Plinio, Anorexia, lothing of meate.
 Febres errabunda, or erraticæ, a wādzing ague.
 Febres languida, a faint or lither ague.
 Febres phrycodes, Agues that come with heat
 about the shoulders.
 Febres putridæ, Agues which are caused of pu-
 trification of the blood in the veines.
 Febris, in Græke Pyretos, an ague.
 Febris ardens, Causos, Causon, Causodes, a
 very hot and burning ague.
 Febris astringens, an ague that bindeth the
 body.
 Febris continua, or continuata, Syneches, a con-
 tinuall ague.
 Febris Diaria, or Febris Ephemera, or Epheme-
 ros, vide Ephemera.
 Febris Emphyfodes, an Ague, which by reason
 of heate rayseth blisters in the mouth.
 Febris Icteriades, an ague that bzingeth the
 yellow Jaundise.
 Febris Hepiala, or Epiala, by Actuarius Epialus,
 a flegmatike ague.
 Febris Hemitritæ, a bastard tertian ague.
 Febris Hectica, a consuming ague.
 Febris Lippyria, an ague with an extreame out-
 ward cold, and violent inward heate.
 Febris marasmodis, marcor, Febris hectica cum
 marcure, a pining ague.
 Febris quartana, a quartane or fourth dayes
 ague.
 Febris quotidiana, a continuall ague.
 Febris Rhoothes, an ague with a fire.
 Febris tertiana, a tertian or third dayes ague.
 Febrifuga, fel terra, Centoze.
 Fecula, Alumen fecis, calcined wine lees.
 Fel Draconis Chymistarum, a kinde of Quicks-
 siluer.
 Felicula, Polypodium, Polypody.

Ferraria,

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Ferraria minor, Sanicula, Sanicle.
 Ferri rubigo, the rust of Iron.
 Ferri sex, or Ferri scoria, or Ferri stercus, the
 refuse of Iron.
 Ferrugo, the rust of Iron.
 Ferrumen camentorum, white lime.
 Ferrula sylvestris, Thapsia, Fenell giant, or herb
 Sagapene.
 Fescera Arabum, vitis alba, white Bryony.
 Fesirin Arabum, vitis alba, the same.
 Fex vini, wine lease.
 Fex vini vsta, vide Fecula.
 Ficulna folia, figtree leaues.
 Ficus, a figtree.
 Ficus passa, dyed figs.
 Ficus, Marisca, Sycon and Sycolis, the pyles or
 hemorhoides in the fundament of a man.
 Felicula, Polypodium, Polipody.
 Filicula asellorum, Onopretium, Haydenhaire.
 Filipendula, Oenanthe, Saxifraga rubea, Drop-
 wort.
 Filius antepatrem, Lysimachia corniculata, or
 Siliquosa, lose strife, or water willowes.
 Filix, Pteris, fern.
 Fisticum, a kind of nut called also Pistacium.
 Fistula, a continuall issue.
 Flammula officinarum, Ranunculus rotundus,
 vide Flammula.
 Flammula Gazæ, Herba trinitatis, Harts ease.
 Florecaulis, flowered Cabbage.
 Flos angelicus, auricula muris minor, the lesser
 Houseleare.
 Flos anserinus, Bdellium maius, Daisies.
 Flos diui Iohannis, S. Johns wort.
 Flos Iouis, Harts ease.
 Flos Garyophyllorum officinarum, Gillofers.
 Flos lactis, Creame.
 Flos diuæ Magdalene, Spica romana, hearbe
 Magdalene.
 Flos regius, Larkes spurge.
 Flos maris, Parmacitty.
 Flos Rosarum, Anthera, the yelloſe seede within
 the Rose.
 Flos tunicus, Gillofers.
 Fœniculum, Fenell.
 Fœniculum porcinum, Peudanium, dog fenell.
 Fœnum græcum, Fenegræke.
 Folia lauri, Bay leaues.
 Folium, Folium Indicum, Malobathrum or Mala-
 bathrum, Betrum, Batrum, or Betrum Indi-
 cum, seu Batrum Indicum. This is called of
 the Arabians Tembul, or Tembucum, of the
 Græks Malabathron, phyllon, phyllon Indi-
 cum, of Ætius phyllon Scylmatos. Indian
 lease. It is a sweete smelling lease of India,

which there is found in the standing pooles,
 and driueth on the water without any roote.
 The inhabitants there gather them, and dry
 them. Our Apothecaries vse the lease of the
 Cinnamom tree in stead of it, although the
 right Malobathrum may easily bee gotten:
 but y common erroꝝ will hardly be amended.
 Folium Indicum, vide Folium.
 Folliculus bombycis, Silkewoꝝmes nest.
 Fontanella, a Fontanel.
 Formica, an Ante.
 Formica, Herpes, a corroding vlcet.
 Formica miliaris, Herpes miliaris, the same.
 Fragaria, Strawberry leaues.
 Fragula, the same.
 Fragum, a Strawberry.
 Frassinula, or Frassinella, or Frassinella germani-
 ca, white Diptamer.
 Frassinula Italica, Polygonatū, Salomons seal.
 Franus, an Ash tree.
 Fraxinus montana, the lesser Beech.
 Fraxinus pumila, Diptamer.
 Frons, the forehead.
 Fuga dæmonum, S. Johns wort.
 Fuligo camini, soote of the chimney.
 Fumaria, Fumitory.
 Fumus terræ, the same.
 Fungus Abietis, a Mushrome of the Firre tree.
 Fungus laricis, a Mushrome of the Turpentine
 tree.
 Fungi, Toadstooles.
 Fungi Iuniperi, the Mushrome of the Iuniper
 Funis arborum, Iuy. (tree.
 Furfur, Branne.
 Furfures capitis, the white dust of a mans head.
 Furunculus, a byle.
 Fuscus agrestis, Atractylis, wilde Saffron.

G

G Agates, Teate.
 Gaicum lignum, vel Guaiacum, a tree
 growing in the new found Isles.
 Galbanum, or Galbanus, in Græke Chalbane,
 of Plinie Stagonitis, of the Arabians Chene,
 and Bezard, of the Apothecaries Galbanum:
 it is the iuice or gum of the herb Metopium,
 which groweth in Syria.
 Galanga, Cyperus Babilonicus, Galangall.
 Galanga maior, the great Galangall.
 Galanga sylvestris, wilde Galangall.
 Galanga sylvestris rotunda, the round wilde Ga-
 langall.
 Galanga sylvestris longa, long wilde Galangal.
 Galeobdolon, Galiopsis, a kind of dead nettles.
 Galba

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- Calbalus, Pilula, Nux Cupressi, a Cipresse put.
 Galla, Galles, the fruite of an oake: but those
 that grow on our oakes will not bee dyed,
 they are called of Galen Onicicida, and Gal-
 la Asinina.
 Galli crista, Clary.
 Gallia muscata, a sweete smelling confection of
 the Apothecaries so called.
 Gallicus morbus, the French Pocks, the great
 disease, the Crinkomes, or Venus badge.
 Gallitricum, Clary.
 Gallitricum sylvestre, wilde Clary.
 Gammarus, a Crab.
 Gangites, Gagates, Beate.
 Garyophyllata officinarum, herbe benet, herbe
 blessed, or hares eye.
 Gariophyllus officinarum, Cloues.
 Gariophyllata Herbariorum, herbe Benet.
 Gariophylla Herbariorum, little or single Ge-
 loses.
 Gariophyllum, or Gariophyllus, Cloues.
 Garemantites, Granatus, a kind of Ruby.
 Gaster Nicandri, Brassica capitata, headed Cab-
 Gaster, Ventriculus, the stomacke. (bage.
 Gararia, Napita felina, Pep.
 Galatina cidoniorum, Parmalade.
 Gemelli, Parotides, impostumes behind y eares
 Gemma, Lapillus pretiosus, a Gemme.
 Genicularis, Valerian.
 Geniculata, Polygonatum, Salomons seale.
 Genichella, the same.
 Geniculum, or Geniculus, the same.
 Geniculus latifolius, or Geniculus maior, the
 greater Salomons seale.
 Geniculus angustifolius, or Geniculus minor,
 the lesser Salomons seale.
 Genitale cerui, a Harts pisse.
 Genitalis, Gladiolus, flags.
 Genista, Brome.
 Genitura Martis, Spurge.
 Genitura Herculis, a Box tree.
 Gentiana, Gentian or bitterwort.
 Gentiana cruciata, the same.
 Georgiana, a kind of Valerian.
 Geostitis, the lesser Houseleke.
 Geranium alterum Dioscoridis, Pes columbi-
 nus, Pigeons foote.
 Geranium Robertianum, Stoicks bil, Pinkne-
 dle, Shepherds bodkin.
 Gethyllis or Getium, Leekes.
 Gethyum, the same.
 Geum Plinij, herba benedicta, herb Benet.
 Gieduar, Zedoaria, Anthora, Seduary.
 Gigartha, Vinacea, the kernels that are in
 Grapes or Raysons.
 Gingiber, Zingiber, Ginger.
 Gingidium, Cerefolium Hispanicum, a kinde of
 Gith, Nigella, the herbe Witte. (Cherill.
 Githago, Pseudomelanthium, Cockle.
 Gladiolus, Sedge, or Gladen.
 Gladiolus Arvensis, the same.
 Gladiolus luteus, Iris lutea, the yelloe floure
 deluce, or Gladen.
 Gladiolus palustris angustifolius, y lesser gladen
 Gladiolus palustris latifolius, the greater gladen.
 Glæos, Viscum, Birdlime.
 Glandis calix, or Glandis putamen the outward
 Acozne huske.
 Glans Dryobalanus, an Acozne.
 Glans Aegyptiaca, or Glans vnguentaria, the
 fruit of a tree also called Ben.
 Glans Iouis, a Chesnut tree.
 Glans sardonis, the same.
 Glans quercina, an Acozne.
 Glans vnguentaria, vide Glans Aegyptiaca.
 Glans, a Suppositoꝝ.
 Glastum, Isatis, Woade.
 Glastum minus, wilde Woade.
 Glastum satium, Woade.
 Glastum sylvestre, wilde Woade.
 Glaucium, is called of the Arabians Memithe:
 it is the iuyce of a strange herbe growing in
 Syria, it is vsed only in this in Sief Memithe,
 which is called of the Greeks Collyrium dia-
 Gleba armena, Beale Armoniack. (glaucion.
 Glechon, Pulegium, Pennirovall.
 Glechon agrion, wilde Mints.
 Gleisum, Succinum, Amber.
 Gleucos, Mustum, new Wine.
 Globulus Cyparissus, a Cypresse nut.
 Gluten, common glue.
 Gluten auium, or Gluten aucupum, Birdlime.
 Gluten auri, Chrysocolia, Bozas.
 Gluten ligni, Joyners glue.
 Gluten taurinum, or Glutinium, glue.
 Gludis, Pzonis, a Piony.
 Glyceraton, Glycyrrhiza, Licorice.
 Glycyphyron, the same.
 Glycyrrhiza, Licorice.
 Glycis Pausanias, sodden wine.
 Glycyside, or Glycisis, Piony.
 Glycistites, or Glycysidites, Vinum ex Pzonis
 confectum, wine made of Pionyes.
 Glythris Athenæi, sodden wine.
 Gobius Apuleij, wilde Spurge.
 Golsonium, Rapum, a Rape rote.
 Gongyle, or Gongylis, the same.
 Gongylis agria, Rapu sylvestre, a wild rape rot.
 Gonorrhæa, the running of the reines.
 Gorgonia, Corallium, Corall.

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Gorgonium, Millet.
 Gorgylon, Pauli Tortylum.
 Gossipium, or Gossipitium, Cotton.
 Gramen, Agrostis, Grasse.
 Gramen porcinum, Knotgrasse.
 Grana, vulgo Granum tinctorium, Couchenill.
 Granata acidodulcia, or Granata musa, a kinde
 of Pomegranates.
 Grana turdorum, Juniper berries.
 Granatum officinarum, or Granatum malum, a
 Pomegranate.
 Granatus officinarum, Garbunculus garaman-
 Granum chermesinum, Couchenil. (ticus.
 Granum infectorium, the same.
 Granum maris rubri diui Hieronimi, Margarita, a Pearle.
 Granum paradisi, Cardamomum officinarum
 maius, Graines.
 Granum tinctorium, Couchenil
 Guaiacum lignum, a tree growing in the new
 found Isles so called.
 Ginguedes Arabum, the veines in the necke.
 Gula, the throte.
 Guilioca, Cortex exterior nucum, the outward
 shell of a Walnut.
 Gummi Arabicum, Gum Arabicke.
 Gummi Cerasi, the Gum of a Cherry tree.
 Gummi Juniperi, the gum of the Juniper tree.
 Gummi Sarcocolla, vide Sarcocolla.
 Gynacium, Stimmi, Antimony.
 Gyplum, or Gypsus, a plaister.
 Gyrenia, Ruscus, Kneholme.

H

H Abilla, or Habiola Herbariorum, Lupulus
 Hops.
 Hæmoptois, or Hæmaptisis, a spitting of blood.
 Hæmorrhoids, Sanguinis profluuium per venas
 ani, the bleeding of the Hæmorrhoides or piles.
 Hæmorrhoides verrucæ, the Piles.
 Hæmorrhoides nasi, an ulceration of the nose.
 Hæmostasis Democriti, Symphytum, Comfrey
 Hæmagonum, Pæonia, a Piony.
 Hæmiætinus, Scordium, water Leekes.
 Hæmatites, sanguinarius lapis, a blood stone.
 Halica, Chondrus, a kinde of cozne.
 Halicacabites, winter Cherries.
 Halicastrum, Wheate.
 Halineætera, Olives.
 Halicacabus, Solanum rubeum, winter Chea-
 ries.
 Halipastos, Oliua conditanea, Olives.
 Halmas, the same.
 Halsionæum, and Halsionium, Spuma maris,

the froth of the sea.
 Halos anthos, Pharmacitty.
 Harmala, Ruta sylvestris, wilte Rue.
 Harmagrimon, Dracunculus, Dragons.
 Harmel, Besala, the same.
 Harpax, Succinum, Amber.
 Harundo Enodis, Calamus fistularis, a kinde of
 reede without ioynts, which hath bene used
 in stead of quills to make pens.
 Harundo Sepiaria, or Harundo Sepicularis, a
 kinde of Reede. (bread.
 Hartanita officinarum, Cyclaminus, Solwes
 Hastula regia Apuleij, Rosa Autumnalis, win-
 ter Roses.
 Hastula Dioscoridis, Asphodelus, the same.
 Hedera humilis vel terrestris, Alehoof, or highoe.
 Hectica, a wasting or consuming feuer.
 Hedera pluvialis, vide Hedera humilis.
 Hederalis, Asclepias, Swallow wort.
 Hedypnois, Dandelion, or yellow Cichory.
 Hedyosmus, Garden mints.
 Heilbague, or Heilbane Arabum, Cardamo-
 mum maius officinarum, Graines.
 Heilbane, the same.
 Helenium, Elecampane.
 Heliobarane Etij, Knotgrasse.
 Heliotropius lapis, lapis viridis, a Jasper stone.
 Helix, Capreolus vitis, the little tendrils of
 vines.
 Helleborum, or Helleborus, Pæsewort.
 Helleborum, nigrum, the blacke Pæsewort.
 Helmintobotane, vide Zeduarie.
 Helxine, Perditium, Pellitory of the wall.
 Hemerocallis, Daffodil.
 Hemicrania, or Hemicrane, a kinde of headach,
 when but one side of the head is grie-
 ued.
 Hemionium, Asplenium, Scalferne, or Finger-
 ferne.
 Henne Arabum, Cyperus, Alcanna.
 Hepar, the Liuer.
 Hepaticus, one that is diseased in the Liuer.
 Hepatis oppilatio, an obstruction or oppilati-
 on of the Liuer.
 Hepatica, the Liuer beine.
 Hepatica herba, Agrimony.
 Hepatica fontana, Liuerwort.
 Hepatica saxatica, stone Liuerwort.
 Hepiala, vide Febris hepiala.
 Hepfema, Mustum coctum, sodden new wine.
 Heptapleuron, broad Plantaine.
 Heptaphyllon, Tormentilla, Tormentill.
 Heracleotis Calamachi, or Herachea Galeni,
 the Loade stone.
 Herba diui Anthonij, Selseheale.

Herba

The third Index.

- Herba Apoplectica.
 Herba Apostematica, Scabious.
 Herba apum, Melissa, Baulme.
 Herba Arthritica, Cowslips.
 Herba Basilica, Ocimum, Basil.
 Herba benedicta, Valeriana, Valeriane.
 Herba calicularis, Henbane.
 Herba capillaris, Venus, Maiden, or Lady
 haire.
 Herba capillaris Apuleij, the same.
 Herba casta, Pæonia, Piony.
 Herba clauellata, Harts ease.
 Herba crinita Apuleij, Maidenhaire.
 Herba cincinnalis, Verueine.
 Herba columbaris, wilde Cypresse.
 Herba cochlearis, Brassica marina, sea Cole.
 Herba centonica officinarum, Absinthium ma-
 rinum, sea Wormewood.
 Herba diuæ Mariæ Magdalensæ, Phu ponti-
 cum, a kind of Valerian. (spurge.
 Herba diuæ Otiliæ, Consolida regalis, Larkes
 Herba diui Petri, the lesser Gentian.
 Herba diui Quirini, Dogshose.
 Herba diui Georgij, Phu ponticum, a kinde of
 Valerian.
 Herba diui Ruperti.
 Herba diui Valentini, Pæonia alba, a kinde of
 Piony.
 Herba flammea, Harts ease.
 Herba flauca, Melilotum nobile, Melilote.
 Herba fortis, Consolida Saracenica.
 Herba fullonum, Teasel.
 Herba cederalis, Asclepias, Swallow wort.
 Herba hirundinaria minor, the lesser Celandine
 or Wylewort.
 Herba inguinalis, Bubonium, an herbe called
 After.
 Herba Iouis, Sedum, Housleke.
 Herba lactaria, Tithymalus, Spurge.
 Herba lanaria.
 Herba leporina, a kinde of Ballowes.
 Herba Mercurij, Mercurialis, herbe Mercury.
 Herba margarita, Daisies.
 Herba militaris, Mellefolium, Parrot, or Rose-
 blæde.
 Herba mula, Asplenium, Fingerferne.
 Herba muralis Celsi, Bellitoze of the wall.
 Herba ocularia, Eyebright.
 Herba ophthalmica, the same.
 Herba orbicularis, Cyclaminus, Rape violet.
 Herba panarcij, Herbariorum, Lamium album
 a kinde of dead nettles.
 Herba paralysis, Cowslips.
 Herba pauonis, Persicaria, Ars smart.
 Herba pedicularis, Staphisagria, Litebane.
 Herba perdicalis Apuleij, Perdicium, Persicary.
 Herba pulicaris, Persicaria, Ars smart. (ses.
 Herba primi floris, herba paralytica, Primros.
 Herba pyrifolia, seu perifolia Herbariorum, Py-
 rola, wilde bætes, or winter græne.
 Herba Roberta, and Herba Ruperti, herbe Ro-
 Herba regia, Basil. (bin.
 Herba sanguinalis, Polygonum, Knotgrasse.
 Herba sanguinalis mas, the male Knotgrasse.
 Herba sanguinalis fœmina, Polygonum fœmi-
 na, Knotgrasse female.
 Herba sardoniana, Ranunculus, Crowfoot.
 Herba scelerata, Idem.
 Herba scorbuti, Brassica marina, Scurvygrasse.
 Herba salutaris Apuleij, Rosemary.
 Herba solis Herbariorum, S. Johns wort.
 Herba solis Etij polygonum, Knotgrasse.
 Herba Sophia Herbariorum.
 Herba sortis, Consolida saracenica.
 Herba stataria, Peucedanum, Hogs fennell.
 Herba sacra, verbena, Verueine.
 Herba Trinitatis, harts ease.
 Herba topiaria, Bearesfoot.
 Herba tonitruum, Sedum, heuselæke.
 Herba tunica officinarum, Celosers.
 Herba tunica, Gordonij Ocimastrum.
 Herba tunica Minfridi, Celosers.
 Herba turca, Carduus benedictus, or blessed
 thistle.
 Herba Thymiana Herbariorum, Tyme. (dam.
 Herba vermicularis, Sedum minus, Pickma-
 Herba virginea, Parthenium, Feuerflew.
 Herba vitraria, Bellitoze of the wall.
 Herba vitri Auicennæ, Perdicium, the same.
 Herba vrinaria Herbariorum, Hedipnois,
 Dandelion.
 Herba vrceolaris, Bellitoze of the wall.
 Hercules morbus, the falling euill.
 Hermodactylus Arabum, Dogs bane.
 Hermodactylus Dioscoridis, Pentaphyllon, a
 kinde of dogs bane.
 Hermodactylus Actuarij, the roote of Behen.
 Hermodactylus Nicolai Myrepsi, the same.
 Hermodactylus albus, white Behen.
 Hermodactylus Rubeus, red Behen.
 Hernia, Ramex, a rupture.
 Hernia Osceano, a great rupture.
 Hernia Oscealis, the same.
 Herpacantha, Acanthus, Bearesfoot.
 Herpes, a coroding vltex, or wolfe.
 Herpes exedens, the same.
 Herisypila, Erisypelas, an inflammation called
 the rose.
 Herpillum, Serpillum, wild tyme, or Ladies bed-
 Hesperis, Viola lutea, Wallflowers. (straw.
 Hibiscus,

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Hibiscus, a kind of Mallow.
Hieracopodium, *Lychnis sylvestris*.
Hiera pachij a purging confection so called.
Hierabotane Dioscoridis, *Verbena*. *Verueine*.
Hierabotane Scribonij; *Betonica*, *Betonie*.
Hieralogodion officinarum, or
Hiera lagadij, the name of a purging confection.
Hierapicra, or
Hierapicra simplex, a very bitter confection.
Hiera Ruffi, a purging confection.
Hiera Athenzi, and
Hiera Theophrasti, the *Flouredeluce*.
Hieromyrtus, *Ruscus*, *Kneeholine*.
Hilbane, *Granum paradisi*, *Graines*.
Hippocras fontis officinarum, *Aqua Hippocratica*, *Hippocras*.
Hippocras officinarum, *Vinum Hippocraticum*, the same.
Hippocraticum vinum, the same.
Hippocistis officinarum; vide *Hypocistis*.
Hippolapathium, a water Docke.
Hippoglossum, Adders tong. (lowes.
Hippomalache, *Malua equina*, horse Mal-
Hippofelinum, *Angelica*.
Hippopleuron, Houndes ribbe, a kinde of Plantaine.
Hippuris, *equisetum*, Horse tayle.
Hirundinaria, a Horseleach.
Hirudo, the same.
Hirundo, a Swallow.
Hispanach Arabum, *Spinachia*, Spinage.
Hordeum, Barley.
Hordeum Galaticum, Rice.
Hordei cremor, *Ptisana*, Barley husked and sodden in water.
Humeralis vena, the shoulder veine.
Humerus, the shoulder. (Gout.
Humor Scrupeus poetarum, *Podagra*, the
Humulus, *Lupulus*, Hoppe.
Hyacinthus, *Helodias*, *Porphyranter*, a purple flower that we call Crowtoes. There are fower kinds of it, two of them (as the greater & lesser) are most in vse: the other two sortes I will passe ouer for breuitie sake. The first kinde hath narrow leaues like the wilde Onion, with a stalke about one span in height; vpon this on euery side grow flowers of a light purple colour, much like the Amethyst, or Iacint stone: on the top of all are the flowers somewhat lesser, & sadder in colour. This is the right Hyacinthus of Dioscorides; it groweth commonly in tilled grounds, and of some is called Hogs onion, because Hogs greatly delight in ea-

ting of it: the Herbarists call it *Hyacinthus maior*, and *Bulbus porcinus*. The other is somewhat lesse, and groweth in woods; it flowzeth in March, and hath pretty little blew flowers, not much vnlike the May Lillies, or *Liriconfancy*, the roote is like little Onions. This is called in some places blew May flowers; of the Herbarists *Hyacinthus minor*, *Allium caninum*, and *Bulbus caninus*. Palladius also maketh mention of a blew Hyacinthus. In like sorte is the yellow Lilly *Lillium luteum*, or *Hemerocallis*; the Hyacinthus of Ouid, which Theocritus calleth *Hyacinthus scriptus*, to make it differ from the right Hyacinthus: the Herbarists call it *Hyacinthus poetarum*. Virgil calleth it *Hyacinthus suaue rubens*, & *Hyacinthus mollis*; & Pausanias termeth it *Comosadalo*.
Hyacinthus maior Herbariorum, or
Hyacinthus Dioscoridis, Crowtoes, vide *Hyacinthus*.
Hyacinthus minor Herbariorum, vide *Hyacinthus*.
Hyacinthus Palladii, vide *Hyacinthus*. (thus
Hyacinthus poetarum, *Hemerocallis*, vide *Hyacinthus*.
Hyacinthus Ouidii, vide *Hyacinthus*.
Hyacinthus mollis virgilij, yellow lillies. (thus.
Hyacinthus scriptus Theocriti, vide *Hyacinthus*.
Hyacinthus suaue rubens, vide *Hyacinthus*.
Hyacinthus, *gemma*, a Iacint.
Hydrargyrum, *Argentum viuum*, Quicksiluer.
Hydrargyrum natium, *vomica liquoris aeterni* & *rerum omnium venenum* Plinio vocatur, Quicksiluer of the Mine.
Hydrargyrum factitium, Quicksiluer which is made of Cinoper.
Hydrolapathum, *Lapathum palustre*, water Dockes.
Hydromeli, *aqua mulsa*, Meade.
Hydrophobus, a rabido cane morsus, he that is bitten of a mad dogge: he that is afraid of water.
Hydropper, *Perficaria*, Arse smart.
Hypofelinum, *Apiu palustre*, Louage, Alisander.
Hyophthalmus, *Aster atticus*, the herbe *Bubonium*.
Hyoscyamus, Henbane.
Hypericum, S. Johns wort.
Hypericum petrum, is that which is now taken for *Carpobalsamum*, but vniuersally.
Hypochyma, Ditch.
Hypocistis is also called *Barba hircina*, and *Orobetrum*, it groweth at the roote of the herbe *Cistus*, much like the flower of the Pomegranate, and is full of iuice; which being

wrong

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- Wring out and dyed, is also called Hypocistis, and of Apothecaries Hippocistis or Hypoquistidos indeclinabiliter.
 Hypogessum, Sedum maius, Houseleke.
 Hypopium, Thapsia, Turbith.
 Hysge Pausania, Granum tinctorium, Couchenil.
 Hysopites, wine of Hysope.
 Hysopum, or
 Hysopus, Hysope.
 Hysopus humida officinarum, Oesypus, Wool of the flanke of a sheepe.
 Hystera, Vterus, Loci, Matrix, the Mother in women, or Matrix, or Mombe.
 Hysteralgia, paine in the belly or Matrix.
- I
- Iarum, Cockoept.
 Iacea, Harts-ease.
 Iacea nigra, Morfus Diaboli, Devils bit.
 Iamenum officinarum, Alumen scissile, vide Alumen
 Iaspis, a Jasper stone.
 Iaspis, a greene Iaspis.
 Ichthiotheron, Cyclaminus, Solves bread.
 Ibiscus, Althea, marsh Mallows.
 Icteritia, the yellow Jaundies.
 Icteritis Apuleij, Libanotis coronalis, rosemary.
 Icterus, Morgus regius, the yellow Jaundies.
 Iecur, the Liuer.
 Igne Hippocratis, Isatis, Woad.
 Ignis diui Anthonij, or
 Ignis facer, Erysipelas, the Rose.
 Ileos, or
 Ileus, or
 Iliaca passio, or
 Iliaca, a wringing in the small guts.
 Ilecebra, Piper murinum, Stoncrop.
 Illinctus, Eclegma, a medicine which is licked vp, and not swallowed.
 Imaginatio, an imagination or conceit.
 Imperatoria, Angelica.
 Impetigenaria arborea, Lichen arboreus, a kinde of Liuerwort.
 Impetigenaria petrea, Lichen saxatilis, Liuerwort.
 Impetigenaria saxatilis, Lichen, the same.
 Impetigo, a Kingworme, or dyg scab.
 Inanities, emptines of the body.
 Incensum, Thus, Frankinsense.
 Incrementum, the increasing of a sicknesse.
 Incubus, Ephialtes, Faunorum in quiete ludibrium, as Pliny saith, the Night-mare or Hag, it is a little falling sicknesse, and is a signe of madnesse to come, or of the falling euill, or Palsey, &c.
- Infusio Senae, the infusion or steeping of Senecleaves.
 Inguinalis, or
 Inguinaria Dioscoridis, the herbe Bubonium.
 Inguinaria Plinij, Anserina.
 Intemperies intemperatenesse.
 Intestina gracilia, the little guts.
 Intestina terrae, Lumbrici terrestres, Earthwormes.
 Intestinum duodenum, Intestinum primum, Pylorus, the gut next to the stomacke.
 Intestinum ieiunum, Nestis, the empty gut.
 Intestinum monoculum.
 Intestinum caecum, the blind gut.
 Intestinum primum, vide Intestinum duodenum.
 Intestinum rectum, Longanum, the arse gut.
 Intubum, Endiue.
 Intubum satium angustifolium, a kind of Endiue.
 Intybus, &
 Intibus satius latifolius, white Endiue.
 Inturis, Capparis, Capers.
 Inuersio ventriculi, Anastrophe, an inuersion of the stomacke.
 Inula, Helenium, Elecampane.
 Inula rustica Apuleij, Symphitum magnum, Comfrey.
 Ion, Viola, a Violet.
 Ion porphyrium, Viola purpurea, a march violet.
 Ion melan Theophrasti, viola nigra, the same.
 Ion polyphyllon, viola multiplex, double violets.
 Ion Agria, Viola sylvestris, wilde Violets.
 Ireos siue Irios officinarum, Iris, the flouredeluce.
 Iris, the same.
 Iris alba, the white flouredeluce.
 Iris Apula, the same.
 Iris domestica, the same.
 Iris Florentina, the same.
 Iris Germanica, the blew flouredeluce.
 Iris lutea, yelloe flouredeluce.
 Iris palustris latifolia, a kind of flouredeluce.
 Iris Schlauonica, the flouredeluce.
 Isatis, Glastum, Woad.
 Isatis minor, wilde Woad.
 Isatis satia, tame Woad.
 Iffopus humida officinarum, Oesypus, Wool of the flanke of a sheepe.
 Ischias, Coxarius morbus, the Sciatica.
 Ischiatica barbarorum, the same.
 Ischuria, vrinæ retentio, a stopping of vrine.
 Itea, Salix, a Willow.
 Iuiuba Arabum & officinarum Zizifum, a kind of fruit so called.
 Iua officinarum, Aiuga or Abiga, wilde Cypress.
 Iuglans, a Walnut tree.
- Iuglans

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Iuglans equina, the great Walnut.
 Iulebum, or Iulepum, a Iulep.
 Iunci flos, Schoenum Anthos, Squinanthum.
 Iuncus angulosus Plinij, Cyperus, a kind of Galangall.
 Iuncus odoratus, Squinanthum.
 Iuncus odoratus Celsi, Cyperus, a kind of Galangall.
 Iuncus triangulus Plinij, Cyperus, the same.
 Iuniperus, a Juniper tree.
 Iuniperus acuta, the greater Juniper tree.
 Iuniperus maior, the same.
 Iuniperus minor, Iuniperulus, & Iupicellus, the lesser Juniper tree, or the Gooseberry bush.
 Iuniperi baccæ, vel
 Iuniperi grana, Gooseberries, or Juniper berries.
 Iunonia, Rosa Plinij, Liliū, a Lilly.
 Iusquiamus officinarū, Hyoscyamus, Henbane.

K Artam Arabum, Cnicus, Cartamus, wilde Saffron.
 Kauroch Arabum, Chelidonium, Celandine.
 Keiri, Leucoium, Wallflowers.
 Kerua Arabum, Ricinus, Palma Christi.

L Abram Veneris, Dipsacus, Teasell.
 Labrusca, vitis sylvestris, the wilde Vine.
 Labruscæ flos, the blossom of the wilde Vine.
 Lac amygdalinum, Almond milke.
 Lac acidum, Oxylacha, soure milke.
 Lacebuteratum, Buttermilke.
 Lac chalybatum, steeled milke.
 Lac cuillum, or ouinum, Clwes milke.
 Lactis cremor, Pingue, Flos, vel Pinguedo, Lac scilum, Curded milke. (Creame.)
 Lacca, Caucamum, a Gum so called.
 Lacerta, or
 Lacertus, an Cuet.
 Lachryma draconis, a gum called Sanguis draconis.
 Lachryma Iobi, Lithospermum maius, Gromil.
 Lachryma Iuniperi, Sandaraca, the Gum of the Juniper tree.
 Lacryma Mariæ.
 Lachryma medica, Assa foetida, a gum so called.
 Lachryma Syriaca, the same.
 Lachryma vitis, Aqua vitis, Sap of a Vine.
 Lactaria Tithymalus, Spurge.
 Lactuca, Lettice.
 Lactuca cappadox Plinij, crumpled Lettice.

Lactuca asinina, Anchusa, Dycheaf.
 Lactuca Betica Columellæ, great Lettice.
 Lactuca Cæciliana Columellæ, white Lettice.
 Lactuca crispa, curled Lettice.
 Lactuca caprina, or
 Lactuca marina, Tithymalus, Spurge.
 Lactuca marina Apuleij, Cataputia sylvestris, great wilde Spurge.
 Lactuca Laconia Plinij, or
 Lactuca sessilia, or
 Lactuca capitata, headed Lettice.
 Lacaturris Plinij, Brassica lacuturrea, a kinde of Cabbage.
 Lada, or
 Ladon, or
 Ladanum, or
 Laudanum, this is called of Dioscorides, Ledum, Laden, and Leden. In the Apothecaries Shop it hath his common name Laudanum. It is the dyed iuyce of an heerbe so called. The Herbarists cal it also Cistum laudaniferum, and Fruticem laudaniferum.
 Latitia Galeni officinarum, vide Latificans.
 Lagopodium, or Lagopus, Hares foote.
 Lagopus, the same.
 Lanium Plinij, dead Nettles.
 Lampsana, Rapistrum album, Cadlocæ.
 Lampas.
 Lana succida, unwashed wooll.
 Lanaria, Saponaria, the heerbe that Fullers vse in scouring of cloth.
 Lana arborea, or
 Lana xyliua, Cotton.
 Lanceola, narrow Plantaine.
 Lanugo arborum, Wolfe.
 Labdanum barbarorum, vide Lada.
 Lapathum Dioscoridis, Oxalis, Sozrell.
 Lapathum Galeni, Docke.
 Lapathum acidum, a kind of Docke.
 Lapathum acutum, a Docke.
 Lapathum aquaticum, water Docke.
 Lapathum cepeon, or
 Lapathum satium, Monkes Rubarbe.
 Lapathum domesticum, or
 Lapathum latifolium satium, herbe patience.
 Lapathum aquinum, water Dockes.
 Lapathum latifolium,
 Lapathum non acuminatum,
 Lapathum platyphyllon, the greater Docke.
 Lapathum barbarorum, vide Lada.
 Lapillus Eritreus, a Pearle.
 Lapis calaminaris officinarum, Cadmia natua, the Dore of Masse.
 Lapis cæruleus, an Azure stone.
 Lapis corrosiuus, a corrosiue or corrodng stone.
 Lapis

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- Lapis Cyaneus, an Azure stone.
 Lapis Indicus, Margarita, a Pearle.
 Lapis Iudaicus, a stone that purgeth Melancholly, or a Jewes stone.
 Lapis Hepaticus, a Liver stone.
 Lapis Lazulus officinarum, the Azure stone.
 Lapis Erithraeus, Margarita, a Pearle.
 Lapis Lyncis officinarum, Lapis phrygius, of some white Amber, of others a Thunderbolt, of others a stone that groweth in Phrygia.
 Lapis Stellatus, or Caruleus, the Azure stone.
 Lapis viridis, an Emeraude.
 Lapis vini, Argoyle.
 Lappa maior, Bardana, the great Burre.
 Lapsana, Rapistrum album, a kinde of Mustard seed.
 Lasaron, Galacticon, Angelica.
 Lascaphrum, Naraphrum, blacke Frankinsence.
 Laserpitium Gallicum, Angelica.
 Laser medicum, or
 Laser Syriacum, Asafoetida.
 Lasiothalamum, Cydonium, a Quince.
 Lathyrus, Cataputia minor, the lesser Spurge.
 Lathyrus sylvestris, wilde Spurge.
 Lathyrus cicercula, the fruit or seed of Spurge.
 Lauacrum Veneris, Teasel or Fullers Whistle.
 Lauendula, Lauander.
 Laureola, Laurel or Lozel.
 Laurus, a Bay tree.
 Lauri bacca, Bay berries.
 Lauri folia, Bay leaues.
 Laurus Baccalis Plinij, or
 Laurus Baccifera, or
 Laurus foemina, the she or female Bay tree.
 Laurus mas, or
 Laurus virilis, the he or male Bay tree.
 Laurus rosea, Nerion, Rose laurell, or Oleander.
 Lecristicum, Vitex, Agnus castus, the Chasse tree.
 Lemonium malum, a Limon.
 Lens palustris, or
 Lenticula aquatica, water Lentils.
 Lentiscus, the Basticke tree.
 Lentiscinum oleum, oyle of Basticke.
 Lentiscina resina, Basticke.
 Lepra, the Leapze, a disease that maketh the skinnerough, with blacke wannish spots, and drie parched scales and scurffe.
 Lepra leonina, a kinde of Leapze in which the diseased groweth mad.
 Leptocaryon, Nux auellana, a Hasell Nut.
 Lethargus veteris, the Lethargy, a heauy and drowsie disease, in which the senses and reason it selfe seemeth to sleepe.
 Leucena Galeni, Castanea, a Chestnut.
 Leuce, Populus alba, the white Poplar tree.
 Leuce, vitilago alba, of the Barbarians Morphaea alba, a white and drie and continuall scurffe.
 Leucanthemis, or Leucanthemum, the herbe Cammomill.
 Leucoicum Dioscoridis, Viola lutea, the winter Gilloflower.
 Leuconia, Candidum oui, the white of an Eg.
 Leucophlegmatias, Hydrops, Anasarca, a kinde of Dropsie.
 Levisticum officinarum, Louage.
 Libadium, Centauria minor, the lesser Centoze.
 Libanotides, wine made of Rosemary.
 Libanotis Coronalis, Rosemary.
 Libanotis Ferulacea, or Libanotis umbellifera Herbariorum, a kinde of Rosemary.
 Libanotis umbellifera, the same.
 Libysticum, Louage.
 Libanum, or Libanus, Thus, Frankinsence.
 Libyestason, Glycyrrhiza, Licorice.
 Lichen, Hepatica, Liverwort.
 Lichen, infectio, & alperitas summa cutis, cum maxima prurigine, a Letter or Kingworme.
 Lichen Arboreus, Pulmonaria officinarum, Longwort.
 Lichen petraeus, or Saxatilis, Liverwort.
 Lien, Splen, the Spleene or Wilt.
 Lienteria, Intestinorum leuitas, a kinde of flure of the stomacke, when the meate and drinke runneth from a man as he took it, vnterly without concoction or alteration.
 Lignum Aloes, a kinde of swat wood so called.
 Lignum guaiacum, or Guaiacum, a tree growing in the new found Isles.
 Lignum Indicum, Lignum sanctum, a kinde of wood so called.
 Lignum paradisi, Lignum Aloes, a kinde of swat wood so called.
 Ligamenta, sinewes.
 Lignum sanctae Crucis, Agollochum, a kinde of wood.
 Ligusticum, Louage.
 Ligula, Vuula, a little peece of flesh in the rose of the mouth.
 Ligustrum, Cyprus, Prinnet, or Prinprint tree.
 Liliun, Crinon, a Lillie.
 Liliun album, a white Lilly.
 Liliun coeleste, sylvestre, the flouedeluice.
 Liliun conuallium, Ariconfancy, or May Lillyes.
 Liliun caeruleum, the blew flouedeluice.
 Liliun

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Lilium caprinum, Percilymenum, Woodbind,
or Honyfuckle.
Lilium inter spinas, the same. (thus)
Lilium luteum, Hemerocallis, vide Hyacin.
Lilium palustre Herbariorum, a water Rose.
Lilium Saracenicum, Lilium sylvestre, the Daf-
fodill.
Lilium vernum Theophrasti, Lilium conualli-
um, May Lillies.
Limnatis, Hirudo, an Ho, leech, or bloodsucker.
Limmestis Apuleii, Centaurium maius, the
greater kind of Centozz.
Limonium malum, a Limon.
Linctus, Eclegma, lambetium, a medicine or
confection that is not chewed, but licked in,
and is called of the Apothecaries by an A-
rabian name Lohoch.
Linæleon, Oleum Lini, oyle of Flaxe.
Lanaria, wilde Flaxe.
Linguae Anserina, Goose tongue.
Lingua Arietis, Arnoglossu, water Plantaine
Lingua Bouis, Buglosse.
Lingua Canina, Cynoglossum, Hounds toong.
Lingua Cervina, Phyllitis, Harts toong.
Lingua Ouina, Shæpes toong.
Lingua pagana, Hypoglossum, double toong.
Lingua Ophioglossum, Serpents toong.
Lingua Serpentina, Lingua Viperina, Echio-
glossum the same.
Lingua vulneraria Herbariorum, the same.
Lingulaca, or lingua Plinii, the same.
Linodys, Chamedrys, the herbe Germanet, or
English Treacle.
Linostrophon, Marrubium, Horehound.
Linozotis, Mercurialis, French Mercurie.
Linum, flaxe.
Lippitudo, Ophthalmia, blearednes of the eyes.
Lipothymia, Defectus animi, Deliquiu animi, a
swooning, wherein one seemeth to bee dead.
Liquiritia, Officinarum, Glycyrrhiza, Licorice.
Liquor medicus, & Liquor Syriacus, Asa foetia-
rium, Liliom, a Lillie. (da.)
Littatum, a kinde of nuts commonly of the
Apothecaries called Fillici.
Lithargyrium, Spuma argenti, Litharge or
white Lead.
Lithargyrum argenti, the same.
Lithargyrium Auri, a kinde of Litharge.
Lithiasis, Calculus renum, & Vesicæ, the disease
of the Stone in a mans body ingendred.
Lithodendron, Corallium, Corall.
Lithontribon, Confectio calculum frangens, a con-
fection of the Apothecaries so called, which
dissolveth away, and breaketh the Stone in a
mans body.

Lithospermum nigrum, Lithospermum syl-
vestre, wilde Bromill, or Graymill.
Lithospermum sylvestre, the same.
Loch Arabum, Linctus, Lambetium, Eclegma, a
thin confection, of the Arabians, called Lo-
hoch in plurali numero, which is Eclegma.
Loch ad Asthma, a thin Confection against the
extreme & vehement stopping of the breath.
Loch de Cancris, a confection made of Creuilles.
Loch de Farfara, a kind of confection so called.
Loch de Papauere, Diapapauer, a confection
made of Poppies.
Loch de Passulis, a confection of Raisins.
Loch de Pino, a certaine Confection so called.
Loch de Portulaca, a Confection made of
Portulaine.
Loch ad Pthisin, a confection so called.
Loch de pulmonè vulpis, a confection made of
the lungs or lights of a Foxe.
Loch sanum et expertum, a Confection so cal-
led.
Loch de Scilla, a certaine Confection.
Lohoch, Eclegma, vide Loch supra, a liquid con-
fection.
Lonchitis altera, Asplenium maius Herbario-
rum.
Ceterach, Sealferne, or Fingerferne.
Longanum, the Arsegut.
Lotus alba, Clauer, or thre leaved grasse, also
Helilot.
Lotus carulea, Lotus lutea, garden or tame
Helilot.
Lotus lutea, the same.
Lotus lybica, Diosc. Lotus sylvestris, wilde Me-
letrometra Apuleii, Nymphaea, or white water
Lilly or Rose, white Penuphar.
Lucumbræ, Lungwort, Woolblade, or Torch
herbe.
Lues, a Plague or Pestilence.
Luf Arabum, Dracontium, Dragonwort, or
Dragons.
Lumbricus, and Lumbricus terræ, a certaine
long worme in the earth, or in mans body.
Luparia officinarum, Lycoctonum, a kind of Aconi-
Luph planum Arabum, Dracontium, Dragons.
Luph planum Herbariorum, Dracontium minus,
the lesser Dragonwort. (ius)
Luph crispum Herbariorum, Dracontium ma-
ius, the greater sort of Dragons.
Lopinus, a kind of Pulse so called.
Lupulus, Hops.
Lupus reptitius, and Lupus salictarius, Lupulus
the same.
Lusciosus or Luscitiosus, Nyctalops, it is one
that seeth very little in the night or in the morn-
ing.
Lutu Armenum, Bolus armenus, Bolearmenick.
Lutum

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Lutum lemnium, and Lutum sigillatum, is the right terra sigillata, which is brought vnto vs from the Isle Lemnos,
 Lychnis gemma, and Lychnites, Carbunculus gilvus, a kinde of Ruby. (Campion.
 Lychnis agria, or Lychnis sylvestris, Rose Lycium, Pyxacantha, Spina buxea, and of Pliny Buxacanthus Chironius, a medicine made of the iuice or decoction of the Bzamble roote.
 Lycoctonum, one of the kinds of Aconitum.
 Lycoctonum czruleum, the same.
 Lyncurium, and Lyncurius lapis, Succinum, a precious stone congealed of the vrine of the beast Lynx.
 Lymneū, & Lymnesium, Centaureum, Centoꝝp Lypiria, vide Febris Lypiria.
 Lysimachia, or Lysimachium, Willowe herbe, Loosetrife, or water Willow.
 Lysimachia cornuta, a kinde of water Willow.
 Lysimachia lutea, yellow Loosetrife.
 Lysimachia Dioscoridis, the same.
 Lysimachia Melina, the same.
 Lysimachia Plinij, a kind of Willow herbe.
 Lysimachia purpurea, Punicea, and Spicata, the purple water Willow or Loosetrife.
 Lysimachia punicea, the same.
 Lysimachia siliquosa, bzoone Willow herbe.
 Lytrum, Lysimachia, Willow herbe, Loosetrife, or water willow.

M

M Acer, Macis, it is commonly taken for the spice called Macis.
 Macheronium, the flouredeluce.
 Macia, Anagallis, white, or thee Pimpernell.
 Madon Plinij, Nymphaea, the white water Lily or Rose.
 Madonais Theophrasti, Nymphaea, the same.
 Magistrantia officinarum, Masterwoort, Angelica.
 Magnes, and of Galen Magnetis, the Loadstone.
 Magudaris siue Magydaris, a certaine herbe so called.
 Maiorana Sampsysches, French Marierom.
 Mala armeniaca, an Abzecoche, or hasty Peach tree.
 Mala præcocia, the same.
 Malabathrum, vide Folium Indum.
 Malache, Malua, Malloves.
 Malache agria, Malua sylvestris, wild Malloves.
 Malacia, Pica, a corrupt appetite by reason of humors gathered about the mouth of the stomacke, that is the affection of longing especially in women.
 Malacocissus, a kinde of herbe like vnto Iuy so called.

Mali corium, Cortex mali punici, the outward shell or rinde of a Pomegranate.
 Mali punici corium, the same.
 Malobathrum, a certaine Indian leafe.
 Maltum, Mault, such as Brewers put in their Beere.
 Malua, Malloves.
 Malua arborea, or Malua arborecens, Hollyhocks or marsh Malloves.
 Malua agrestis, wilde Malloves.
 Malua Anserina, Chenomalache, cut Malloves.
 Malua caballina, or
 Malua equina, wilde or horse Malloves.
 Malua crispa, crisped Malloves. (lowes.
 Malua hortensis, or Malua satia, garden Mal-
 Malua Leporina, a kinde of Malloves.
 Malua maior, Malua equina, the great wilde Mallo.
 Malua pumila, or
 Malua minor, the lesser Mallo.
 Malua Romana, Malua crispa, romish Malloves.
 Malua transmarina, Hollyhocks.
 Malua satia, vide Malua hortensis.
 Malua sylvestris, wilde Malloves.
 Maluauiscus, Althea, Hollihockes.
 Malum, pomum, an Apple.
 Malum Assyrium, a Citron.
 Malum aureum, an Dzenge.
 Malum canum, a Quince.
 Malum Citrium, vel Citreum, a Citron.
 Malum Citoneum, a Quince.
 Malum granatum, a Pomegranate.
 Malum Cydonium, a Quince.
 Malum Hesperium, a Citron.
 Malum Lapatum, a Quince.
 Malum Lemomum, a Limon.
 Malum Miluianum, a Quince.
 Malum punicum, a Pomegranate.
 Malum syluestre, a Crab, or wilde Apple.
 Malum Nerantium, an Dzenge.
 Malus, an Apple tree.
 Malus Cydonia, or Malus Cotonia, a Quince tree.
 Malus granata, a Pomegranate tree.
 Malus Nerantia, an Dzenge tree.
 Malus punica, a Pomegranate tree.
 Man Arabum, a certaine kinde of dewe.
 Mania, Furor, Rabies, madnesse.
 Mania, Herba Apollinaris, Henbane.
 Mandragora, the Mandrage.
 Manna, a kinde of sweete dewe.
 Manna bombicina, or
 Manna Calabrina, a kinde of Manna or dewe which is brought from Calabria: this is the common Manna of the Apothecaries.
 Manna

The third Index.

Manna Brianfona, a moze excellent kinde of
Manna than the aforesaid.
Manipulus, Fasciculus manualis, a handfull.
Manus Christi, Radix palmæ Christi, a kinde
of Ragwort.
Manus Christi, Frutex, Ricinus, Palma Christi.
Marasmodes, vide Hectica.
Marassus, Vipera, an Adder.
Marathrum, Fœniculum, fennell.
Marchasita officinarum, Pyrites, a kind of stone
Margarita, or Margarites, a Pearle.
Marinella, Valeriana, Valerian.
Mariscus, Ficus, Sycolis, Tuberculum in ano ad
fici similitudinem, the Piles. (toz.)
Maro, Centaurium magnum, the greater Cen-
Marrubium, Prassium, Horehound.
Marrubium aquaticum siue palustre, water
Horehound.
Maspetia, folia Silphij, the leaues of the herbe
Silphium.
Mastiche, Resina Lentisci, Masticke.
Mater Caryphyllorum, or Caryophyllorum,
Mothercloves.
Mater Herculeana Apuleii, Nymphaea, water
Roses.
Matricaria, Feuersew.
Matrifaluia, Scarlea, Clary. (suckle.
Matrifylua Herbariorum, Caprifolium, Honi-
Matrix, Mediana vena, the Median veine.
Matrix, Vterus, the Wombe.
Matronaria siue Matronella, Feuersew.
Mattiaca pila, Martialis, Sapo, Sope.
Mauriaria, Dracontium, Dragons.
Mecon, Papauer, Poppy.
Meconitis, Cataputia syluestris, wilde Spurge.
Meconrhoeas, Papauer erraticum, a Cozne rose.
Mediana, the Median veine.
Medicamen de Turbith, a purging medicine.
Medulla, Harrow.
Mehezeregi Auicennæ, Pityusa, Spurge.
Melanphyllon, Acanthus, Beares claw.
Melampodium, Veratrum nigrum, the blacke
Peesewort.
Melampelos, Helcine, Bellitoz of the wall.
Mel aerium, Honey dew.
Melancholia, Mentis alienatio ex atra bile na-
ta, mœstitia metu coniuncta, Melancholy, a
kind of madnesse. (olet.
Melanium Theophr. Viola nigra, a kinde of Vi-
Melanthium, Nigella, Pigell, Gittie.
Mel, Honey.
Mel Anacardium, the Honey of Anacardium.
Mel cedrinum Hippocr. Manna liquida, Honey
dew.
Mel Mirobalanorum, the sirupe of Mirobalans

Mel roreum, Honey dew.
Mel rosaceum, siue Mel rosarum, Honey of roses
Melega, sorghum, a kinde of Millet brought
from India.
Meli Calaminon Arriani, Saccarum, Sugar.
Melia, Fraxinus, an Ashe tree.
Melicratum, wine and honey sodden together.
Melica Herbariorum, Indian Millet.
Melilotum, or
Melilotus, Melilot.
Melilotus Auicennæ, great Melilot.
Melilotus alba officinarum, white Melilot.
Melilotus coronata, a kinde of Melilot.
Melilotus lutea officinarum, yellow Melilot.
Melilotus minor, the lesser Melilot. (lot.
Melilotus nobilis Herbariorum, a kind of Meli-
Melilotus Serapionis, a kinde of Melilot.
Melilotus Catonis, or
Melilotus Dioscoridis, Italian Melilot.
Meline, or
Melinus, Panicum, Panicke.
Meline Varronis, Milium, Mill or Millet.
Meliphyllon, Melissa, Baulme.
Melissa, Citrigo, the same.
Melissa Cretica, or
Melissa Turcica Herbariorum, Turkish balme.
Melissochortus Nicolai Myrepsi, or
Melissophyllum, Baulme.
Melitites, honied wine.
Melitrana, and
Melitæa, Melissa, Baulme.
Melizoron, Mulsun, swæte wine or Psade.
Melium aquaticum, a kinde of Ragwort.
Melligæ, Manna. Honey dew.
Melo, and
Melon, a Melon.
Melocarpō, Aristolochia longa, long Hartwort
Melopepo, Melo, a Melon.
Melothrūm, Vitis alba, Wyony the white.
Menianthes, trifolium bituminosum, water
Menium, Pæonia, Wyony. (Clauer.
Menogonium, Wyony flowers.
Meninges, inuolucra duo Cerebrum cicumqua-
que contegentia, quorum exterius, quod ad-
uersus cranij impressiones cerebri veluti pro-
pugnaculū est, tegumentum, Crassa siue dura
Menynx appellatur, & Chirurgis durama-
ter. Aliud quod tenuissimum est, & cerebro
penitus coniunctum, Choroides appellatur,
Chirurgis Pia mater: the two skins that
compassse or wrap the bryaine,
Menses, or
Menstruum, the flowers or termes in women.
Menstruum album, the whites in women.
Mentha, Mintha, Mints.
Mentha

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- Mentha aquatica*, water Mints.
Mentha caballina, or *Mentastrium*, horse Mints.
Mentha crispa, crumpled Mints.
Mentha equina, horse Mints.
Mentha felina, *Nepeta felina*, Pep.
Mentha rubra, a kind of Mints, red Mints.
Mentha sativa, garden Mints.
Mentha sylvestris, wild or horse Mints.
Mentagra, *Menti impetigo*, a scabbednesse of the face.
Mentastrium, *Mentha sylvestris*, wilde or horse Mints.
Mentastrium acutum Herbariorum, a kinde of wilde Mints.
Mentastrium Apuleij, or
Mentastrium Plinij, *Pulegium agreste*, wilde Mints.
Mentis error, Madnes.
Mercurialis, *Linosyrtis*, herbe Mercury.
Mercurius Chimistarū, *Hydrargyron*, Quicksilver.
Mercurius præcipitatus, Precipitate.
Mercurius sublimatus, Sublimate.
Meris, *Tripolium*, a kind of Turbith.
Meri Arabum, *Oesophagus*, the mouth of the stomacke.
Meseraica vena, certaine little veines in the Liver.
Mespilum, a Medlar, or open arse.
Mespilus, a Medlar or an open arse tree.
Metallum, Metall.
Metopium, *Ferula galbanifera*, the herbe of the which the gum Galbanum is made.
Metra Hippocratis, Vterus, the wombe.
Meu Arabum,
Meon, or
Meum, Mewe.
Mezereon Arabum, *Lozell*, or Laurel.
Mica thuris, *Mantia thuris*, the fragments of Frankinsence.
Micancalus, *flogithaginis*, a Cozne rose.
Michleta, a Confection so called.
Milax barbarorum, *Smilax*, *Taxus*, a tree like
Milium, Millet. (Fir.
Milium Indicum, siue
Milium saburru, Indian Millet.
Milium solis, *Lithospermum*, Bromill.
Millifolia, or
Millifolium, Barrow, Roseblæde, or Milfoile.
Millimorbia, or
Millimorbium, figwort.
Milos, *Taxus*, a tree like Firre.
Miltos Plinij, *Cinnabaris nativa*, naturall Cinoper.
Miluius, or
Milvus, a kite.
- Minij gleba Celsi*, *Terra lemnia*, *Terra sigillata*, or sealed earth.
Minium, red lead.
Minium Dioscoridis, or
Minium Plinij, *Cinnabaris metallica*, Cinoper.
Minium lemnium, *terra lemnia*, sealed earth.
Minium artificiale, artificiall Cinoper.
Minium natium, *Cinnabaris metallica nativa*, naturall Cinoper.
Minium officinarum, or
Minium secundarium, red or burnt Lead.
Mintha, *Mentha*, Mints.
Mintha agria, *Mentastrium*, horse Mints.
Misereuium Apuleij, *Polygonum*, Knotgras.
Mithridanum Dioscoridis, *Trixago palustris*, water Germander. (date.
Mithridatium, *Antidotus Mithridatis*, Mithridatium, or Mithridatia Apuleij, Scordium, water Germander.
Miua Cydoniorum, and *Miua Cydoniorum simplex officinarum*, *Syrupus Cydoniorum simplex*, the sirupe of Quinces.
Miua Aromatica officinarum, *Syrupus Cydoniorum Aromaticus*.
Mnion, *Muscus*, Mewe.
Mola, a pece of flesh without shape growing in a womans wombe.
Molge, *Salamandra*, a Salamander.
Moloch, *Malua maior*, the great Mallosh or Hollihocke.
Molotriculum Veneris.
Moly Galeni, *Ruta montana*, wild Rue.
Molybdæna Plinij, *Perficaria maior*, *Perficaria maculata*, the greater sort of Arsefmar.
Molybdis Plinij, *Spuma plumbi*, *Litargyrium plumbi*, Litargy or white Lead.
Monembasites Nicolai Myrepsi, *Vinum Maluaticum*, wine made of Malloshes.
Monoceros, *Vnicornium*, an Unicorn.
Montulmus Gazæ, *Vlmus montana*, a kinde of Elme.
Mora, *poma siue fructus mori*, Mulberries.
Mora bati, Bramble berries.
Mora Celsi, Mulberries.
Mora rubi, Bramble berries.
Mora rubi Idæi, Frambois.
Morbus arquatus, *Morbus regius*, the yellosh Jaundies.
Morbus caducus, *Morbus comitialis*, *Herculeus*, lunaticus, the falling sicknesse.
Morbus comitialis, vide *Morbus caducus*.
Morbus Diui Fiacari, *Coudyloma*, the Cynodes.
Morella Herbariorum, *Solanum*, Nightshade.
Morea, Mulberrie tree.
Morsus Diaboli, Devils bit.

Morsus

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Morsus gallinæ, running Burtoheate.
Morsus mulierum, Germander.
Moron, Morum, a Mulberry tree.
Morus, Morea, the same.
Morus vaticana, blackberry bush.
Moscus, Muscus, Muske.
Moschocaryon, Moschocarydion, a Putneg.
Mucago, Mucilago, and of the Apothecaries
Mucilago: it is a slime or juice which is
drawen either out of herbs, rootes, or seeds.
Mula herba Gaza, Hemionium, Harts tong.
Mullum, sweete wine.
Multineruia, Plantago maior, the great Plant.
Multinodia, Polygonum, Knotgrasse. (faine.
Multinodia minor, the lesser Knotgrasse. (my.
Mumia Arabū, Pissasphaltum factitiū, Gum.
Mumia Græcorum, Pissasphaltum, the same.
Mumia sepulchrorum, the same.
Muria, salt water; pickell, or brine.
Muria Colymbadum, Muria Oliuarum, the li-
quor of Oliues.
Muria Lemoniorum, the brine of the Limons.
Muria Oliuarum, Oliue brine.
Muralium, Helxine, Bellifoy of the wall.
Muscatellum vinum, Muscadell.
Muscus arborum, Mosse.
Mustum, new wine, or Must.
Mustum coctum, sodden wine.
Myacantha, a Palmie tree.
Myacantha Egnetæ, Asparagus myacanthi-
nus, Sparage.
Myces, Fungus, a Toadestole, or Mushrome.
Myositis, Eufasia cærulea, blew Eyebright.
Myrmex, Formica, an Ant, Emmet, or pismire.
Myrapiā, or Myrapidia, Pyramuscatella, a kind
of pleasant and odoriferous Peares.
Myrica, Tamarix, a Tamariske tree.
Myricites, Vinum Myricinum, or Tamarici-
num, wine made of Tamariske.
Myrobalanus, Bellerica, a kinde of fruite grow-
ing in India.
Myrobalanus Cepula, vel Chebula, the same.
Myrobalanus citrinus officinarum, Myroba-
nus flaua.
Myrobalanus Empelutica, or Emblica.
Myrobalanus Inda, Myrobalanus nigrans.
Myrobalanus Græcorum, Myrobalanus yn-
guentaria, a strange fruite called Ben Looke
for Ben, or Behen in the second Indes.
Myrrha, a sweete gum called Myrr.
Myrrha Troglodytica, a very excellent gum so
called.
Myrrhis, Cicularia, Kex Cax, Asse Parly,
mock Cheruill.
Myrsine, Myrthus, or Myrtus, the Myrtle tree.

Myrsine agria, Ruscus, Kneeholme.
Myrsionides, Vnicordia, Peruincle.
Myrtillus officinarum, Bacca myrti, the berries
of the Myrtle tree.
Myrthacantha, Ruscus, Kneeholme.
Myrtus, a Myrtle tree.
Myrtus aculeata, myrtus acuminata, a kinde of
Myrtle.
Myrtus humilis, the same.
Myrtus terrestris, Ruscus, Kneeholme.
Myxa, or Myxaria, a kinde of fruite so called.
N Aocaphton Pauli, Naocauton, Narcaph-
ton, black or common Frankinsence.
Naphta, Petroleum, Bitumen liquidum, and Bi-
tuminis Calamentum, a kinde of maunde or
chalkie clay.
Napellus, Totas.
Napellus Moylis, Auicenna Napellus salutife-
rus, Antithora, it is a roote much like unto
Seduary, but yet is not the right Seduary,
but another unknowne roote.
Napi, Sinapi, Mustard seede, or the herb it selfe.
Napus, siue Napum, a Turnep.
Narce, Gentiana, and Centaurium magnum,
Gentian, Bitterwort.
Narcissus, the white Daffodill.
Narcissus Autumnalis, Flos Colchici, a kinde of
Daffodils.
Narcissus luteus, a yellow Daffodill.
Narcissus Roseus, Rhodionarcissus Herbariorū,
Narcissus verus, a Daffodill.
Narcissus officinarum, Leucoium Theophrasti,
an Italian Daffodill.
Narcissus Virgilij, Narcissus, Theophrasti.
Narcotica, or Narcoticapharmaca, medicamen-
ta, quæ frigiditate torporem adferunt, it is a
certaine medicine which maketh people stu-
pefactus, or some of their members insen-
sible.
Nardinum, Dyle of the Spikenard.
Nardus, spardus, or Spica from India, Nardus
Indica.
Nardus Celtica, Nardus Romana, Nardus Gal-
silica, a kinde of Spikenard.
Narcaphtum, Thymiana, a kinde of Frankin-
sence.
Nascaphtum, the same.
Nasturtium, Nasturtium hortense, a tostone
Cresse, garden Cresses, or Poesmart.
Nasturtium aquaticum, water Cresses.
Nasturtium album, Raphanus marinus, horse
radish.

The third Index.

Nausea, a disposition, or will to vomit.
 Nebula oculorum, the dimnesse of the eyes.
 Nectris, or Notris Pollucis, Oliua conditanea, an Olive.
 Nephritis, Renum dolor, a griefe, or sicknesse in the reynes.
 Nepeta, or Nepita, Calaminta, Pep.
 Nepenthes, Buglossum, Buglosse.
 Nenuphar, or Nenuphar Arabum, Nymphaea, the flower deluce.
 Neregil, Nux Indica, an Indian Nut.
 Nerantzia malus, an Orange tree.
 Neranzion, or Neranzium malum, the same.
 Nerion, Nerium, Rhododendron, Rose lauzell, Bay Rose tree, Cleander.
 Nervorum resolutio, or desolutio, is a dissolving or weakening of the sinewes, called Paralysis.
 Nervus, a sinew.
 Nessium Apuleij, Centaurium magnum, the great Centaury.
 Neurospaston Plinij, Oxyacantha Dioscoridis, the Barbery tree, sharpe or Tartbery tree, the white Thorne tree.
 Nigella, Melanthium, Coziander of Rome, Parde, Peperwoort.
 Nigella alba, Melanthium album, white Peperwoort.
 Nigella Romana, Coziander of Rome.
 Nigellastrum, Cozne rose.
 Nihili album officinarum, Pompholyx. Tutty.
 Nihili griseum officinarum, Spodium Gracorum, Tutia Arabum, gray Tutty.
 Nil album officinarum, Tutty.
 Nil griseum officinarum.
 Nitrum, Salt peter.
 Nonifolium, Enneaphyllum, wild Peesewoort.
 Nucis myristicae involucreum, Nucis muscatae involucreum, Macis, the spice called Mace.
 Nucis regia Iuli, the blossomes of the Nut tree.
 Nuclei pinei, the kernell of a nut so called.
 Nucleus ferri, Chalybs, Steele.
 Numularia, Centum morbia, silver grasse.
 Nursina, Pila Martialis, Napus, a Rape, or Turnep.
 Nux, Nut, and Nut tree: by this word Nut, is understood all frutes having hard shels like a Nut.
 Nux auellana, a hasell nut.
 Nux aromatica, a Nutmeg.
 Nux Basiliaca, a Walnut, or Walnut tree.
 Nux castanea, a Chestnut.
 Nux cyparissi, Pilula cyparissi, a Cypress nut.
 Nux equina, a horse nut.
 Nux Indica, an Indian nut.

Nux Juglans, a Walnut.
 Nux Longobardica, Lombardy nuts.
 Nux Myristica, a Nutmeg.
 Nux Moscata, or Muschata, a Nutmeg.
 Nux Græca, Amygdalus, an Almond, or Almond tree.
 Nux Heracleotica, a hasell nut.
 Nux Myrepica, a Nutmeg.
 Nux Persica, a Persian nut, and nut tree.
 Nux Pineæ, Pingles.
 Nux Pontica, a hasell nut.
 Nux Regia, the same.
 Nux Tassia, an Almond.
 Nux Vomica.
 Nux vnguentaria, a Nutmeg.
 Nyctalops, Luscius, one that is purblind.
 Nycteris Arij, or Nycteritis, a Kearemouse or Bat.
 Nymphaea, the yellow flower deluce, or water Lilly.
 Nymphaea alba, the white water Lilly, or Rose.
 Nymphaea heraclea Plinij, the same.
 Nymphaea lutea, yellow water Lilly, or Rose.
 Nymphaea minor, the lesser Penuphar.
 Nymphaea lutea minor, the lesser yellow water Lillies, or Roses.

O.

OA, Sorbus, Sernis tree.
 Ocimum, vide Ozymum, and Ozimum.
 Ocneron, Ruscus, a kinde of shrub so called.
 Oculus canis, Conyza, a certaine herb so called.
 Oculus leporis, Gariophyllata, Auens.
 Oculus suis, Aster Atticus, Share, Stire, or Codwozt.
 Ocymastrum, Cardianthemum, a kinde of Gillofers so called.
 Ocymum, Basilicum, Basill.
 Oedema, Vndinia chirurgorum vulgo, an impostume comming of flegmatick matter without griefe.
 Oenanthe, Flos vitis sylvestris, Flos Labrusca, the blossoms of the wilde vine.
 Oenanthe herba, Filipendula, Droptwozt.
 Oenarum Pampinus, a vine leafe, or greene branch.
 Oenomeli, Mulsun, Sweete wine.
 Oenolithos, Lapis vini, Tartarus, or Tartarum, Argoile, or Winestone.
 Oenorhodon, Vini rosa, wine rose.
 Oenos, Vinum, Wine.
 Oesophagus, Stomachus, Orificium ventriculi, the mouth of the stomack.
 Oesipum, or Oesipus, the filthy oyle that is in the

The third Index.

the flanks of a Sheepe.
 Olea, Oliva, the Olive tree.
 Olea sylvestris, Oleaster, the wild Olive tree.
 Oleaster, the same.
 Olei fex, Amurca Olei, the dregs of Oyle.
 Oleander, or Oleandrum, Barbarorum Rhododendrum, Oleander.
 Oleum Olium, Oyle of Olives.
 Oleum Anisi, Oyle of Annise.
 Oleum Antimonij, Oyle of Antimony.
 Oleum Amygdalarum, or Oleum Amygdalarum dulcium, Oyle of Almonds.
 Oleum Amygdalarum amaram, Oyle of bitter Almonds.
 Oleum balanini, Oleum glandis vnguentariae Oyle of Behen.
 Oleum Camelinum, Oleum sesaminum officinarum, Oyle of Cammill.
 Oleum Chamemelinum, the same.
 Oleum Nucleorum Persicorum, Oyle of Peach kernel.
 Oleum Caryophyllorum, Oyle of Cloves.
 Oleum Costinum, oyle of Costus.
 Oleum Cucurbitinum, Oyle of Gourds.
 Oleum Cucumeris Asinini, Oyle of wilde Cucumbers.
 Oleum Cicinum, vide Oleum Ricinum.
 Oleum cydoneorum, Oyle of Quinces.
 Oleum Euphorbii.
 Oleum Hyperici, Oyle of S. Johns wort.
 Oleum Iridum, Oyle of the flower deluce.
 Oleum florum nucis Juglandis, Oyle of the blossom of the Walnut tree.
 Oleum de Kerua, Oleum ricinum, Oyle of Palma Christi,
 Oleum de lateribus, Oleum Philosophorum, Oyle of bzicks.
 Oleum Laurinum, Oyle of Bayes.
 Oleum ligustrinum, Oleum cyprinum, Oyle of Priuet.
 Oleum Liliorum, Oyle of Lillies.
 Oleum Lini, Oyle of Lin, or Flax.
 Oleum macis, Oyle of Mace.
 Oleum mastichinum, Oyle of Masticke.
 Oleum matricariae, Oyle of sweete Marierom.
 Oleum melinum, oyle of Quinces.
 Oleum de mentha, Oyle of Mints.
 Oleum menthaceum, the same.
 Oleum Myrtinum, oyle of Mirtles.
 Oleum myrtillorum officinarum, Oleum Baccarum myrti, the same.
 Oleum Narcissinum, Oyle of Narcissus.
 Oleum nucum juglandium, Oyle of Walnuts.
 Oleum nucis Indicae, Oyle of Indian nuts.
 Oleum nucis muscatae, Oleum nucis myristicae,

Oyle of Nutmegs.
 Oleum Nenupharis, or Oleum Nymphaea, Oyle of Nenuphar, or white water rose.
 Oleum Oliuarum, oyle of Olives.
 Oleum Omphacinum, oyle of Olives not full ripe.
 Oleum Ouorum, oyle of Eggs.
 Oleum florum papaveris, oyle of Poppy.
 Oleum seminis papaveris, oyle of the seede of Poppy.
 Oleum petrae, Petroleum, an oyle that naturally runneth out of the stone.
 Oleum Philosophorum, oyle of Bzicks.
 Oleum de piperibus, oyle of Pepper.
 Oleum Piperinum stillatitium, oyle that is distilled out of Pepper.
 Oleum Ricinum, oyle of Palma Christi.
 Oleum Rosaceum, oyle of Roses.
 Oleum Syocinum, Oleum Cucumeris asinini, oyle of wilde Cucumbers.
 Oleum Suisinum, oyle of Lillies.
 Oleum Staphidis agriae, oyle of Stauesacre.
 Oleum Sesaminum officinarum, oyle of Cammill.
 Oleum sulphuris, oyle of Brimstone.
 Oleum scorpionum, oyle of Scorpions.
 Oleum Sinapis, or Oleum Sinapinum, oyle of Mustard.
 Oleum Stimmios, Oleum Antimonij, oyle of Stibium, a stone so called.
 Oleum viride, Oleum Omphacinum, oyle of vnrripe or greene Olives.
 Oleum Vitrioli, oyle of Vitrioll.
 Oleum lumbricorum, Oleum vermium terrestrium, oyle of earth wormes.
 Oleum cyprinum, Oleum ligustrinum, oyle of Priuet.
 Oleum Raphanini, or Oleum seminis Raphani, oyle of Radishes.
 Oleum Rhabarbari, oyle of Rhabarbe.
 Oleum Sandaracae, oyle of Juniper gum.
 Oleum vermium terrestrium, vide Oleum lumbricorum.
 Oleum seminis Raphani, vide Oleum Raphani.
 Oleum Absinthij, oyle of Wormewood.
 Oleum Leucoinum, Oleum cheyrium, oyle of Violets.
 Oleum Cheyrium, Oleum leucoinum.
 Oleum granorum Juniperi, oyle of Juniper berries.
 Oleum Nardinum, oyle of Spikenard.
 Oleum ex immaturis Olivis confectum, oyle of vnrripe Olives.
 Oleum Spicae nardi, oyle of Spikenard.
 Oleum Tartari, oyle of Tartar.

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- Oleum resinæ abietis, oyle of Turpentine.
 Oleum Therebinthinæ officinarum, oyle of Turpentine.
 Oleum Triciti, oyle of Wheate.
 Olibanum officinarum, Opolibanum, white Frankinsence.
 Olibanum testiculatum, a kinde of Frankinsence.
 Oliua, Olea, an Olive tree.
 Oliua conditanea, Olives.
 Olium, Oleum oliuarum, oyle of Olives.
 Olus atrum, Alsander, or Louage.
 Olus aureum, Atriplex, Drage, Arch, or golden herbe.
 Olus rubrum, Blitum rubrum, red Spinage.
 Olus Hispanicū, siue Olus Spinaceū, Spinage.
 Olus agninū, Plātago, Plantaine, or Weyby.
 Omentum, vulgo Zirbus, the caule, or sewet, wherein the bowels are lapt.
 Omphacinum, vulgo Agresta, succus elabrusca, vel uis acerbis, Ueriuice.
 Omphalocarpos, aparine, Goeshart.
 Omphax, Vua immatura, vua acerbā, an vnripe Grape.
 Onicidæ, Gallæ asininæ, a kind of Gaules.
 Oniscus, Asellus, a kinde of fish so called.
 Onitis, Origanum Creticum bastard Pariozam, Spanish Origan.
 Onocardium, Dipsacus, Fullers Thistle, or Teazill.
 Onopretium Herbariorum, Felicula asellorum Adiantum album, Paydenhaire.
 Onoriganum Herbariorum, Origanum asininū sic dictū, quod foliū eius asinis pabulo sit gratum, Onitis, bastard Pariozam, or Spanish Origan.
 Onyx, Blattium Bizantium, vide Blacca Bizantia.
 Ophioctonum, Ceruiosellus, a Parsenep.
 Ophioglossum, Serpents toong.
 Ophiostaphylos, Vua anguina, a kind of shub so called.
 Ophthalmia, Lippitudo, blearednes of the eies.
 Ophthalmica herba, Eufasia, Eyebright.
 Opisthotonus, a kinde of Crampe.
 Oppertitus, Iris, flower deluce.
 Oppilatio, a stopping of the bzeast.
 Opiō, Opiū, Liquor, vel lacryma, è vulneratis papaueris nigri Capitulis fluens, a certayne dyed sap of the black Poppy, which of the Apothecaries is called Opium. (cum,
 Opopanax, lacryma panacis, officinis opopanax the dyed sap or gum which is pressed out of the roote of the herbe Panax, which as yet is so called of the Apothecaries.
 Opobalsamum, liquor Balsami, Balsamum, Iudaicum, naturall or Jewish Balsamum.
 Opolibanum, Thus, Frankinsence.
 Opopyra, a confection so called.
 Opos Medicos, & Opos Syriacos, hoc est, Succus medicus, & Syriacus, a kinde of iuice so called.
 Opulus, dog tree.
 Orbicularis, Solwes bread.
 Orchis, Testiculus, Gandergrasse, Ragwort.
 Orchismas maior, the male Gandergrasse or Ragwort, with the broad leaues.
 Orchismas minor, male Gandergrasse with the narrow leafe.
 Orchis foemina minor, the female Gandergras with the narrow leaues.
 Orchis Odoratus, swete Ragwort.
 Orchis Serapias, a kind of Ragwort.
 Origanum, Origanus, bastard Pariozam, or Spanish Origan, Origan.
 Origanum Asininum, Onitis, vide Origanum.
 Origanū Hispanicū, vide Origanus Heracleotica.
 Origanum Hircinum, Tragoriganū, vide Origanum.
 Origanum panaceum, Origanū sylvestre, wilde or common Origan, Elme.
 Oriptelea, Montiulmus, Vlmus montana, an Orminum officinarum, Gallitricum, Clary.
 Orobas, Præonia, Dion.
 Orobelium, the same.
 Orobethrō, Hypocistis, a certain iuice so called.
 Orobis, Eruum, a kinde of pulse bigger than Vetches, bitter Vetches, Tares.
 Orneoglossum, Lingua auis, & officinis semen fraxini, the seede, or keyes of Ash.
 Ornus, Fraxinus montana, an Ash.
 Orthophnæa, a straightnes of bzeath, by stopping of the Lights, that one cannot bzeathe but holding his neck vp right. (Plantaine.
 Ortyx Theophrasti, Herba genus, Plantago.
 Oruala, siue Orballa Herbariorum, Clary.
 Oryza, Risum, Rice.
 Os Sepiæ, a Turtlebone.
 Os de corde cerui, Ossea cartilago cordis ceruini, est propago quædam neruia duriuscula, crucis similitudine, the bone that is in a Stags hart.
 Ostracium Indicum, Blattum Byzantium, an Indian shell, vide Blatta Byzantia.
 Ostracū Galeni, Cothleæ domus, a Snail shell.
 Osyris, vel Osyrias, wilde flare.
 Othonium, Chelidonium maius, Celandine the greater.
 Oxalis, vulgo Acetosa, Sorrell.
 Oxalis aruenis, Oxalis minor, tenuifolia veruecina, the lesser Sorrell.
 Oxalis gallica, or Oxalis rotūda, round Sorrell.
 Oxalis

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Oxalis fatiua, same **Sorrell**.
 Oxyacantha Galeni, Officinis Berberis dicitur, the **Berberis tree**.
 Oxyacanthites, **Berberis wine**.
 Oxyarceutis, the greater **Juniper tree**.
 Oxycraton, siue Oxycratum, water and vineger together, called **Posca** in Latine.
 Oxycroceum, vide Emplastrum Oxycroceum.
 Oxygonum, Papauer erraticum, the red **corne rose**.
 Oxydrus Theophrasti, Iuniperus minor, the **Gooseberry tree**. (Docks.
 Oxylapathum Dioscoridis, Lapathum acutum,
 Oxylapathum Galeni, Lapathum acidum, **Sorrell**.
 Oxymalon persicon Laconi, Prunum, a **Bune**.
 Oxymel siue Oxymel simplex, Syrupe made of **Wineger and Honey**.
 Oxymel compositum, Oxmel diureticum.
 Oxymel de radicib. a kind of compounded **sirupe**.
 Oxymel Scillinum, siue Scilliticum, a sirupe of **sea Onions, Wineger and Honey**.
 Oxymel simplex, vide Oxymel.
 Oxymyrsine, Ruscus, **Knæholme**.
 Oxyphœnica, Palmula Indica, Tamarindi, the fruite of the tree **Oxyphœnix**.
 Oxyrhodinum, Oleum rosaceum aceto dilutum, **Oyle of Roses and Wineger together**.
 Oxyfaccharum, Officinis Oxyfacchara, a sirupe so called.
 Oxyfaccharum compositum, a compounded sirupe of **Wineger and Sugar**.
 Oxytriphylum, Asphaltum, wood **Sorrell**.
 Ozæna, siue Ozena, a soze in the nose causing a stinking saueur.
 Ozilete officinarum, or Ozylete, perfuming **candles**.
 Ozimum, Ocimum, or Ozymum, **Basill**.
 Ozymum aquaticum, water **Basill**.
 Ozymum Cariophyllatum, or Ozimum minus, the lesser **Basill**.
 Ozimum crispum, crisped **Basill**.
 Ozimum minus, vide Ozimum Cariophyllatū.

P.

Pabulum anserinum, Alsine, **Chickweede**.
 Pabulum camelorum, Scœnanthum, Squinanthum.
 Pabulum cerui, Elaphoboscum, a kind of **Sage**.
 Pæderos, & Pæderotes, Acanthus, **Beares foote**.
 Pæderotes, vide Pæderos.
 Pæonia, **Pyonie**.
 Pæonia alba, white **Pyony**.
 Pæonia fœmina, **Pyony** the female.
 Pæonia fœmina altera, red **Pyony**. (same.
 Pæonia mascula Plinij, Pæonia promiscua, the

Pæonia mascula Dioscoridis, Pæonia alba.
 Pæonia multiplex, double **Pyony**.
 Pæonia promiscua, vide Pæonia mascula, Plinij
 Pæonium Apuleij, idem quod Pæonia, **Pyony**.
 Pæside, Pæonia, the same.
 Pala marina Barbarorum, Balla marina officinarum, sea **balles**.
 Palimpissa, Pix excocta, **Pitch twice sed**.
 Palatium leporis.
 Palma, Phœnix, the **Date tree**.
 Palma Christi, a tree so called.
 Palma Christi minor, Satyrium Basilicum minus Herbariorum, three leaved **Gandergrasse**, **Kagwort**, or **Dogstones**.
 Palma Veneris, Satyrium Basilicum, the same.
 Palma virginea herbariorum, Peruinca, **Per**
 Palmos, the panting of the heart. (uindle.
 Palmula, Dactyli, Phœnices, **Dates**.
 Palmula acidæ, Palmula Indica, Palmula nigra Tamarindi, solver **Dates**.
 Palmula Indica, vide Palmula acidæ.
 Palmula nigra, vide Palmula acidæ.
 Palmula Veneris, Satyrium regium minus, a kinde of **Kagwort**.
 Palpitatio cordis, the panting of the heart.
 Palpebra, gena, Blepharon, an eye **lid**.
 Paludapiū, Eleoselinū, wild **Parley**, **Smallage**.
 Pampinula, Pimpinella, **Wimpernell**.
 Panaritium Barbarorum, Paronychia, a disease often breeding in ones **fingers**.
 Panada, Panatella Practicorum, a pap made with **bread**.
 Panacca, Ligusticum verum, **Louage**.
 Pancarpos, **Milkethistle**.
 Pandionia radix, Chelidonium maius, **Celandine the greater**.
 Pancranum, Thapsia, a kinde of **Turbith**.
 Panicum, **Panick**.
 Panicum Indicum, **Indian Panick**.
 Panigo, Panicum, **Panick**.
 Panion, Satyrium, **Dogs stones**.
 Panis alcarit Barbarorum, Cyclaminus, **Sowes bread**.
 Panis bis coctus, Panis nauticus, **Bisket**.
 Panis ciconia, Colchicum, **Hermodactiles**.
 Panis cuculi, Trifolium acidum, **Cuckoebread**, wood **Sorrell**.
 Panis fauni Barbarorum, Cyclaminus, **Sowes**
 Panis Diui Iohannis, Carrubia, Siliqua. (bread.
 Panis nauticus, vide Panis bis coctus.
 Panis terræ herbariorum, Cyclaminus, **Sowes**
 Panthiceratos, Pæonia, **Pyony**. (bread.
 Papauer, Mecon, **Poppy**.
 Papauer album, white **Poppy**. (Poppy.
 Papauer caninum, Papauer erraticum, wild
 k k k 5 Papauer

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- Papauer caducum, red Poppy.
 Papauer erraticum, vide Papauer caninum.
 Papauer erraticum minus, the lesser red Poppy.
 Papauer fluidum Gaza, Papauer rhœas, the
 Papauer satium, white Poppy. (same.
 Papauer hortense, the same.
 Papauer palustre, Nymphaea, the white water
 Lilly, or Rose.
 Papauer nigrum, black Poppy.
 Papauer puniceum, Papauer rubrum, red Poppy.
 Papauer rhœas, vide Papauer fluidum.
 Papauer rubrum, vide Papauer puniceum.
 Papauer sylvestre Dioscoridis, Papauer nigrum,
 wilde Poppy.
 Papaueralis, red Poppy.
 Papaueralis minor, the lesser Poppy.
 Papaueris caput, Codia, the tops of Poppy.
 Paralius, Tithymalus marinus, a kind of Spurge.
 Paralysis, paraphlegia, nervorum resolutio, a
 disease called the Palsie.
 Paralytica, or Paralytica herba, Cowslips.
 Paralytica, Alpina, Sanicle.
 Paralyticus, one that hath the Palsie.
 Paraplegia, vide Paralysis.
 Paraphora, Delirium, vide Mentis error.
 Pardalianches, a kinde of Wolfewort.
 Parietalia, the temples of the head.
 Perietaria, and Perietaria minor, Perdicium,
 Pellitory of the wall.
 Paron Italarum, Iliaca, a paine in the guts.
 Paronychia, Panaritium Barbarorum, a disease
 growing in the fingers.
 Parotes, Abscessus secus aures, an impostume
 behind the eares.
 Parthenium, Cotula foetida, Feuerfew, or Mo-
 therwort.
 Pasaphan Italarum, a powder so called.
 Pascanthemum Herbariorum, Bellis minor,
 Paspale Hippocratis, Milium, Millet. (Daisies.
 Pastinaca, a Parsenep.
 Pastinaca alba, a white Parsenep.
 Pastinaca ceruina, Elaphoboscum, a kinde of
 Parsenep.
 Pastinaca erratica, Pastinaca vera, wilde or yel-
 low Parsenep.
 Pastinaca nigra Theophrasti, Pastinaca rubra, a
 Carrote.
 Pastinaca lutea, Carotis lutea, yellow Carrote.
 Pastinaca sylvestris, Pastinaca vera, wilde
 Parseneps.
 Pastinaca maior Athenæi, Carcum, Comin.
 Pastillum, Isatis, Moade.
 Pastus Camelorum, Scœnanthum, Squinanth.
 Passulæ officinarum, Vux passæ, Raysons. (rangs.
 Passulæ Chemelinæ, Passulæ sine nucleis, Co-
 Passulæ corinthiacæ, vide Passulæ siliciæ.
 Passulæ Damascenæ, Vux Zizibæ, vel Zibebæ,
 a kinde of Raysons.
 Passulæ minores, Cozans.
 Patientia, the herbe Patience.
 Pauerina Italarum, Alsine, Chickweede.
 Pauonaria Herbariorum, Arlesmart.
 Pectis Apuleij, Symphelitu magnum, Comfrey.
 Pedalium Apuleij, Polygonum, Knotgrasse.
 Pedicularia.
 Pelasgum Plinij.
 Penidia, Penidiorum.
 Pentapetes, quinquefolium, fiveleaved grasse.
 Pentapleuron, Hounds rib, or the lesser Plan-
 taine.
 Pentaphyllon, Cinckesoye.
 Pentorobon, Peonia, Diony.
 Pentadactylon, Ricinus: Palma Christi.
 Peplion, wilde Purslaine.
 Pepo, Pepon, a kind of Melons called Popeons.
 Pepo muscatellinus, a kinde of Pompeons.
 Pepo saccharinus, another kind of Pompeons.
 Pepo saracenicus, a kinde of Pompeons.
 Pepo Turcicus, the same.
 Pera pastoris, Bursa pastoris, shepherds pouch.
 Perdicium, Pellitory of the wall.
 Perfoliata, A hough ware.
 Perforata officinarum, S. Johns wort.
 Pericardium, the skin that compasseth the hart.
 Periclymenum perfoliatum, vide Periclymenum
 Italicum, siue Periclymenum perforatum,
 Woodbinde, or a kinde of Hony suckle.
 Periclymenum, Periclymenus, Hony suckle.
 Peristerion, Columbaria, Herueine.
 Peripneumonia, an inflammation or impostume
 in the Lungs, with a vehement feuer.
 Peristeropodium, Pes columbinus, Storks bill.
 Perla, Margarita, a kinde of pretious stone.
 Persicaria Herbariorum, Arlesmart.
 Persicum, a Peach.
 Persicus, and Persica malus, a Peach tree.
 Persites, Tithymalus dulcis, a kinde of Spurge.
 Personatia, or Personata, Clote, or great burr.
 Peruinca, Peruinckle.
 Pes Alexandrinus, Pyrethrum, Warframe, or
 Pellitory.
 Pes columbinus Herbariorum, Pinckneedle,
 Shepherds bodkin, or Storks bill.
 Pes gallinaceus, Hartwort.
 Pes Leporinus, Hares foote.
 Pes Leonis, Pedelion, or Lions foote.
 Pes vituli, a kinde of Cuckowpinte.
 Pestilentia, Pestis, a Pestilence, or Plague.
 Pestis, vide Pestilentia.
 Petralæo, Petroleum, an oyle that naturally run-
 neth

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- neth out of a stone. (stones.
Petroselinum, a kind of parfly growing on
Petroselinum Alexandrinum, Herbariorum,
stone parfly.
Petroselinum Cilicum, Petroselinum Alexan-
drinum, the same.
Petroselinum Macedonicum, the same.
Peuce, Abies nigra, a firre tree.
Peucedanum, dog fennell.
Phagedæna, a running canker, or pock.
Pharmacon Suidæ, Petraleon, an oyle natu-
rally running out of a stone.
Phasganum, Gladiolus, Sedge, or Gladen.
Phaselus, siue Phaseolus, a kind of pulse or long
pease.
Phasiolus, Phaselus, the same, a turkish beane
or pease.
Pheminalis, Phlomis, a kind of Primrose.
Philanthropus, Aparine, a kinde of burres that
cleaue to mens coates.
Philonium, siue Philonium Romanum, a con-
fection so called.
Philonium persicum, a confection so called.
Philomedium, Chelidoniū maius, Celandine
the greater.
Phlegma, the humoz in the body called steame.
Phlegmone, inflammatio, an Impostume, or
bloud inflamed.
Phlogion, Viola Trinitatis, hearbe Trinity, or
Harts ease.
Phlomis, Verbasculum, Comslips.
Phlomos, Melanophyllos, Verbasum nigrum
Longwort, Woolblade, or Torch herbe.
Phlomos agrios, Verbasum sylvestre, wilde
Phlox, flower gentle. (Woolblade.
Phoenix, Palma, a Date tree.
Phœnicites, Lapis Iudaicus, Jewes stone.
Phrenitis, a phrensie.
Phrycodes, vide Febris phrycodes.
Phrygius lapis, Amber.
Phthiriasis, Morbus pedicularis, the Louzy euil.
Phthirioctonum, Pedicularia, Licebane.
Phthisis, a kind of consumption.
Phthisicus, one that hath a consumption.
Phu, Valerian.
Phu ponticum, the same.
Phyleteria, siue Phyleterium, Dictamus alba, a
certaine herbe so called.
Phylira, Tilia, the Linden, or Tillet tree.
Phyllitis, Lingua ceruina, Harts tong.
Phyllon, siue Phyllon Indicum, an India leafe,
vide Malabathrum.
Phyllopharis, Marrubium, Horehound.
Phyltrum, Loueweede.
Phyrania, Fermentum, sower dowe.
Physalis, Halicacabus, Alkakengy.
Pia mater, a little skinne that couereth the
braines, vide Meninges.
Pica, citta, Malacia, a disease of longing vna-
turally in a woman with child.
Picea, Abies nigra, a Pitch tree.
Picibitumen, Pissasphaltū, Pitch, and the lime
called Bitumen mingled together.
Pilula, Catapotium, Barbaris Pilula, per duplex
L. Pilles.
Pillula cyparissi, Nux cupressi, a Cipresse nut.
Pilula Alephangina Arabū, Pilula aromatica,
A kind of pilles.
Pilula aromatica, vide Pilula Alephangina.
Pilula aurea, a kind of pilles.
Pilula de Agarico, pilles of Agaricus.
Pilula Asaiereth, pilles so called.
Pilula de Aleo lota, pilles of washed Aloes, or
Sengreene.
Pilula aggregatiua officinarum, Pilula Poly-
chresta, pilles so called.
Pilula de Lapide Armonico, pilles of a stone
so called.
Pilula de Bdellio, pils made of y gum Bdelliū.
Pilula benedicta, certaine pils so called.
Pilula cochia, pils that purge the head.
Pilula communes, Pilula Ruffi, Pilula sine cu-
ra, vide Pilula pestilenciales.
Pilula de Cynoglossa, pils of Hounds tong.
Pilula de Euphorbio, pils of the gum called
Euphorbium.
Pilula foetida, pils of Asa foetida.
Pilula de Hiera, pils of Aloes.
Pilula de Hiera composita, pils of Aloes, and
other things.
Pilula de fumo terræ, pils of Pigeons Chernil,
or Sumitory. (dactiles.
Pilula de Hermodactylis, pils of Hermo-
Pilula iliacæ, pils for the colick, or paine in
the small guts.
Pilula Indica, pils of Indian Mirobalans.
Pilula de Hiera cum agarico, pils so called.
Pilula de lapide Lazuli officinarum, Pilula de
lapide Cyaneo.
Pilula mastichina, pils of mastick.
Pilula de mezereo officinarum, pils of Mezell.
Pilula de Chamelæa, the same.
Pilula ophtalmica, pils for the eyes.
Pilula de quinque generibus Mirobalanorum,
Pils of five kinds of Mirobalans.
Pilula de Opopanaco, pils of the gum Opopa-
nacum.
Pilula polychresta, vide Pilula aggregatiua.
Pilula pestilenciales, Pilula Ruffi, pilles against
the plague.

Pilula

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Pilula ruffi, vide *Pilula communes*, and *Pilula Pestilenciales*.
Pilula de Sarcocolla, Pills of a gum called *Sarcocollum*.
Pilula sine quibus, siue, sine quibus esse nolo, Pills so called, which some call *Pilula sine cura*, because they may be taken or used without all feare.
Pilula de Sandaracha, pills of the gum of a *Juniper* tree.
Pillula de Serapino, pills of the gum *Serapinu*.
Pillula de succino, pills of white Amber.
Pillula de tribus, *Pillula pestilenciales*.
Pillula de Rhabbaro, pills of *Rubarbe*.
Pillula sine cura, vide *Pillula Alephangina*, *Pillula pestilenciales*, *Pillula communes*, *Pillula sine quibus esse nolo*.
Pillula Stomachica, pills for the stomacke.
Pimpinella crispa, *Pimpinella petraea*, *Pimpinella minor*, *Burnet*, or *Pimpinell*, *Pimpinell* the lesser.
Pimpinella Hircina, a kinde of *Pimpinell*.
Pimpinella Italarum, *Sanguisorba*, *Pimpinell*.
Pimpinella maior, the great *Pimpinell*.
Pimpinella minor, vide *Pimpinella crispa*.
Pinastr, *Pinus sylvestris*, the wild *Pine* tree.
Pinestella, *Pinestellum*, dog *Fennell*.
Pinea officinarum, *Nox Pinea*, the fruite of the *Pine* tree.
Pingue lactis, *Pinguedo lactis*, *Creame*.
Pinguitudo succidarum Lanarum, *Oesypus*, the oyle that breedeth in the flankes, or neck of a *Pinus*, a *Pineapple* tree. (Sheepe.
Pinus sylvestris, vide *Pinastr*.
Pinus pumila, a kinde of *Pine* tree.
Pinula, *Trichomanes*, *Maydenhaire*.
Piper, *Pepper*.
Piper album, white *Pepper*.
Piper agreste, *Vitex*, *Agnus Castus*.
Piper Aquaticum, *Hydropiper*, water *Pepper*, *Arsenick*, *Kilridge*, or *Culrage*.
Piper caninum, the same.
Piper Eunuchorum, *Piper Monachorum*, *Agnus castus*, vide *Agnus castus*.
Piper longum, long *Pepper*.
Piper monachorum, vide *Piper Eunuchorum*.
Piper montanum, *Horrell*.
Piper nigrum, black *Pepper*.
Piperitis, *Lepidium*, *Indish Pepper*, *Alecosse*.
Pira muscatellina, muske *Peares*.
Piraster, wilde *Peare* tree.
Pirola, siue *Pirula*, or *Pirola pratensis*, wilde *Pissahygra*, *Pix liquida*, *Tarre*. (Beetes.
Pissasphaltum, *Picibitumen*, *Pitch*, and the lime called *Bitumen* mingled together.

Pissasphaltum Arabum, *Mumia officinarum*, the same.
Pissasphaltum Græcorum, *Pissasphaltum nativum*, the same.
Pistaceum, siue *Pistacium*, *Pistachium*, a kinde of nuts commonly of the Apothecaries called *Pistaceus*, a kinde of nut tree. (Fistici.
Pistachium, or *Pistacium*, vide *Pistaceum*.
Pisum, a *Pease*.
Phititis, *Papauer nigrum*, black *Poppy*.
Pituita, *Phlegma*, *Fleame*.
Pityides, *Pinea nuce*, the fruite, or nuts of the *Pine* tree.
Pityusa, *Esula maior officinarum*, *Esula*, *Spurge*.
Pix, *Pissa*, *Pitch*.
Pix arida, *Pix concreta*, *Pix excocta*, hard, or stone *Pitch*.
Pix Brutia, *Pix græca*, a kinde of *Pitch*.
Pix Fluida, *Pix Liquida*, *Tarre*.
Pix naualis, *Pix radulana*, ship, or saylers *pitch*.
Plantago, *Plantaine*, or *Maybzead*. (taine.
Plantago acuta, siue *Lanceolata*, sharpe *plantaine*.
Plantago Aquatica, *Plantago Palustris*, water *plantaine*.
Plantago lata Apulei, *Plantago latifolia*, broad leaved *plantaine*.
Plantago lanceolata, *Plantago acuta*, prickle leaved *plantaine*.
Plantago latifolia minor, *Plantago trinervia*, *Plantago syluatica*, the lesser broad leaved *plantaine*.
Plantago maior, the great *plantaine*. (taine.
Plantago media Herbariorum, *Plantago minor Dioscoridis*, *Maybzead*, or *Kibgrasse*.
Plantago minor Dioscoridis, vide *Plantago*.
Plantago acuta, vide *supra*. (media.
Plantago rubra, *Plantago maior*, red *plantaine*.
Plantago trinervia, vide *Plantago latifolia minor*.
Plantago rosea, a kinde of *plantaine*. (nor.
Planta leonis, *Alchimilla*, *Ladies mantle*.
Plantagonium, *Folium papaveris*, the leafe of *Plantainella*, *Spondylium*, *Beares foote*. (poppy
Platanus, a *Plane* tree with broad leaues, growing in *Italy*, whom some do take for *Opulus*.
Platyophthalmion Plinij, *Stimmi*, a kinde of purging glasse, called *Stibium*.
Pleuritis, the *Pleurisie*.
Plectronia, siue *Pelethronia Apuleij*, *Cetaureu magnu*, *Cento*, or the greater, vide *Rapontica*.
Plectranthemum, *Consolida regia*, *Larkspur*.
Pleuriticus, one that hath the *Pleurisie*.
Plumbago Plinij, *Persicaria maculata*, a kinde of *Plumbum*, *Lead*. (Arsmart.
Plumbum vstum, burnt *Lead*.
Podagra, the *Gout*.
Podagra lini Herbariorum, *Cassya*, *Bindeweed*.
Podex,

The third Index.

Podex, an Arsehole.
 Polemonia, siue Polemonium, vide Diptamus.
 Pollen, Bealedust.
 Polyanodynus, Cicuta, Hemlocke.
 Polyanthemum Plinij, Ranunculus multiplex, a kinde of Butter flower.
 Polycarpon, Polygonum, Knotgras.
 Polycraton Hippocratis, siue Polycriton, Arse smart.
 Polygonoides, peruinca, Perwinckle.
 Polygonatum, Sigillum Salomonis, Salomons seale.
 Polygonatum angustifolium, Polygonatum minus Herbariorum, Salomons seale the lesser.
 Polygonatum latifolium, Polygonatum platyphyllon, the great Salomons seale.
 Polygonatum maius, the same.
 Polygonatum minus, vide Polygonatum angustifolium.
 Polygonatum platyphyllon, vide Polygonatum latifolium.
 Polygonum, multinodia, Knotgras.
 Polygonum Heraclium Herbariorum, Polygonum mas, Knotgras the male.
 Polygonum foemina, Hippuris minor, Knotgras the female, or Horse tayle. (racleum.
 Polygonum masculum, vide Polygonum Heraclium.
 Polygonum minus, vulgo ruella, the lesser Knotgras.
 Polyneuron, broad Knotgras.
 Polyominon, Perdicum, Parietaria.
 Polypodium, Felicula, Polypody.
 Polypus, a certaine impostume in the nose.
 Polytrichon officinarum, Trichomanes, Mayden hayre.
 Polytrichum Apuleij, the same.
 Polytrichum Dioscoridis, Polytrichum verum, a kinde of Venus haire.
 Polytrichum aureum Herbariorum, the same.
 Polytrichum verum, vide Polytrichum Dioscoridis.
 Pomada, siue Pomata, a sweete smelling salve made of Apples.
 Pomata, vnguentum Pomatum, vide Pomada.
 Pomelæa Herbariorum, Lungwort.
 Pompholyx nigra, gray Tutty.
 Pompholyx, Tutty. (reuge.
 Pomum Arangia, Pomum Nerantzium, an Apple.
 Pomum Lemonium, siue Limonium, a Limon.
 Pomum sylvestre, a Crab or wild Apple.
 Poplitis vena, the veine of a mans ham behind the leg.
 Populago, Bechium, Folesote, Alehoofe, or Horse hoofe.
 Populeum officinarum, Vnguentum populeum, Poplar salve.

Populus, the Poplar tree.
 Populus humilis siue Populus pumila, a kinde of Poplar. (saine.
 Porcellana, Herbariorum, Andrachne, Pur.
 Poros, that matter which consolidateth the broken bones within.
 Porrum, a Lecke.
 Porrum aricinum, Porrum Capitatum, headed Leekes.
 Porrum sectile, siue Porrum sectium, Leekes.
 Porrum Tarentinum, Leekes.
 Porrum sylvestre, siue Porrum vineale seu Ampelorasum, wild Leekes.
 Portentilla Herbariorum, Argemone altera, wilde Tansie, or Siluer herbe.
 Posca, Oxycraton, a kinde of small household wine, mixed with water in the presse: vide Oxycraton.
 Præmorsa Herbariorum, Morsus Diaboli, Devils bit.
 Prasitis gemma, a kinde of Sapphyre.
 Prassium, Marrubium, Horehound.
 Priapeion, Viola nigra, a kinde of Violets.
 Priapicon, Satyrium Erythronium, a kinde of Gandergras.
 Priapismus, satyrisms, satyriasis, satyriasmus, a disease whereby the priue member of a man standeth alway, without appetite or lust of generation.
 Priapus Cerui, Hille of a Hart.
 Primula veriflora Herbariorum, siue Primula veris, Primrose, or Cowslips.
 Probatium, Plantago, Plantaine.
 Proetium, Veratrum nigrum, black Pesewort.
 Proserpinaca, Knotgras.
 Prosopium, siue Prosopis, the great Burre.
 Protopium, wine new pressed out of the Grape.
 Protea Apuleij, Nymphaea, the white water Lil.
 Pruneola, Pruna sylvestria, Sloes. (ly.
 Prunella Herbariorum, Selkeheale.
 Prunida ctyla, Damaske Prunes.
 Pruna Auenaria, a kinde of Sloes. (Prunes.
 Pruna Asinaria, or Pruna Asinina, great Pruna Cerea, siue Cerina, a kinde of Prune.
 Pruna Cerina, siue Cerea maiora, great Italian Prunes.
 Pruna Damascena, Damaske Prunes.
 Pruna Hiberica, Pruna Hispanica, Spanish Prunes.
 Pruna hordearia, white Prunes.
 Pruna equina, Horse plumbes.
 Pruna Syriaca, vel Pruna Syriacusana, Damaske Prunes.
 Pruna Nana, harvest Prunes.
 Pruna sylvestria, Sloes.

Prunum,

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Prunum, a *Prune*.
 Prunum passum, a *dried Prune*.
 Prunus, a *Plumtree*.
 Prunus sylvestris, a *Sloe tree*.
 Prurigo, Prurigus, *Itche*.
 Pseudoacorus, Gladiolus luteus, *swæte Cane*.
 Pseudaristolochia, Capnos, Chelidonia, *Swal
 lowes herbe*.
 Pseudoligusticum, *Louage*.
 Pseudomelanthium, *Cozne rose*.
 Pseudonardus, Spica hortulana, & Lauendula,
Spike.
 Pseudopastinaca, a *Parstnep*.
 Pseudomyrtus, vitis Idæa.
 Pseudoparthenium, *Dootherwozt*.
 Pseudorhaponticum, Centaureum magnum,
great Centory.
 Pseudosantalum, *false Saunders*.
 Psidium Herbariorum, Alchimilla, Sinnau.
 Psittachium Nicandri, Pistaceum, a kinde of
nuts so called.
 Psilothrum, Vitis alba, *Byony*.
 Psora Atij, Scabiosa, *Scabious*.
 Psora Plinij, fera scabies, a certaine kinde of
scurvie Itche so called.
 Psyche, Tripodium, a kinde of *Turbith*.
 Psychotrophon, Betonica, *Betony*.
 Psychuacos, Perdicium, *Parietary*.
 Psyllium, *Fleawozt*.
 Psymmithium, Cerussa, *white Lead*.
 Ptelea, Vlmus, or
Ptelea, an Elm tree.
 Pteris, Filix, *Ferne, herbe Dismund, or Brake*.
 Pterygophoron Dioscoridis, Lincurium, Ele-
trum, Amber.
 Ptisana, Cremor hordei, a decoction of *Barley*,
Digemond.
 Pugio Gazæ, Gladiolus, *Flowerdeluce*.
 Pulegium, Pennyroyall, or pudding grasse.
 Pulegium martis, Dictamum Creticum.
 Pulegium agreste siue sylvestre, *wilde Penny-
 royall*.
 Pulicaria, siue
Pulicaris, Fleawozt.
 Pulmonaria, Lungwozt.
 Pulmonaria arborea, Lichen arboreus, a kinde
*of Lungwozt; that groweth on trees like
 Moss*.
 Pulmonaria maculata, *Sage of Jerusalem*.
 Pulmonaria Gallica, Auricula muris maior, the
greater Mouseare.
 Pulmonaria Vegetij, *wild pæsewozt*.
 Pulvis Montagnanæ contra pestem, a certaine
powder for the Plague.
 Pulvis nihili officinarum, *Luttie*.

Pulvis Senæ præparatus, the powder of *Sene*
prepared.
 Pyon, pinguelactis, *Creame*.
 Pyra Apiana, or
 Pyra Muscatellina, or
 Pyra hordearia Plinij, a kinde of *swæte Pearle*.
 Pyra chya, the same.
 Pyrama, Ammoniacum impurum, the *foule
 and impure gum Ammoniacke*.
 Pyrafter siue
 Pyrus sylvestris, a *wild Peare tree*.
 Pyrene Plinij, Tecolithus lapis, the *stone called
 Lapis Iudaicus*.
 Pyretum, Bellitoy of *Spaine*.
 Pyretos febris, a *burning ague*.
 Pyrites, Pyrethrum, Bellitoy of *Spaine*.
 Pyrites lapis, lapis luminis, Marchasita, the
Mine of Brasse.
 Pyrola, siue
 Pyrula, *wild Beetes, or winter græne*.
 Pyrola pratensis, siue
 Pyrula pratensis, *wild Bætes*.
 Pyrum, a *Peare*.
 Pyrum Cidoneorum, a *Quince*.
 Pyrus, a *Peare tree*.
 Pythonium Apuleij, Dracunculus maior, *Drac-
 ons*.
 Pythoniū Dioscoridis, Hyoscyamus, *Henbane*.
 Pyxacantha, or
 Pyxanthus, Chironius Plinii, the *Barberry*
 Pyxos, Buxus arbor, the *Bore tree*. (tree.)

Q.

Q Vassamus barbarorum, Cyclaminus,
Solwes bread.
 Quartana, a *Quartaine ague*.
 Quercula, Trixago, Chamedrys, *Germander*.
 Quercus, an *Oke* or an *Akorne tree*.
 Quinquefolium, *Cinquefoile*.
 Quinqueneruia, Plantago minor, the *lesser
 Plantaine*.
 Quotidiana, a *Quotidian* or *daily Ague*.

R.

R Adicula, Raphanus, a *Radish*.
 Radix, Raphanus, a *Radish*.
 Radix barbarica, Rhabbarbarum, *Rubarbe*.
 Radix concava Herbariorum, *Partwozt*.
 Radix colophonix, *Scammonie*.
 Radix consecatrix, Iris, *Flouredeluce*.
 Radix pandeonia, *Celandine*.
 Radix pontica, Rhaponticum.
 Radix Scammonia, the *roote of Scammony*.
 Radix

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Radix Scythica, Glycyrrhiza Licozice.
 Radix violacea vulgo dicta, the flouredeluce.
 Ramex varicosus, a rupture of swollen veines.
 Ranunculus, Crowfoote.
 Ranunculus multiplex, Polyanthemum,
 Batchelers buttons.
 Ranunculus rotundus, Flammula, the lesser
 Golden knap or Butter flower.
 Rapa siue
 Rapum, the Rape roote.
 Rapaneolus Herbariorum, genus Rapisylue-
 stris, a wilde Rape.
 Raphanus condimentarius, siue
 Raphanus obsoniorum, an Hoferadish.
 Raphanus sylvestris, Armoracia, a wilde Ra-
 Rapocaulis Herbariorum, Rapecolewozts. (dish.)
 Raponcellus, siue Rapontium.
 Rapontium, vide Raponcellus.
 Raponcellus,
 Rapuntium, seu
 Rapunculum Herbariorum, the same.
 Rapuntium syluaticum, the wilde.
 Rapontium Alopecurū Herbariorum, the same.
 Rapum porcinum Herbariorum, Cyclaminus,
 Solwes bread.
 Rapum sylvestre, wilde Rape roote.
 Regulitia Barbarorum, Glycyrrhiza, Licozice.
 Repletio, fulnesse of the body.
 Res non naturales.
 Resina, Rosin.
 Resina pinus, siue resina pinea, Gum of the Pine
 tree, or the Rosin of the Pine.
 Resina Laricis, siue Larigna, the common Tur-
 pentine.
 Resina Lentiscina, Mastiche, Mastix, Mastike.
 Resina Therebentina, Venetian Turpentine.
 Rha, Rheon, Rheum, Rhaponticum.
 Rhabarbarum, Rhebarbara, Rubarbe.
 Rhabarbarum ponticum Herbariorum, herbe
 patience.
 Rhacoma Plinij, siue Recoma, the same.
 Rhapontica, siue Rhaponticum, the same.
 Rhaponticum, siue Rhaponticum officinarum,
 the roote of the greater Centozy.
 Rhæa, siue Rhoa, the Pomegranate tree.
 Rhagadia, siue Rhagades, Chaps and clefts in
 the hands, and other parts of the body.
 Rhagoides, the third rinde of skin that compas-
 seth the eye.
 Rhaspe Nicolai Myrepsi, Rhaspatitium vinum.
 Rhecoma Plinij, siue Rhacoma.
 Rheon, vide Rha.
 Rheon Barbarico, siue Rheon Barbarū Rubarb
 Rheuma, a rheum or distillation of humors.
 Rheum barbarum Monachorū, Rumex sativus,

Monkes Rubarbe, Patience.
 Rhododendrum, siue Rhododendrum Nerion,
 Oleander.
 Rhodionarcissus, Narcissus Roseus, red Narcis-
 sus.
 Rhododaphne, Laurus rosea, Nerion, a kind of
 Oleander.
 Rhodon, Rosa, a Rose.
 Rhodinum, Oleum rosarum, oyle of Roses.
 Rhodosantalum, Santalum rubrum, red Saun-
 Rhoodes, vide Febris Rhoodes. (ders.)
 Rhopalō Apuleii, Nymphaea, white water Lil-
 Rhyte, Ruta, Rue. (ly.)
 Rhyte montana, Ruta montana, a kind of Rue.
 Ribes officinarum, Raspes.
 Ricinus, Cici, Palma Christi.
 Rizum, vel Rizum, Rue.
 Rob Arabū, est succus medicatus qui solis calo-
 re densatur, Latinis sapa dicitur, Anglis acer-
 taine confection, which the Arabians call
 in plurali numero, Robub, which is Sapa the
 iuice of any herbe or fruit desecate.
 Rob de agrella, succus medicatus de Omphacio,
 Meriuiue.
 Rob de Berberibus officinarū, succus medicatus
 ex Baccarum Oxycanthæ succis, a confection
 of Berberies.
 Rob Cornorum, siue rob de Cornis, a Con-
 fection made of Dogtrae.
 Rob de Cydoniis, siue rob Cydoniorū a Con-
 fection of the iuice of Quintes without Su-
 gar.
 Rob granatorum, succus medicatus ex succo
 malorum Punicorum, a Confection made of
 the iuice of the Pomegranate without Su-
 gar.
 Rob mororum officinarum, Diamoron, the iuice
 of Mulberies.
 Rob nucum officinarum, Diacaryon, siue Dia-
 carydion, a certaine confection made of the
 iuice of a kinde of Nut, with sugar sodden
 with it till it be a thicke sirupe.
 Rob deribibus officinarum, the iuice of a cer-
 taine berry with Sugar sodden together like
 a sirupe.
 Rob Vuarum a Confection of Grapes with su-
 gar sodden like a sirupe.
 Robertaherba siue Robertiana, a kind of Crow
 foote.
 Robertiana, vide Robertaherba.
 Robub, Sapa, vide Rob.
 Robus Columellæ, Triticum, Wheate.
 Ropertiana, Crowfoote.
 Rorastrum Apuleii, Vitis alba, Bryony.
 Ros Syriacus, Manna. Honey, dew, or Manna
 Rosa

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- Rosa*, Rhodon, a Rose.
Rosa Egyptia, a yellow Rose.
Rosa Alabandica Plinij, a kinde of Rose so called.
Rosa alba, a white Rose.
Rosa Africana, a yellow Rose.
Rosa Arvensis, siue *Rosa* Auenaria, a kinde of Cozne rose.
Rosa Autumnalis, a winter Rose.
Rosa Alexandrina, a kinde of Rose so called.
Rosa Basilica, vide *Pæonia*.
Rosa benedicta, vide *Pæonia*.
Rosa Asinorum Auerrhois, *Pæonia*, *Pyonie*.
Rosa canina, *Bzier* bush, or *Hep* tree, or *Bzier* tree.
Rosa Campestris, a wilde or field Rose.
Rosa Cinnamomina vel *Cinnamomea*, a kinde of Rose so called.
Rosa Caroneola, a Damaske Rose.
Rosa Diuæ Mariæ, Ladies rose, some there are that take it to be Rose of Iericho, vide *Rosam* Hierichuntis.
Rosa Damascena, a Damaske rose.
Rosa Satiua, *Pæonia*, *Pyonie*.
Rosa Hierichuntis, siue *rosa* Diuæ Mariæ, Rose of Iericho.
Rosa Hyemalis, Winter rose.
Rosa incarnata Herbariorum, Carnation rose.
Rosa Iunonis, siue *Rosa* Iunonia, a white Lilly.
Rosa lutea, a kinde of yellow Rose.
Rosea milesia Plinij, purple Rose.
Rosa muscata, siue *Moschata*, Muske rose.
Rosa purpurea officinarum, purple Rose.
Rosa palustris, a water Rose.
Rosa punicea, a kinde of Rose.
Rosa regia, *Pæonia*, *Pyonie*.
Rosa pumila, a field rose.
Rosa rubra, a red rose.
Rosa sancta, *Pæonia*, *Pyonie*.
Rosa Syriaca, a Muske rose.
Rosa Trachinia Plinij, *Rosa* rubra, the red rose.
Rosa vulpina, a yellow Rose.
Rosago, *Nerium*, *Oleander*.
Rosarum apices, the yellow seede which is within the Rose.
Rosata nouella, a Confection of Roses so called.
Rosea arbor, *Rhododendrum*, *Oleander*.
Rosella Herbariorum, *Papauer erraticum*, wild *Poppie*.
Rosmarinum, siue *Rosmarinus*, seu *Rosmarinum* Coronarium Rosemary.
Rosmarinum Coronarium, Rosemary.
Rosmarinum Mauritanorum, *Sticas Arabica*, French *Lauender*, or *Lauender* gentle.
Rostrum Ciconiæ, *Storks* bill.
Rubia, *Erythrodanum*, *Wadder*.
Rubia tinctoria siue tinctorum, seu *rubia* Infectoria, a kind of *Wadder*.
Rubinus, *Gemma*, a Ruby, or precious Stone.
Rubrica armenia, *Bolus armenius*, *Bolearmoniacke*.
Rubrica lemnia, *Rubrica* sigillata, *Terra lempia*, *Terra sigillata*, Sealed earth.
Rubus, the *Bramble*, *Blackberry*, or *Bzier* bush.
Rubus Cernuus, *Rubus* Idæus, a kinde of *Bramble*.
Ruella, *Polygonum minus*, a kinde of *Swines* grass.
Rucula Aquatica, siue *Rucula* marina, *Rocket*.
Ructus, a belching or breaking of winde upward.
Rumex, *Sorrell*.
Rumex aquaticus, siue *palustris*, *Hydrolapathum*, a kinde of water *Sorrell*.
Rumex palustris, vide *Rumex* aquaticus.
Rumex satiuus, *Rhabarbarum* Monachorum, *Monks* *Rubarbe*, *Patience*.
Rupertiana, *Herba* *Ruperti*, *Storks* bill.
Ruscus, a certaine rough and pricking shrub so called, *Butchers* broome, or *Pettigrew*.
Ruta, *Rue*.
Ruta montana, a kinde of *Rue* so called.
Ruta muraria, *Adiantum candidum*, *Venus*, *Maiden*, or our Lady hayze.
Ruta sylvestris, wilde *Rue*.
Ruta folis, *Hypericum*, *S. Johns* wood.
Rutinalis, *Spondylium*, *Beares* foote, or *Beares*, clawe.

S.

Sabina, *Sauina*, the herbe called *Sauine*.
Sacchar, *Saccharon*, vel *Saccharum*, *Sugar*.
Saccharum Cantium, *Candum*, siue *Candidum*, *Sugar* candy.
Saccharum Cibale, common kitchen *Sugar*.
Saccharum Canariense, *Canary* *Sugar*.
Saccharum Christallinum, white *Sugar* candy.
Saccharum finum, seu *refinatum*, siue *Saccharum* *Valentinum*, fine *Sugar*.
Saccharum Maltanum, siue *Melitæum*, kitchen *Sugar*.
Saccharum Maderiense, siue *Mederiense*, a kind of *Sugar* so called.
Saccharum Miscellaneum, a kinde of *Sugar*.
Saccharum Ponidium, a kinde of *Sugar* so called.
Saccha-

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- Saccharum Tabartzet Arabum, Saccharū purissimum, & albiſſimum, Saccharum finum, fine Sugar.
- Saccharum Thomasinum, ſiue Thomæum, Saccharum rubrum officinarum, S. Thomas Sugar.
- Saccharum ſeu Conſerua florum Caryophyllæ, a conſerue of Gillofers.
- Saccharum florum Lauendulæ, a conſerue of Lauander flowers.
- Saccharum florum Meliſſæ, a conſerue ſo called.
- Saccharum Bugloſſatū, a conſerue of Bugloſſe.
- Saccharum Borraginatum, conſerue of Bozage.
- Saccharum florum Hyſſopi, conſerue of Hyſſope.
- Saccharum florum Nymphææ, conſerue of water Roſes.
- Saccharū florū Pſeudonardi, conſerue of Spike.
- Saccharum florum Perſici, conſerue ſo called.
- Saccharum Roſatum, conſerue of Roſes.
- Saccharum florū Roſemariini, conſerue of Roſe-marie.
- Saccharum Saluiatum, conſerue of Sage.
- Saccharum Trifolii acidi conſerue of Cuc-koes bread. (ſlips.)
- Saccharū florū verbaſculi, conſerues of Cow-Saccharū violarū, Ioſaccharo, conſerue of Vio-
Sacerdotis virile, Arum, Cuckopit. (lets: Sacra herba, Venbena, Verueine.)
- Sagapenum, Serapinū officinarū a certain kind of ſtinking gum growing in Syria, which the Apothecaries call Serapinum.
- Saggina Italorum, Sorgium, an herbe ſo called.
- Sahafaran Arabum, Crocus, Saffron.
- Sal Ammoniacus, ſiue Sal Hāmoniacus, a kind of Salt, the which hath heretofore bin digged out of the land in Africa, and hath bene brought hither, which as yet is vſed amongſt vs.
- Sal Armoniacum officinarum, a certaine compounded Salt of the Alchymiſts, the which of ſome men haue falſly bene taken for the right ſalt of Africa, and is called Sal armoniacke.
- Sal Criſtallinus, Sal natiuus, Sal Foſſitiuus, fine and cleare, or Chriſtall ſalt.
- Sal fuſilis, melting Salt.
- Sal gemmæ officinarū, Sal gēmeus, chriſtal Salt
- Sal Indus, a kind of Sugar.
- Sal marinus, ſea Salt.
- Sal popularis, common ſalt.
- Sal paluſtris, ſea ſalt,
- Sal ſaxeus ſtone ſalt.
- Sal Abſinthites Wormwood ſalt.
- Salicharia, Lyſimachia Dioſcoridis, ſiue ſalicaria lutea, yellow water Willow or looſe-ſtrife.
- Salicaria cornuta Herbariorum, a kind of water Willow
- Salicaria punicea, ſiue purpurea, Lyſimachia Plinij ſeu ſalicaria Spicata Herbariorum, a kind of broome Loſeſtrife or water Willow.
- Salua Syderum Plinii, Manna, Honey dew, or Manna.
- Salunca, ſpica, Celtica, vide Spica Celtica.
- Salix, Itea, the Sallo tree.
- Salix Amerina, ſalix Marina, ſea Sallo tree.
- Salix marina, vide Salix amerina.
- Salus leporis, an herbe ſo called.
- Saluatella, the liuer beine.
- Salua, Eleliſphacos, Sage.
- Salua auriculata, ſalua acuta, ſalua minor, ſalua nobilis, ſalua cruciata, the leſſer, or eared Sage.
- Salua acuta, vide ſalua auriculata.
- Salua Boſchi, ſeu Boſchi ſalua Herbariorum, wild Sage.
- Salua cruciata, vide ſalua auriculata.
- Salua maior, great Sage.
- Salua ſylueſtris, wild Sage.
- Salua iuita, ſiue ſalua vitæ, Adiantum album, Venus, Hayden or our Lady hayze.
- Sambucus, Elder, or Bometree.
- Sambucus Aruenſis, ſambucus humilis, ſiue ſambucus pumila, Ebulus, wild Elder.
- Sambucus humilis, vide ſambucus aruenſis.
- Sambucus pumila, wild Elder.
- Samſucus, Mariorana, Mariozam.
- Sanamunda, Auence.
- Sanctonicum officinarum, Santonicum, a kind of Southernwood.
- Sandaracha Græcorum, Auripigmentum rubrum, red Arſenicke.
- Sandaracha Vitruuij, minium ſecundarium, Sinople, red Lead, or Vermillion.
- Sandaracha Arabum, Gummi Iuniperi Sandarax, the gum of a Iuniper tree.
- Sandarax Arabum, vide ſandaracha Arabum.
- Sandalum, Sandalus, the ſpice called Saunders.
- Sandalum album, white Saunders.
- Sandalum Citrinum officinarum, ſandalum flauum, yellow Saunders.
- Sandonicum officinarum, ſantonicum, a kind of Southernwood.
- Sanguinalis mas, Polygonum mas, the male Knotgraffe.
- Sanguinalis foemina, Polygonum foemina, the female Knotgraffe.
- Sanguinalis minor, Ruella, Knotgrasthe leſſer.
- Sanguinaria, Knotgraffe.
- Sanguinaria maſcula, the ſame.
- Sanguinaria foemina, the female Knotgraffe,

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- or Horse-tail. (Stone.
 Sanguinarius lapis, Hematites, the Blond
 Sanguis Draconis, Lachryma Draconis, Dra-
 gons blood.
 Sanguis Draconis herba, an herbe so called.
 Sanguis Herculis Apuleij, Centaureum mag-
 num, great Centaury.
 Sanguis Herculis Dioscoridis, Crocus, Saffron.
 Sanguis milui Apuleij, Scordium, a water
 Sanguisorba, the herbe Burnet. (Lake.
 Sanguisuga, a Horse-leech.
 Sanies vini, Wine lees.
 Sanicula, Diapensia, Sanicle.
 Sanicula Alpina Herbariorum.
 Sanicula cathartica Herbariorum, Sanicula fœ-
 mina.
 Sanicula fœmina, vide Sanicula cathartica.
 Sanicula quinquefolia, siue sanicula vitiginea
 Herbariorum.
 Sanicula maior, Alchimilla.
 Sanicula vitiginea Herbariorum, vide sanicula
 quinquefolia.
 Sanilum, Scammonium, Scammonie.
 Santalum, Santalus, Saunders.
 Santalum album, white Saunders.
 Santalum Aromaticum, Santalum flauum,
 yellow Saunders.
 Santalum machosiri, vel mazahari, seu macha-
 zari Arabum, santalum flauum, the same.
 Santalum machazari Arabum, vide santalum
 machosiri.
 Santalum machaziri, vide santalum macho-
 siri.
 Santalum odoriferum, santalum flauum.
 Santalum rosaceum, santalum rubrum, red San-
 ders.
 Santalum rubrum, vide, santalum rosaceum.
 Santalum spurium, santalum adulterinum, Pleu-
 dosantalum, bastard Saunders.
 Santonicum, Absynthium Santonicum, siue
 marinum, sea Wormwood.
 Santolina Herbariorum, Abrotonum fœmina,
 Southernwood the female.
 Sapa, new wine boiled to the third part.
 Sapana, Anagallis, Chick-wæde.
 Saphæa, Saphena Barbarorum, the wombe
 vetne, or the veine of the Matrice.
 Saphena Barbarorum, vide Saphæa.
 Sapphyrus, vide Sapphirus.
 Sapo, Smegma, Soap.
 Saponaria, Fullons grasse, Crowsope.
 Sapphyrus, Sapphyrus, a Sapphyre stone.
 Sapphyrus aureus, Chrysites, a yellow Sapphy-
 rus candidus, a white Sapphyre. (2e.
 Sapphyrus cæruleus, siue Sapphyrus Cyaneus,
 a blew Sapphyre.
 Sapphyrus Chrysitis, Sapphyrus aureus, a yel-
 low Sapphyre.
 Sapphyrus prasitis, vel
 Sapphyrus viridis, a græne Sapphyre.
 Sarcocolla, gluten carnis, Carniglutinium, a
 kinde of Glee.
 Sarcotica Incarnating salues.
 Sarda, vel.
 Sardius lapis, Cornelius, a hard red stone.
 Sardonia herba, Crowsfoote.
 Sardonix, Sardius onychinus, a stone of the co-
 lour of the nail of a mans hand.
 Sarmentum, a branch of a Vine growing on
 the tree.
 Satyrion, Dogges stones, Gander grasse, or
 Ragwoort.
 Satyrion basilicum, Satyrium regium, Rag-
 woort the male.
 Satyrium basilicum maius mas, the greater
 male Ragwoort.
 Satyrium basilicum maius fœmina, lachryma
 Mariæ, the greater Ragwoort female.
 Satyrium basilicum minus, the lesser male Rag-
 woort.
 Satyrium Erythron, or
 Satyrium Erythronium, red Ragwoort.
 Satyrion Triphyllon, or.
 Satyrium Trifolium, Ragwoort.
 Satyrium odoratum, a kind of Ragwoort.
 Satyrium regium, vide Satyrium basilicum.
 Satyrium regium minus, Satyrium odoratum,
 a kind of Piesplettle or Ragwoort.
 Satyriscus Apuleij, Satyrium erythronium, red
 Ragwoort.
 Satyrismus, a disease whereby the priue mem-
 bers of man standeth allwaies.
 Satureia, siue
 Saturegia, Sanozie.
 Sauchromatum, Dragonium, Dragons.
 Sauina, fabina, the Sauine tree.
 Saxifraga, siue
 Saxifraga, Saxifrage.
 Saxifraga alba, white Saxifrage.
 Saxifraga lutea, yellow Saxifrage.
 Scabies, a scab, or itch.
 Scabies Hispanica, the Pore.
 Scabiosa, Scabious.
 Scala coeli, sigillum Salomonis, Salomons seale.
 Scambonia, radix, Scammony.
 Scammonia, siue
 Scammonium, Scammony.
 Scammonia preparata, prepared Scammony.
 Scandulaca, Hopeweed, or Withered. (12.
 Scariola officinarum, Seriola, Enchue.
 Scarlea

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Scarlea Herbariorum, Gallitricum, Clary.
 Scarlea sylvestris, wild Clary.
 Scebram maius Mesues, Tythimalus maior, the
 greater Spurge.
 Scebram minus Mesues, Tythimalus minor, the
 lesser Spurge.
 Sceiles, the veines of the Milt or Spléne.
 Scelerotes barbarorum, or
 Scelerotes Græcorum, durities, Schyrrius, a
 hard impostume, kernell, or swelling, which
 yeldeth not being pressed, and is commonly
 called Schirrius.
 Schœnanthum, Squinantum.
 Schœnoprasum, porrum sectium, Garlicke.
 Schœnostrophon, Cannabis, Hemp.
 Schœnus, schœnanthum, squinantum,
 Scinus, lentiscus, the Basticke tree.
 Scinus, Plutarchi,
 Scia barbarorum, Ischias, an ache in the Hip.
 Scingus, Ruscus, Kneeholine.
 Scincus, Crocodilus terrestris, vide Stincus.
 Scincus Herba, Ruscus, Kneeholine.
 Scilla, Cepa marina, sea Onion.
 Sciosebina, stechas, Lauander gentle.
 Sclarea Herbariorum, Scarlea, Clary.
 Sclarea sylvestris, wild Clary.
 Scleros, Durus, in hoc libro pro schyrro intelli-
 gitur,
 Scolibrocon Apuleij, Trichomanes, Maiden
 haire.
 Scolopendra, siue scolopendrium, Harts tong.
 Scolopendria vera, or Scolopendria minor, the
 herbe called Ceterach.
 Scolopendrium maius, Lonchitis altera, the grea-
 ter Harts tongue.
 Scolopendrium sylvestre Herbariorum, a kind
 of Harts tongue.
 Scolymus, Cynara, the Artichoke.
 Scordastrum herbariorum, Scordotis Plinii,
 Marsh garlicke, or water Germanander.
 Scordiana Herbariorum, or
 Scordonia, or Scordiana Herbariorum, salvia
 sylvestris, wild Sage.
 Scordilum Apuleij, Scordium, Chamædris a-
 quatica, water Germanander.
 Scordium, Trixago palustris, marsh Garlicke.
 Scordiū alterū Plinij, a kind of marsh Garlicke.
 Scordium maius, the same.
 Scordium minus, the lesser marsh Garlicke.
 Scordium Plinianum, vide scordium alterum.
 Scoria ferri, the refuse of Iron.
 Scordotis, marrubium palustre, marsh Garlick.
 Scorodon, Allium, Garlicke.
 Scorpinaca Apuleij, Knotgrasse.
 Scorpio, a Scorpion.

Scorpion, a kind of Spurge.
 Scotomia, or
 Scotoma, a giddines of the head.
 Scrophularia, siue scrofularia &
 Scrophularia maior, the greater Celandine, or
 the greater Figwort.
 Scrophularia minor, Chelidonium minus, the
 lesser Figwort or Pilewort.
 Scrotum, the cod or skin wherein be the Stones
 of a man.
 Scrupeus humor, the Gout.
 Sebel Arabum, the skin of the ruddy eyes.
 Sebeste, siue
 Sebestena Arabum, Myxaria, the fruite also cal-
 led Myxa.
 Secale, Briza, Rye.
 Secundina, the secundine or skin wherein the
 child is wrapped in the wombe.
 Sedum, semperuium, Housleeke.
 Sedum minus, Crassula minor, Pickmadame.
 Seditertium genus, Dioscoridis, Illecebra, little
 Thist or Stonecrop.
 Segatolis, Gladiolus arvensis, Flags.
 Selinastrum Herbariorum, Ranunculus aquati-
 cus, water Crowfoote.
 Selinitis, Coronaterræ, Alehouse.
 Selinoides, Brassica crispa, wrinkled Cabbage.
 Selinon, siue.
 Selinum, Apium, Smallage.
 Selinophyllon Apuleij, Trichomanes Diosco-
 ridis, Maidenhaire.
 Selinusia, the lesser Cabbage.
 Semen simplex, Zea monococcos, Bere-bar-
 ley or Spelt.
 Semen Alexandrinū officinarū, alias, semenci-
 na, semeptina, siue Semenzina, Wormseede.
 Semencina officinarum, vide semen Alexandri-
 Semen leoninum, milium solis, Wormill. (num.
 Semen lambricorum officinarum, semen Ab-
 synthij marini, Wormwood.
 Semen de papaga, Auerrhoi dicitur Cartami
 semē, alijs semen papagalli, & semen psittaci,
 wild Saffron seede.
 Semen sanctum officinarum, Wormseede.
 Semen Zedoaria officinarum, semen Absyn-
 thij marini, sea Wormseede.
 Seminalis Apuleij, Polygonum masculum,
 Knotgras.
 Seminalis minor Herbariorum Ruella, a kinde
 of Knotgrasse.
 Semperuium, Aizoum, Housleeke.
 Semura, Pseudomelanthium, red Poppy.
 Sena fenna, Sene.
 Senæ infusio, vide infusio Senæ.
 Sena Egyptiaca Syriaca, Alexandrina, Oriēta-
 lis,

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lis, the lesser Sene, or Alexandrian Sene.
 Sena Florentina, Italica, prouincialis, common
 or great Sene.
 Senecta viperæ, Exuvium viperæ, the skinne of a
 Viper.
 Senicula, fanicula, Sanicle.
 Septineruia, Plantago maior, the greater or
 broad Plaine.
 Septefolium, Tormentilla, Tormentill.
 Serapion Apuleij, Orchis serapias, a kinde of
 Gandergrasse.
 Serapium, vide Syrupus.
 Serapium officinarum, vide sagapenum.
 Serica, Zizipha, a kind of fruite so called.
 Seriphium, seu Seriphon, Absinthium marinū,
 a kind of Wormwood growing in the sea.
 Seris, Cichorium, Cicoz, or Endive.
 Seris satiua angustifolia, the lesser Endive.
 Seris satiua minor, the same.
 Seris somnifera, siue seris vrinaria, a kind of En-
 diue.
 Serpentaria Dioscoridis, Dracontium, Dragons.
 Serpentaria officinarum, Bistorta, Dragons.
 Serpentaria minor, the lesser Dragons, of some
 it is also called Aron, serpentaria minor.
 Serpentaria rubra Herbariorum, Bistorta, Dra-
 gons.
 Serpentaria minor, Numularia, Siluergrasse, or
 Dragons.
 Serpillum, siue serpillus, wild Thyme. ny.
 Seratula maior Herbariorum, Betonica, Beto-
 Seratula minor, Chamædrys, Germaner.
 Serta campana Catonis, sertula campana Di-
 oscoridis, Melilotus, Melilote.
 Serum, Whay.
 Sefamum, sesama, it is an vnknowne seede, for
 the which the Apothecaries vse the seede of
 Camelina.
 Sefamum officinarum, Camelina.
 Sefamum agreste, sesamum agrion, Ricinus, Pal-
 ma Christi.
 Sefeli, seselium, & seselis, Siluermountaine seéd.
 Sefeli Ethiopicum, blacke Siluermountaine.
 Sefeli Ethiopicum herbaceum, the same.
 Sefeli ceruinum album, seseli Peloponnesiacum
 white Siluermountaine.
 Sefelium, seseli, Siluermountaine. (album.
 Sefelium Peloponnesiacum, vide seseli ceruinū
 Sefeli Cyprion, Palma Christi.
 Setanias, line setanium, a kind of Wheate.
 Setialis, viola martia, a kinde of Violet.
 Seutlomalache, siue Seutlomalachon, Spina-
 chea.
 Seutlon, Beta, Beetes.
 Sicla officinarum, Beta sicula, Beetes.

Sycis, Sycios, Cucumis, a Cucumber.
 Sycis agrion, Cucumer sylvestris, Cucumer as-
 ninus, a wild Cucumber.
 Sideritis, Magnes, the Loadstone.
 Sidia, maluspunica, the Pomgranate tree.
 Sidion, Malicorium, the Pomgranate huske.
 Sief Arabum, Collyrium, vel Collyrium siccum
 dicitur latinis, Græcis, Xerocollyrium, a me-
 dicine for the eyes.
 Sief de Fellibus, Collyrium de Fellibus, a medi-
 cine for the eyes made of Cats.
 Sief de Plumbo, Collyrium de Plumbo, a medi-
 cine for the eyes made of Lead.
 Sief de Rosis, Collyrium de Rosis, a medicine for
 the eyes made of Roses.
 Sief de Thure, Collyrium de Thure, a medicine
 for the eyes made of Frankinsence.
 Sief viride, Collyrium viride, a medicine for the
 eyes of a greene colour.
 Sigillum Christi Herbariorum, Herba paris, a
 kind of Liberts or Wolfes bane.
 Sigillū lemnium, Terra sigillata, a sealed earth.
 Sigillū Salamonis, Polygonatū, Salomōs seale.
 Sigillum Veneris, Herba Paris, Wolfes bane.
 Signigialium, Dragons.
 Siler, salix pumica, salix aquatica, a kind of Wil-
 low or Wythie Dwar.
 Silermontanum officinarum, seseli Massiliense,
 a kind of Siluermountaine.
 Silex, a Flintstone.
 Sili Hippocratis, sili, vel seselis Plinij, Siluer-
 mountaine.
 Sili Plinij, Sili Hippocratis.
 Silicia Plinii, Fœnum Græcum, Fenegræke.
 Silicula Varronis, Fœnum græcum, the same.
 Silphanthemum, Amaranthus luteus, Cud-
 wæde or Chaffelweed.
 Sili Cyprion Herodoti, Ricinus, Palma Christi,
 Siliqua arbor, the Sillicke tree.
 Siliqua Aegyptia, Cassia Fistula, round Cinna-
 mon pipes.
 Sinapi vel sinapis, Mustard.
 Sinapi Persicum, Raphanus marinus, a kind of
 Mustard.
 Singultus, yering or sobbing.
 Spinalus Carbunculus candidus, a kind of Car-
 buncle.
 Sifelos officinarum, seseli, Siluermountaine.
 Sifarum, vel sifer, the Skirret, the white Car-
 rot, or yellow Parsnep.
 Sifer, vide sifarum.
 Sirupus, vide syrupus.
 Sifymbrium, water Pints.
 Sifymbrium aquaticum, the same.
 Sitanium, Saint Peters wheate.

Smilax

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Smilax, Taxus, Bindwæde, or Anie.
 Smilax levis, Kopeweede, or Weedbine.
 Smyrna, Myrrha, Myrre.
 Smyrnium, Louage.
 Soda Arabum, capitis dolor, Headach.
 Solanum, Styrchnus, Nightshade, or deathes
 hearbe.
 Solanum sativum, the same.
 Solanum vesicarium, Halicacabus, winter
 Cherrie, or Alkakengie.
 Solanum rubeum, the same.
 Solatrum officinarum, Solanum, Nightshade.
 Solatrum rubrum, Halicacabus, Alkakengie.
 Solbastrella, siue Sorbastrella, Pimpernell.
 Soldana, siue soldanella officinarum, Volubilis
 marina, Seacole.
 Solidago, Consolida, Malwort.
 Solidago media, Sengreene.
 Solsequium aureum, a Parigold.
 Solidago saracenica, a kinde of Malwort.
 Solutio continuitatis, a dissolving of that which
 necessarily belongeth to another.
 Sonchus, Cicerbita, Sowthistle.
 Sonchus aspera, sonchus sylvestris, wild Sow-
 thistle.
 Sorbum, sperba, the Seruis tree.
 Sorbus, the same.
 Sorgum, siue sorghum, Millet of Indy.
 Sophia, Thalictrum.
 Spanachia, spinacea, Spinage.
 Sparagus officinarum, Asparagus, Sparage.
 Spasmus, Conuulsio, the Crampe.
 Spatula odorata, Iris, the Flowerdeluce.
 Species Diambræ, a powder of Ambergræce.
 Species Dianisi, a powder of Annis seedes.
 Species Dianthus, siue Dianthos, a powder of
 the flowers of Rosemarie.
 Species Aromatici Rosati, a powder of Ro-
 ses.
 Species Aromatici Cariophyllati, a powder of
 Cloues.
 Species Diacalaminthoni, a powder of wilde
 Mints.
 Species Diacroci, siue species Diacurcumæ, siue
 Diacrocumæ, a powder of Saffron so cal-
 led.
 Species Diacosti, a powder so called.
 Species Diacymini, a powder of Comin.
 Species Diatragacanthi frigidi & calidi, a pow-
 der so called.
 Species Diacinnamomi, a powder of Cinna-
 mome.
 Species Cordiales, a powder for the heart.
 Species Ducis, a powder so called.
 Species Diagalangæ, a powder of Galingall.

Species de Gemmis frigida, a powder so cal-
 led.
 Species de gemmis calida, a powder so called.
 Species de gemmis temperata, a powder of
 tempered Pearles.
 Species Hieræ simplicis, a powder so called.
 Species Diaris, siue Diaireos, a powder of
 Flowerdeluce.
 Species Iustina, a powder so called.
 Species Dialaccæ, a powder so called.
 Species Lætificantes, a powder whereby the
 heart is made glad and ioyfull.
 Species lætitia Galeni, the same.
 Species lithontribon, a powder so called.
 Species liberantes, a preservative powder.
 Species Diamargariton frigida, a very cooling
 powder made of Pearles.
 Species Diamargariton calida, a warming
 powder made of pearles.
 Species Diamenthæ, a powder of Mints.
 Species Diamosci amari, & dulcis, a powder so
 called.
 Species Neræ, a powder so called.
 Species Diaolibani, a powder of Frankin-
 sence.
 Species de Papauere, a powder of poppy.
 Species Diapenidij, a powder so called.
 Species Diapæoni, a powder of Piony rootes.
 Species Diaphœnicon, vide Diaphœnicon.
 Species Philanthropon, a powder so called.
 Species pliris Arcoticon officinarum, siue spe-
 cies Diaplisarcoticon, a powder so called.
 Species Diaprassij, a kinde of powder.
 Species Diarrhodon Abbatis, a powder of Ro-
 ses.
 Species Electuarij de succo Rosarum, a powder
 of the sap of Roses.
 Species rosata nouella, a powder of Roses.
 Species de seminibus, a powder of certaine
 seedes.
 Species Diatrionpipereon, a powder of three
 kindes of Pepper.
 Species Triafandalon, a powder so called.
 Species Diaturbith, a powder of Turbith.
 Species Bartholdi, a powder so called, which is
 used to be eaten with fish, and with cold
 Hens and Capons.
 Species Diaxyloaloes, a powder so called.
 Spelta, Zea, Spelt.
 Sperma Balenarum, the spawne of a Whale.
 Sperma ceti, the same.
 Speronella, Aparine, Goosehart.
 Sphacelus Theophrasti, a kinde of Sage.
 Sphæra marina, sphæra Thalassia, sea balles.
 Spharion, Sphæritis, Nux Cyparissi, a Cy-
 presse

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presse put.
 Sphagnon, Muscus arborum, Mosse.
 Specle, lees of wine.
 Sphocle, the same.
 Sphondilium, Bearebrech, or Beares claw.
 Spbrargis, sigillum lemnium, Sealed earth.
 Spica Celtica, spica Romana, spica Gallica, the long Spikenard.
 Spica hortulana, a kinde of Lauander.
 Spica Indica, Nardus Indica, a kinde of Spikenard.
 Spica Romana, vide spica Celtica.
 Spicantum Herbariorum, Lonchitis altera, an herbe so called.
 Spinacea, spinaceum, Spinachia, Spinage.
 Spina Divæ Mariæ, a kinde of Rose so called.
 Spina Buxea, Pyxacantha, the Berberrie tree.
 Spina murina, spina vespertilionis, Butchers bzoome.
 Spinalus, Carbunculus candidus, a Carbuncle.
 Spinus Vergilij, Prunus sylvestris, a wild plumtree, or Slo tree.
 Spiritus vitales, the lively breath.
 Splenium, Harts tongue.
 Splen, Lien, the Milt.
 Splenetica, the Milt veine.
 Spodium Græcorum, Pompholix nigra, a kinde of soote.
 Spolium vipera, the skin of a Viper.
 Spongiola, Rosæ canina, spondogus Marcelli, Bedegar, that groweth on a sweet Bzyar or other trees like a sponge.
 Spondylia, ridge bones.
 Spongites, Lapis spongia, Sponge or Jewish stone.
 Spuma auri, yellow Lithargie.
 Spuma argenti, silver drosse, or white Lithargie.
 Spuma Bataua martialis, Lixivium, Lye.
 Spuma Caustica martialis, Lixivium, Lye.
 Spuma maris, sea foame, or froth.
 Spuma Plumbi, Lithargie or white Lead.
 Squinanche, & squinantia Barbarorum, the inflammation of the muscle of the inner gargill, the squince, alias, Angina.
 Squilla, and squilla officinarum, a certaine herb so called.
 Stachyites, Tripolium, a kinde of Turbith.
 Staete, Syrax liquidus, the flower of Myrthe, vide storax liquida.
 Stachas Galeni, stichas Dioscoridis, French Lauander, or Lauander gentle.
 Stachas citrina herbariorum, Amarantus luteus, Handlenwoort, Cudweede, or Chasse-

weede.
 Stasis agria officinarum, Staphys agria, Stauesacre, or Licebaue.
 Stagonitis, a certaine herbe in Syria, from the which the gumme Galbanum cometh, vide Galbanum.
 Staphylinus, Pastinaca, a parsnep.
 Staphylinus albus, Pastinaca alba, a white parsnep.
 Staphyllinus erraticus, Pastinaca vera, a wilde yellow parsnep.
 Staphylinus luteus, Pastinaca lutea, a yellow parsnep.
 Staphylinus ruber, Pastinaca rubra, a kinde of red parsnep.
 Staphylodendrum, a kinde of Puttes so called.
 Staphydes, vna passa, Raisins.
 Staphys agria, Stauesacre or Licebane.
 Statumaria Apuleij, Polygonum, knotgrasse.
 Stear, viscum, Mistle.
 Stella Attica, Bubonium, Codwoort.
 Stella Massiliotica, Bubonium Massilioticum, a kinde of the same.
 Stelladia Italorum, an Hypocrasse drinke in Italie called stelladia.
 Stellaria Herbariorum, Alchimilla, Ladies mantle.
 Stelephuros Theophrasti, Plantago Augustifolia, narrow leaved Plantaine.
 Stemphyla, vuarum expressarum retrimenta, pressed, or dyed Grapes.
 Stercus caninum album, vulgò Album Græcum dicitur, the white dounge or ordure of a dogge.
 Stercus Diaboli officinarum, Asa scetida, a stinking gumme.
 Stergetron, sedum, Honsleke.
 Sternutatio, Sneeling.
 Stibi, stibium, Antimonium, a kinde of glasse so called.
 Stichas Dioscoridis, stachas Galeni, Lauander gentle.
 Stichas Arabica, Arabian Lauander.
 Stichas citrina Herbariorum, Amarantus luteus, Handlenwoort, Cudweede, or Chasseweede.
 Stichas Gallica, a kinde of Lauander gentle so called.
 Stichas montana, Italian Lauander gentle.
 Stimmi, siue Stimium, a glasse so called.
 Stincus officinarum, Scincus, Crocodilus terrestris, an earth Crocodile. Our dotting fooles vse the water Cuet for it, which is as like it, as an apple is like an Oyster.

Stypho-

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Stiphonia, siue Styphonia, a kinde of Lauander
gentle.
 Stomachus, the stomacke.
 Stomoma, Chalybs, Steele.
 Storax officinarum, & storax Calamintha, sto-
rax, siue styrax Calamitis, a certaine obozise-
rous and well smelling Gum, proceeding of
a tree also called Styxar.
 Storax liquida officinarum, styrax liquidus.
 Staete, a sweet smelling iuice of Myrthe.
 Strangulatio, strangling, choaking, or stop-
ping.
 Strangulator Medicorum, vulgo, Angina, the
Squince.
 Stranguria, Vrinæ stillicidium, the Strangu-
rie.
 Stratiotes, Millefolium, Milfoile, Parrow, or
Poleblade.
 Strobilus, Conus, a Pine apple tree.
 Strobili, nuclei Pini, a Pine apple.
 Stobilus, Cinara, an Artechocke.
 Struthiomelum. Struthium, Wurit, Herbe Phi-
lip, Fullons grasse, or Crowslope.
 Struthium, vide struthiomelum.
 Struthos, Passer, a Sparrow.
 Strichnum, siue strichnus, solanum, Night-
shade.
 Stupefactiua, a dismayng medicine.
 Stupor, Paraplexia, sodaine priuation or lacke
of sense or feeling.
 Suber, Phellus, Cork.
 Subeth Arabum, Charos, a kinde of sleeping
disease.
 Subuersio ventriculi, the turning upside downe
of the Stomack.
 Succinum, Electrum, Amber.
 Succinum Orientale, Ambarum, Amber.
 Succio Macobij, Persicum, a peach.
 Succisa, Morsus Diaboli, Diuels bit, or Rem-
cope.
 Succotachos, Perditium, Bellitorie of the wall.
 Succus Malorum Punicorum, siue vinum Ma-
lorum Punicorum, the sap or iuice of a
Pomegranate.
 Succus medicus, succus Syriacus, Asa foetida, a
stinking gumme.
 Suffusio fellis, suffusio bilis, Icterus, the yellow
Jaundise.
 Sulphur, Sulfur, Brimstone.
 Sulphur viuum, Sulfer vive.
 Sulphur mortuum, sulphur factitium, Brim-
stone.
 Sulphur factitium, the same.
 Sumach Arabum, Rhus Græcorum, a kinde of
seede which of the Apothecaries is called

Sumach.
 Supercilium terræ, Adiantum, Venus, Maiden,
or our Lady hayze.
 Supercilium Veneris, Millefolium, Milfoile.
 Suppositorium officinarum, & Barbarorum
Glans, Balanus, a Suppositoie.
 Suppressio nocturna, Ephialtes, Incubus, a dis-
ease in ones sleepe when one is almost sti-
fled, and cannot well fetch his breath, nor
speake. The Mare.
 Sutura capitis, the seame in the skull.
 Sycaminum, Morum, the Mulberry tree.
 Sycodes, Ficus, the Hemorrhoides.
 Sylua mater Scribonij, Honisuckle.
 Symphytum alterum, Symphytum minus,
Wallwoort, All eare, or Comfrey.
 Synciput, the forepart of the head.
 Syncopalisfames, an extreame or cutting hun-
ger.
 Syncope, a swoounding for feblanesse.
 Syncliopa, Stæchas, French Lauander.
 Syndesmi, Ligamenta, Bonds.
 Synochus, an ague so called.
 Syzæum, Mustum ad tertias coctum, new wine
or Must thre sodden.
 Syreon Plinij, Tortyle, siue Tordylum, the
seede of the herbe Sefelis.
 Syrium, Minium secundarium, Sinople, red
Lead or Vermilion.
 Syrtites, Saphyrus lapis, a Saphyre.
 Syrupus, sirupus, serapium, and of Nicolaus Mi-
repsius, it is called Drosatum, a Sirupe.
 Syrupus de Absinthio, sirupe of Wormwood.
 Syrupus Acetosæ, sirupus de succo Oxalidis,
Sirupe of solwe Dockes.
 Syrupus acetosus simplex officinarum, sirupus
acetatus simplex, sirupe of Vineger.
 Syrupus acetatus simplex, sirupus acetosus
simplex.
 Syrupus acetosus compositus officinarum, vel
sirupus acetosus de radicibus, sirupus aceta-
tus compositus de radicibus, sirupus aceta-
tus diureticus, a kinde of sirupe so called.
 Syrupus acetosus compositus.
 Syrupus acetosus de Cythonijs officinarum,
sirupus acetatus de Cydonijs.
 Syrupus acetatus de radicibus, vide sirupus a-
cetosus compositus.
 Syrupus acetatus diureticus, vide sirupus ace-
tosus compositus.
 Syrupus acetatus de Cydoniis, vide sirupus a-
cetosus de Cydoniis.
 Syrupus acetatus Diarhodon, vide sirupus ace-
tosus Diarhodon.
 Syrupus acetosus Diarhodon, sirupus acetatus
Diarhodon,

The third Index.

Diarrhodon, sirup of vinēger and Roses.
 Syrupus adiantinus, vide syrupus de Capillis Veneris.
 Syrupus de Arantijs, siue Arantiorum, sirupe of Oranges.
 Syrupus de Artemisia, sirup of Mugwoort.
 Syrupus de Berberibus, syrupus de Oxyacantha, sirupe of Berberries.
 Syrupus de Betonica, sirupe of Betony.
 Syrupus de Byzantijs, syrupus Danarii, syrupus Byzantinus, a sirupe so called.
 Syrupus de Boragine, sirupe of Burrage.
 Syrupus de Buglossa, sirupe of Buglosse.
 Syrupus de Calamintha, sirupe of Calamint.
 Syrupus de Cichorea, siue de Cichoreo, sirupe of wilde Cicozie.
 Syrupus de Cichorio cum Rhabarbaro, sirupe of Cicozie and Rubarbe.
 Syrupus Capillorum Veneris, syrupus Adiantinus, sirupe of Venus, Mayden, or our Ladies haire.
 Syrupus de corticibus Citri, sirupe of the shels of a Citron.
 Syrupus de Cucurbita, syrupus Cucurbitinus, Sirupe of Gourds or Pompeons.
 Syrupus Cydoniorum, Miua Cydoniorum, sirupe of Quinces.
 Syrupus de Endiua, syrupus de Intybo, sirupe of Endiue.
 Syrupus de Epithymo.
 Syrupus de Eupatorio, syrupus de Agrimonia, sirupe of Agrimonie.
 Syrupus Danarii, vide syrupus de Byzantijs.
 Syrupus de Agrimonio, vide syrupus de Eupatorio.
 Syrupus de Fumaria, syrupus de Fumo terræ, Sirupe of ffumitozie.
 Syrupus de fumo terræ, vide supra.
 Syrupus de Glycirrhiza, officinis syrupus de liquiritia dicitur, sirupe of Liqueoize.
 Syrupus granatorum, syrupus ex succo Malorum Punicorum, sirupe of Pomegranates.
 Syrupus de Hyssopo, sirupe of Hyssope.
 Syrupus de Intybo, sirupe of Endiue.
 Syrupus de Irios officinarum, syrupus de Iride, syrupus Irius, sirupe of fflower deluce.
 Syrupus de Iuiubis, syrupus Iuiubinus, Syrupus Zyzyphorum, or Zyzyphinus, a Sirupe so called.
 Syrupus de Lemonibus, siue syrupus aciditatis Lemoniorum, sirupe of Limons.
 Syrupus de Lupulo, syrupus Lupulorum, sirupe of Hops.
 Syrupus de Mentha, sirupe of Mints.
 Syrupus de Myrto, siue syrupus Myrtinus, si-

rupe of Myrtles.
 Syrupus Malorum Nerantziorum, Sirupe of Oranges.
 Syrupus conditura Mirobalanorum, sirupe of the confectiō of Mirobalans.
 Syrupus de Nenuphare officinarum, vide syrupus de Nymphæa.
 Syrupus de Nymphæa, syrupus de Nenuphare officinarum, sirupe of water Lillies.
 Syrupus de Papauere, siue syrupus Papauerinus, sirupe of Poppy.
 Syrupus de Omphacio, vide syrupus de Agresta.
 Syrupus de Oxyacantha, vide syrupus de Berberis.
 Syrupus de succo Oxalidis, syrupus de succo Acetosæ.
 Syrupus Persicorum, sirupe of Peaches.
 Syrupus de Plantagine, sirupe of Plantaine.
 Syrupus de Pomis, sirupe of Apples.
 Syrupus de pomis Saboris Regis.
 Syrupus de Portulaca, sirupe of purslaine.
 Syrupus de Prassio, sirupe of Horehound.
 Syrupus de Pyris, sirupe of Peares.
 Syrupus de radicibus, vide syrupus de quinque radicibus.
 Syrupus de duabus radicibus, sirupe of the two rootes.
 Syrupus Ribium, sirupe of Raspeles.
 Syrupus infusionis Rosarum, syrupus Rosarum, sirupe of Roses.
 Syrupus Rosarum, vide syrupus infusionis Rosarum.
 Syrupus Rosarum solutiuis, siue syrupus incarnatarum rosarum, a latine Sirupe of Roses.
 Syrupus de Rosis siccis, siue syrupus Rosarum siccarum, sirupe of dried Roses.
 Syrupus Rosarum albarum, Sirupe of white Roses.
 Syrupus Saboris Regis, siue syrupus de pomis Saboris Regis, a certaine kinde of sirupe so called.
 Syrupus senæ, siue Syrupus seniticus, a sirupe of Sene.
 Syrupus de liquiritia officinarum, vide syrupus de Glycirrhiza.
 Syrupus de Stachade, sirupe of Lauander gentle.
 Syrupus de Thymo, sirupe of Thyme.
 Syrupus Violarum, sirupe of Violets.

T.

TAbes, Phthisis, a consuming and wasting of the bodie.

Talus

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Talus Leporis.
 Tamarindi, solvre Dates.
 Tamariscus officinarum, a Tamariske tree.
 Tamarix, the same.
 Tamarus, Vitis nigra, blacke Byionie.
 Tamnus, siue tamus, the same.
 Tanacetum, Tranſie.
 Tanacetum syluestre herbariorum, Anserina, wild Tranſie.
 Tapſus Barbatus, Woolblad.
 Tarantula, Phalangium, a kind of Spiders.
 Taraxacon Arabum, Cichorea, Intybus syluestris, Cicozie,
 Taraxacon officinarum, Aphaca Theophrasti, the same.
 Tarbelodathium Dioſcoridis, Plantago, Plantaine.
 Tarum Plinij, Agallochū Græcorum, a sweete wood so called.
 Tartarus, the lees of wine.
 Taxus, Smilax, a tree like Firre, a kind of Pew.
 Tecolithus, Lapis Iudaicus Jewes Stone.
 Telephium, an herbe so called.
 Telephium Album, a kinde of white Dypine.
 Telephium Purpureum, a kind of Dypine.
 Telis, ſenegræke.
 Tembul, siue tembulum Arabum, folium Indum, vide Malabathrum.
 Tendones, the cords or ſinewes.
 Tenesmus, tinesmus, a diſeaſe so called.
 Terbentina officinarum, reſina terebinthina.
 Terebinthina, Turpentine.
 Terebinthus, the Turpentine tree.
 Terebinthina reſina, Turpentine.
 Terebinthizusa, a kinde of yellow Jasper Stone.
 Tereniabin, siue tergebin Arabum, Manna liquida, Honey dew or Manna.
 Terpentina officinarum, Reſina terebinthina, Turpentine.
 Terra figularis Columellæ, Argilla, potters earth.
 Terra lemnia, terra ſigillata, ſealed earth.
 Terra ſigillaria Ciceronis, Argilla, potters earth.
 Terra viridis, Bozaſſe.
 Terra Sancti Pauli, an earth so called.
 Tertiana, a Certain Ague.
 Tertiana exquisita, a right tertian Ague.
 Tertiana extenſa, a tertiane Ague of ſortie holwers.
 Tertiana duplex, a double tertian Ague,

which is also mixed with a quotidian ague.
 Tertiana notha, siue tertiana ſpuria, a baſtard tertian Ague.
 Testiculus, siue testiculus Canis, Orchis, Dog Stones.
 Testiculus leporinus, Satyriō, three leaved Gandergrasse.
 Testiculus ſacerdotis, Chelidonium minus, the lesser Celandine.
 Testiculus odoratus, a kind of Dog Stones.
 Testiculus Satyri, Satyrium erithronipm, a kind of three leaved Gandergrasse.
 Testiculus vulpis, Satyrion, a kind of Ragwort.
 Teſtidunaria, Cyclaminus, Solves bread.
 Teucrium, great Germander.
 Teutlomalache, Spinacea, Spinage.
 Teuthalis, Polygonum, Knotgrasse.
 Teutlis siue Teutlon, Bætes.
 Tetanus, a kind of Crampe.
 Thalictrum, Sophia.
 Thapſia, a kind of Turbith.
 Thaumastos, Iris, Flower deluce.
 Thelpide, vel thalpidæ, Iris, the same.
 Theliphonum, an herbe so called.
 Thelyphthorium, Abrotonū, a kind of Soothern wood.
 Theriaca, Treacle.
 Theriaca Andromachi, a kind of the best Treacle.
 Theriaca Diateſſaron, common Treacle.
 Theriaca magna, another kind of the best treacle.
 Theriacaria, Phu verum, a kinde of Valerian.
 Theriophonum Apuleij, Dragontium, Dragons.
 Theriophonum Dioſcoridis, Pardalianches.
 Libards bane.
 Theriophonum Aconitum, Pardalianches.
 Therium Apuleij, Dragontium, Dragons.
 Therma ſulphurea, Brimstone bathes.
 Thermus, Lupinus, Lupines.
 Theſarica, Plantago, Plantaine.
 Thion apyron, ſulphur foſſile, ſeu ignem non expertum, a kind of Brimstone.
 Thlaſpi Crateua, thlaſpi alterum Dioſcoridis.
 Raphanus marinus, Raſſort, treacle Muſtard, boures or diſh Muſtard.
 Thorax, the Breaſt.
 Thrauſtma, siue thrauſton Plinij, Ammoniacū thymiana, a certaine kind of gum Armonacke, vide Ammoniacum thymiana.
 Thridax, Lactuca, Lettice.

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- Thridax agraria*, *Laſuca ſylueſtris*, wilde Let-
tice.
Thronon Homeri, Roſa, a Roſe.
Thryalles, the leaues of the herbe called Roſe
Champion.
Thus, *Olibanum*, Frankinſence.
Thus Corticoſum, the reſuſe of Frankinſence.
Thus adulterinum, baſtard Frankinſence.
Thus granulolum, crombed Frankinſence.
Thus maſculum, *thus teſticulatum*, white Fra-
kinſence.
Thus terra Plinij, *Chamaſpytis*, Heath oꝝ
dwarfe Cypzeſſe.
Thylacitis, *Papauer album*, white Poppey.
Thymiana, *Narcaphtum officinarũ*, *Thymia-*
blacke Frankinſence. (ma,
Thymiana Herbariorum, *Thymum*, Tyne.
Thymum Candidum, *thymum capitatum*, *thy-*
mum creticum, *thymum ſiccatum*, *thymum*
Aromaticum, white Thyme, oꝝ Thyme of
Crete.
Tilia, *Philyra*, the Teyle tree.
Tilia foemina, *tilia ſatiua*, the Linden tree.
Tilia maſcula, *tilia ſylueſtris*, the wilde Teylet
tree.
Tilphantemum, Gold flower.
Timoron, *Cicuta*, Hemlocke.
Tithymalus arboreſcens, wild Spurge.
Tithymalus Characias, a kind of Spurge.
Tithymalus Caryites, a Spurge ſo called.
Tithymalus Cobius, wild Spurge.
Tithymalus Cometes, the ſame.
Tithymalus Cupreſſinus, oꝝ *Tithymalus Cy-*
periffias, pine Spurge.
Tithymalus Dendroides, ſiue *Dendroides*, ſtone
ſpurge.
Tithymalus foemina, the female Spurge.
Tithymalus leptophyllos, ſtone Spurge.
Tithymalus latifolius, broad leaſed Spurge.
Tithymalus myrtifolius, ſiue *myrtiphyllus*, oꝝ
Tithymalus myrtaceus, a certaine Spurge
ſo called.
Tithymalus maſculus, Wolles milke.
Tithymalus petraeus, ſtone Spurge.
Tithymalus paryphyllus, a certaine Spurge ſo
called.
Tithymalus ſoliſequius, ſiue *ſoliſequius*, Wert-
gras oꝝ Wertwozt.
Tithymalus tenuifolius, narrow leaſed Spurge.
Tithymalus vallis, wild Spurge.
Tonſillæ, the kernels growing within the
mouth.
Topiaria, Italian Bearebeech, oꝝ Beares
clawe.
Tordylium, *tordylion*, *Sefeli Creticum*, Sil-
uermountaine of Candy.
Tormentilla.
Tormina, fretting oꝝ wꝝinging in the belly oꝝ
guts.
Torpor, a debilitation oꝝ ſeebleneſſe of the
mind.
Tota bona Herbariorum, a kind of Spinage.
Toxicum, a kind of venime oꝝ poyſon, where-
with the heades of arrowes are poyſo-
ned.
Trachea, the weaſen oꝝ pipe of the lungs, the
windpipe.
Tragacantha, *tragacanthum*, a kind of gumme.
Tragea, *tragema*.
Tragoriganum, ſiue *tragoriganus*.
Tragonatum, *Cariophyllus Aruenſis*, Corne
Tragonia, Tarragon. (role.
Tragofelinum Herbariorum, *Pimpinella alba*,
white Pimpernell.
Tragofelinum maius, *Pimpinella maior*, the
greater Pimpernell.
Tragofelinum minus, the leſſer Pimpernell.
Tremor, quaking, trembling oꝝ great feare.
Triapharmacum officinarum, *Emplaſtrum tri-*
apharmacum.
Trifantali, *triaſandalon officinarum*, Looke
Diatrifandalon in the letter D.
Tribulus aquaticus, *tribulos enydros*, water
Cheſnutte.
Tribulus marinus officinarum, *tribulus aqua-*
ticus, the ſame.
Trichomanes, Maiden haire.
Tridactylum, *Vitex*, *Agnus caſtus*.
Tripholium, *triphyllon*, thꝛee leaſed graſſe.
Trifolium acidum, ſiue *acetolum*, ſowre Triſo-
oꝝ Woodſowre. (ly.
Trifolium acutum, *Columellæ Asphaltium*,
prickled Triſoly.
Trifolium album, white Triſoly.
Trifolium felinum, *Lagopus*, Hares foot, Hares
cummin, Trinitie graſſe, oꝝ herbe Trini-
tie.
Trifolium græcum, Fenegreece.
Trifolium incarnatum Herbariorum, a kind of
Triſoly.
Trifolium odoratum Vergerij, *Asphaltium*,
garden Clauer.
Trifolium pratense, thꝛee leaſed graſſe, oꝝ Tri-
ſoly the red.
Trifolium purpureum, the ſame.
Trifolium ſylueſtre, wild Triſoly.
Trifoliũ Trinitatis, *Lagopodiũ Trinitis* graſſe.
Trifolium vſinum herbariorũ, *Lotus ſylueſtris*,
wild

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Wilde Melote.
 Trimithos Nicandri, Terebinthus, the Turpen-
 tine tree.
 Trinitatis herba, hearbe Trinity or Hearts ease
 Trionpipereō officinarū, vide Diatriōpipereō.
 Triorchis Eginetæ, Orchis serapias Dioscori-
 dis, Bandergrasse.
 Tripetalon Callimachi, trifolium pratense, a
 kind of Trifoly.
 Trifera magna, a confection so called.
 Trifera scenonis, a certaine confection.
 Trifera Persica, a confection so called.
 Trifera Saracenica, a certaine confection.
 Tripodium, turpetum Serapionis, a kind of Tur-
 bith.
 Trissago, Chamedrys, Chamedrios.
 Trissago aquatica, siue palustris, Chamædrys
 aquatica, vide Teucrium.
 Tristia, vide Trisca.
 Trithales, a kind of Housleeke.
 Triticum sylvestre, vel triticum terrestre, Che-
 lidonium minus, the lesser Celandine.
 Tritum Apuleij, Tythimalus dulcis, a kinde of
 Spurge.
 Trixago, Trissago, Germanander.
 Trixago palustris, vide Teucrium.
 Trixis Plinij, Palma Christi.
 Trocisci pastilli, Officinæ nōihil deprauata ap-
 pellatione trociscos nominant sine aspiratione,
 a certaine kind of round cakes, which are
 prepared for medicines.
 Trocisci Adulphi, vide trocisci de sulphure.
 Trocisci de Absynthio, little cakes of Worme-
 wood.
 Trocisci de Agarico, cakes of Agaricke.
 Trocisci de Alhandel, trocisci de Colocynthide
 little cakes of Coloquintida, or wild Gourds.
 Trocisci de Alkagengi, trocisci de Halicaca-
 bo.
 Trocisci de Berberis, siue de Berberibus, trocis-
 ci de Oxyacantha, little cakes of Berberries.
 Trocisci de Bolo Armeno, cakes of fine Bolus.
 Trocisci de Camphora, cakes of Camphere.
 Trocisci de Capparibus, siue trocisci Cap-
 parum.
 Trocisci de Charabe, siue trocisci de succino,
 cakes of Amber.
 Trocisci de Chelidonia, cakes of Celandine.
 Trocisci de Colocynthide, vide trocisci de Al-
 handel.
 Trocisci de Corallijs, cakes of Corall.
 Trocisci de Crocoma, vide Trocisci de Lacca.
 Trocisci de Eupatorio, cakes of agrimony.
 Trocisci de Lacca, cakes of Lacca, siue trocisci
 de Crocoma.

Trocisci de Halicacabo, vide trocisci de Alka-
 kengi.
 Trocisci de Gallia Moschata.
 Trocisci de Diarrhodon, Rosetakes which do
 retaine the name Diarrhodon, or cakes of
 Diarrhodon.
 Trocisci de Myrrha, cakes of Myrre.
 Trocisci de Olibano, cakes of Frankinsence.
 Trocisci de Oxyacantha, vide Trocisci de Ber-
 beris.
 Trocisci de Rhabbarbo.
 Trocisci de Rosis, Rosetakes.
 Trocisci de Sandalis, cakes of Lignum Aloes.
 Trocisci de sulphure, siue trocisci Adulphi.
 Trocisci de spica, cakes of Spikenard.
 Trocisci de spodio, cakes made of a kind of
 soote so called.
 Trocisci de terra sigillata.
 Trocisci de Violis, Violet cakes.
 Tricophyes Apuleij, Trichomanes, Maiden-
 Trichnus, Solanum, Nightshade. (haire.
 Trymthalites, Cyclaminus, Sowes bread.
 Turbetum, Turpetum, the Turbith roote.
 Turbit, the same.
 Turpetum Actuarij duplex, nigrum, & album,
 white and blacke Turbith.
 Turpetum album, Alypum, white Turbith.
 Turpetum Alexandrinum, turpetum Orientale,
 the same.
 Turpetum Cineritium, thapsia, a kind of Tur-
 bith.
 Turpetum Serapionis, tripodium Dioscoridis, a
 certaine kind of Turbith so called.
 Tussilago, Bechium, Folesfoote.
 Tussis, the Cough.
 Tutia Arabum, Pompholix nigra, gray Tuttie.
 Tutia officinarum, Cadmia fornaria, Tutty.
 Tutia factitia, Tutty counterfeited.
 Tuuesca, vocabulum vngaricum, Pruna Passa,
 dried Punes.
 Tympania, siue tympanites, the Tympanie.
 Typhodes, a kind of continuall ague.
 Typhonium Dioscoridis, Apolaris, Henbane,
 or Henquaille.
 Typhonium Apuleij, Draguntium, Dragons.
 Typha Theophrasti, Typha aquatica, Typha
 palustris, Cats tayle, or water toych.
 Tyrus, Vipera, a Vipser.

V.

Vaccinium, Vitis Idæa Theophrasti, a
 Blackberrie.
 Valeriana, Marinella, Valerian.
 Varices, broken veines in the legs, or in any
 other

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other part of a mans bodie.
 vena, a Veine.
 Vena caua, the great Vener beine.
 Vena Citrina, Cyperus Indicus, a kind of Cy-
 pres roote.
 Vena communis, the Median beine.
 Vena corporalis, the same.
 Vena manifesta, the mother beine.
 Vena nigra, the median beine.
 Vena pulsabilis, the pulse beine.
 Vena tinctoria, rubia infectoria, Dadder.
 Vena vniuersalis, Mediana, the Median beine.
 Venæ quietæ, the bloud beines.
 Ventriculus, the stomacke.
 Veratrum adulterinum, Pulmonaria Vegetij,
 wilde pæsewort.
 Verbena, siue verbenaca, Verueine.
 Verbasculum, Cowslips.
 Verbasculum album, white Cowslips.
 Verbasculum odoratum, Cowslips.
 Verbasculum multiplex, double Cowslips.
 Verbasum, Phlomis Longwoort, or Wool-
 blade.
 Verbasum album, verbasum foemina, Wool-
 blade the female.
 Verbasum saluifolium, siue Verbasum syl-
 uestre, wild Woolblade.
 Vermes terreni, Intestina terræ, a long worme
 breeding in the earth.
 Vermicularis, crassula, minor, the lesser Housleek.
 Vernilagium, siue Vernilago, Chameleo niger,
 the common thistle with a great long stalke.
 Vernix Sandarica, the gumme of the Juniper
 tree.
 Veronica, Paules Betonie.
 Verrucales, Hamorrhoides, the Pyles or He-
 morrhoides.
 Verrucaria quorundam, Parigolds.
 Vertebrae, Spondylia, the ioynts or knots of
 the backbone, the Spondiles.
 Vertex, the top or crowne of the head.
 Vertigo, a gidiness of the head.
 Vesicaria, Halicacabus winter Cherries.
 Vetrinus, Lethargus, a drowsie disease causing
 a continuall sleepe.
 Vetonica, siue Betonica, Betonie.
 Vicia, a Vetch.
 Victoralis.
 Victoralis longa.
 Victoralis mascula.
 Victoralis foemina, siue victoralis rotunda.
 Vinca peruinca officinarum, Perwinkle.
 Vincetoxicum, Asclepias, Swallowwoort.
 Vincibosum Herbariorum, Periclymenum,
 Woodbind, or Honyluckle.

Vineago, Perdicium, Bellitoy of the wall.
 Vini rosa, a kind of wild rose or Eglantine smel-
 ling like Cinnamome, a Cinnamon Rose.
 Vinum ex Absynthio, Wormwood wine.
 Vinum aquosum, vinum Oligophorum, a smal wine.
 Vinum ardens, vinum sublimatum, Aqua vitæ.
 Vinum aruisium, Dalmsey.
 Vinum Apianum, Muscadine.
 Vinum atrum, thicke red wine Aligant.
 Vinum Buglossatum, vinum ex Buglossa, Bu-
 glosse wine.
 Vinum Cerasorum, Cherry wine.
 Vinum Chium, Dalmsey.
 Vinum Claretum, Hippocras.
 Vinum ex floribus Cariophyllex, wine of Gil-
 losers.
 Vinum Creticum, Dalmsey.
 Vinum coactum, a kind of Duff.
 Vinum dilutum, water and wine mixed toge-
 ther.
 Vinum Hippocraticum, Hippocrasse.
 Vinum Iuniperinum, Juniper wine.
 Vinum mellitum, Honied wine.
 Vinum maluiticum Dalmsey.
 Vinum multiferum, strong wine.
 Vinum Granatorum, Pomegranate wine.
 Vinum Maluasianum, Dalmsey.
 Vinum mullum, swæte wine.
 Vinum Malorum punicorum, Pomegranate
 wine.
 Vinum Muscatellum, seu Muscatellinū, Musca-
 dine.
 Vinum Maruesianum, Dalmsey.
 Vinum Musteum, Duff.
 Vinum Muriceum, a kind of wine so called.
 Vinum Monenbasiaticum, Dalmsey.
 Vinum Nenupharinum, wine of water Lillies.
 Vinum Oenodes, siue vinosum, strong wine.
 Vinum Polyphorum, vinum multiferum, the same.
 Vinum pauciferum, Oligophorum, small wine.
 Vinum ex Pæonia, siue Pæonites, Piony wine,
 Vinum ex floribus Pseudonardi, Spikenard wine.
 Vinum ruffum, rubrum, vel rubeum, red wine.
 Vinum rubellum, reddish wine.
 Vinum Raspatitum, wine of whole Grapes.
 Vinum sublimatum, Aqua vitæ.
 Vinum saluiatum, Saged wine.
 Vinum seniticum, vinum ex Sena coactum
 wine of Sene.
 Vinum temperatum, siue viuum dilutum, wine
 mixed with water.
 Viola, a Violet.
 Viola alba Dioscoridis, white yellow & browne
 Violets. (ser.
 Viola alba Theophrasti, a kind of winter gillo-
 Viola alba multiplex, white double Violets.
 Viola canina, a dog Violet.

Viola

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Viola fatua, a wild Violet.
Viola martia, a March Violet.
Viola Martia alba, a white March Violet.
Viola mortuorum, Peruinca, Perwinkle.
Viola muraria, March Violets.
Viola nigra, the same.
Viola purpurea, idem quod *Viola nigra*.
Viola purpurea multiplex, double Violets.
Viola Quadragesimalis, March Violets.
Viola sylvestris, wild Violets.
Violaria, March Violets.
Vipera, Tyrus, a Viper, or kinde of Adder.
Virga Cerui, Pryapus Cerui, the pisse of a Stag.
Virga aurea, solidago saracenica.
Virga pastoris, Tassell.
Viride æris, Erugo, Merdigrease.
Visnago Hispanorum, Gingidium, Spanish Cheruill.
Viscum, Ixos, Astylis, Distletoe, or Distleden.
Viscum quercinum, Distleden of the Dake.
Viscum, viscus pro glutine Aucupum, gluten auarium, Birdlime.
Vitalis, Sedum, Housleake.
Vitealis, lesser Kopeweede.
Vitex, Agnus, Chast tree.
Vitis, siue vitis vinifera, a Vine.
Vitiligo, Morphea alba Barbarorum, a foulness of the body with spots of diuers colours.
Vitis alba, Bryonia, white Byony.
Vitis chironia, vitis nigra, a blacke Vine, or blacke Byonie.
Vitis Idæa, Vaccinium, a Blackberry.
Vitis Veneris.
Vitis sylvestris, a wilde Vine.
Vitis sylvestris flos, the blossomes of the wilde Vine.
Vitriola, Parietaria, Bellitoze of the wall.
Vitriolum, Chalcantum, blew Vitrioll.
Vitriolum Romanum, Romish Vitrioll.
Vitriolum vltum, burned Vitrioll.
Vitulipes, Arum, Cuckopit.
Vlcus, an vlcet or Wyle.
Vlmus, an Elme.
Vlmus campestris, a wilde Elme. (Elme.
Vlmus Montanus, Montiulmus, a kinde of
Vlophonium, Chameleon niger, a kinde of
 Whistle.
Vmbilicus Veneris, Cyclaminus, Solwes bread.
Vndimia Chirurgorum, Oedema, an impostume so called.
Vnefera, siue vnephera, Centoze the great, Rapontica.
Vngula Alces,

Vngula caballina, Bechium, Holesote, or Colts
 fote.
Vngula odorata, Blatta byzantia, vide Blacca
 Byzantia.
Vnguis muris, Polygonum, Knotgrasse.
Vnguis Aromaticus, the same that vngula odorata is.
Vnicordia, Clematis Daphnoides, Perwinkle.
Vnicorniū, Cornu monocerotis, the Unicorn.
Vnguentum Egyptiacum, an Egyptian salve.
Vnguentum Agrippæ, Agrippas salve.
Vnguentum Altheæ, a salve of marsh Malloves.
Vnguentum album, vnguentum de Cerusa, a
 salve of white Lead or Ceruse.
Vnguentum album Camphoratum, a salve of
 white Lead and Camfere.
Vnguentum Anodynum, a salve which easeth
 any paine.
Vnguentum Apostolorum, a salve so called.
Vnguentum Aragon, a salve so called.
Vnguentum Aurantiorū, a salve of Oranges.
Vnguentū Alabastrinum, a salve of Alabaster.
Vnguentum mundificatiuum de Apio, a salve
 of Smalage.
Vnguentum de Arthanita, vnguentum de Cy-
 clamine, a salve of Solwes bread.
Vnguentum basilicon, a salve of Basill.
Vnguentum de Cerussa, vide vnguentū album.
Vnguentū de Cerussa Mesues, a salve of Ceruse
 after the description of Mesues.
Vnguentum Citrinum, a salve of Citrons.
Vnguentum Comitissæ, a salve so called.
Vnguentum infrigidans Galeni, a cooling salve.
Vnguentum de Gallia, a salve so called.
Vnguentū ex Gammaris, a salve of sea Creuiste.
Vnguentum fuscum, a salve for wounds being
 yellow.
Vnguentum marciatum, a salve so called.
Vnguentum Mercuriale, a salve for the Pore.
Vnguentum neruinum officinarum, a salve for
 the sinewes.
Vnguentum nihili officinarum, a salve so cal-
 led, good for blearing eyes.
Vnguentum de Pompholige, a salve made of
 ashes which the Apothecaries call Nyl.
Vnguentum pectorale, a salve for the breast.
Vnguentum Populeon, a salve of Poplar.
Vnguentum Rosatum, an oyntment of Roses.
Vnguentum Rhodinum, the same.
Vnguentum Sandalinum, vel santalinum, an
 ointment of Saunders. called.
Vnguentum sericinum, vel siricinum a salve so
 Volubilis, Kopeweede, or Woodbind.
 Volu-

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Volubilis Antiqchena, siue **volubilis Colophonia**, an herbe so called.

Volubilis magna, Hops.

Volubilis media, Woodbind.

Volubilis Mesues, Hops.

Volubilis Syriaca, an herbe so called.

Volucrum maius, Caprifolium, Woodbind.

Voluulus, Iliaca passio, a paine in the guts, or a Colike in the vppermost gut.

Vrania, Iris, the flouredeluce.

Vrceolaris, Helxine, Bellitorie of the wall.

Vreteres, the waterpipes or conduits, by which the vaine passeth from the reines to the bladder.

Vrina profluuium, the ouerflowing of vaine.

Vrsus, a Beare.

Vrtica, a Pettle.

Vrtica foemina, vrtica Romana, Italica, the Romainish Pettle.

Vrtica foetida, a kinking Pettle.

Vrtica Herculana, siue **Herculea**, a kind of dead Pettles.

Vrtica Italica, vide, **Vrtica foemina**.

Vrtica iners, **Vrtica labeo**, vrtica mortua, dead Pettles.

Vrtica lactea, Worme nettles.

Vrtica labeo, vide vrtica iners.

Vrtica mascula, vrtica maior, the great Sharpe and stinking Pettles.

Vrtica minor, the lesser Pettles.

Vrtica mortua, vide, vrtica iners.

Vrtica odorata, a kinde of sweet smelling Pettle.

Vrtica hortulana, Romaine Pettles.

Vrtica Romana, vide, vrtica foemina.

Vrtica scarlata, a kinde of dead Pettles.

Vrtica syluatica, wilde Pettles.

Vrtica syluestris, the same.

Vsnea, Muscus arborum, Mosse.

Vterus, the wombe of a woman.

Vulgago, siue **Vuluago**, Asarabacke.

Vulpes, a fore.

Vulua, vterus, the wombe of a woman.

Vultur, a certaine greedy creature so called.

Vua, a Grape.

Vua acerba, vua immatura, an vnripe Grape.

Vua acerba condita, vnripe Grapes comfited.

Vua anguina, vua serpentina, vitis alba, Byzonia.

Vuarum expressarum retrimenta, the huskes of pressed Grapes.

Vua immatura, vide, vua acerba.

Vua lupi, vua vulpis, Nightshade.

Vua serpentina, vide, vua anguina.

Vua Taminia, vitis nigra, blacke Byzonie.

Vua Vulpis, vide, vua Lupi.

Vua passa, Raisins.

Vua Damascena, Zebeben, great Raisins.

Vua passa Cilicia, siue **Corinthia**, seu minores, Currans.

Vua passa Corinthia, vide, vua Damascena.

Vua passa maiores, great Raisins.

Vua passa Massiliotica, a kinde of great Raisins.

Vua Zibeba, great Raisins. (sing.)

Vuula, a little peece of flesh in the roose of the mouth.

Vuularia, Hozetoung.

X.

X **Auster Arabum**, Tithymalus, a kinde of Spurge.

Xerocollyrion, vide, Collyrium.

Xylon, Gossipium, Cotton.

Xyphium, flowerdeluce.

Xyphium aquaticum, the small blew water flowerdeluce.

Xyphium aruense, flowerdeluce.

Xyloaloe, Xyloaloes, Xylumaloes, Lignum Aloes, a kinde of sweet wood so called.

Xyloaloes, vide, Xyloaloe.

Xylobalsamum, the wood whereof Balsme naturally sommeth.

Xylocassia, a kinde of flower so called.

Xylocaracta officinarum, Xylocerata, S. Johns bread.

Xylocolla, a kinde of Lime.

Xylon, Santalon, Saunders.

Xylophyton, wild Comin.

Xylum aloes, vide Xyloaloe.

Z

Z **Aduar**, Zaduaria, Zadura, Zadera, siue Zador, a kinde of Seduarie.

Zaduara, vide Zaduvar.

Zador, vide Zaduvar.

Zaffranum Barbarorum, Saffron.

Zastranum fatuum, siue fatuorum, wilde Saffron.

Zapetium, Zibetum, Cinet.

Zea, Spelta, Beere barley or Spelt.

Zea Dicoccos, Spelt.

Zea deglubita, Cozne.

Zea monococcos, Scimen, Spelt.

Zea

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Zea simplex, the same.

Zedoarii officinarum, Zurumbetum, Seduarie.

Zeduar the same.

Zeliauris, Anagallis, Pimpernell.

Zibeba, great Raisins.

Zibetz officinarum.

Zibethum, zibettum, Ciuet.

Zibettum, vide Zibethum.

Zina officinarum, Absinthium Seriphium, a kinde of Wormewood.

Zingiber, Gingiber, Ginger.

Zingiber conditum, comfited Ginger.

Zingiber coctum, siue Tabulatum, baked Ginger.

Zingiber tabulatum, vide Zingiber coctum.

Zingiber viride, vide Zingiber conditum.

Zingiber officinarum, Zingiber, Ginger.

Zirbas Barbarorum, Omentum, the Call oz

suet wherein the bowels are lapt.

Zizypha, a kinde of fruite so called.

Zoophthalmion, Sedum, Houseleke.

Zopissa, Pitch.

Zuccarum, siue Zuccharum, Saccharum, Sugar.

Zuccarum penidium, a certaine kinde of Sugar.

Zuccarum candidum, Sugar of Candie.

Zuccharum, vide Zuccarum.

Zulapium Nymphaeae, Aulep of the white water Lilly.

Zulapium Rosarum, Rose Aulep.

Zulapium Violaceum, Violet Aulep.

Zurumbet, siue

Zurumbetum, Anthozia.

Zurumbetites, Anthozia wine.

Zyme, fermentum, Leauen.

Zythum, Ceruisia, Beere.

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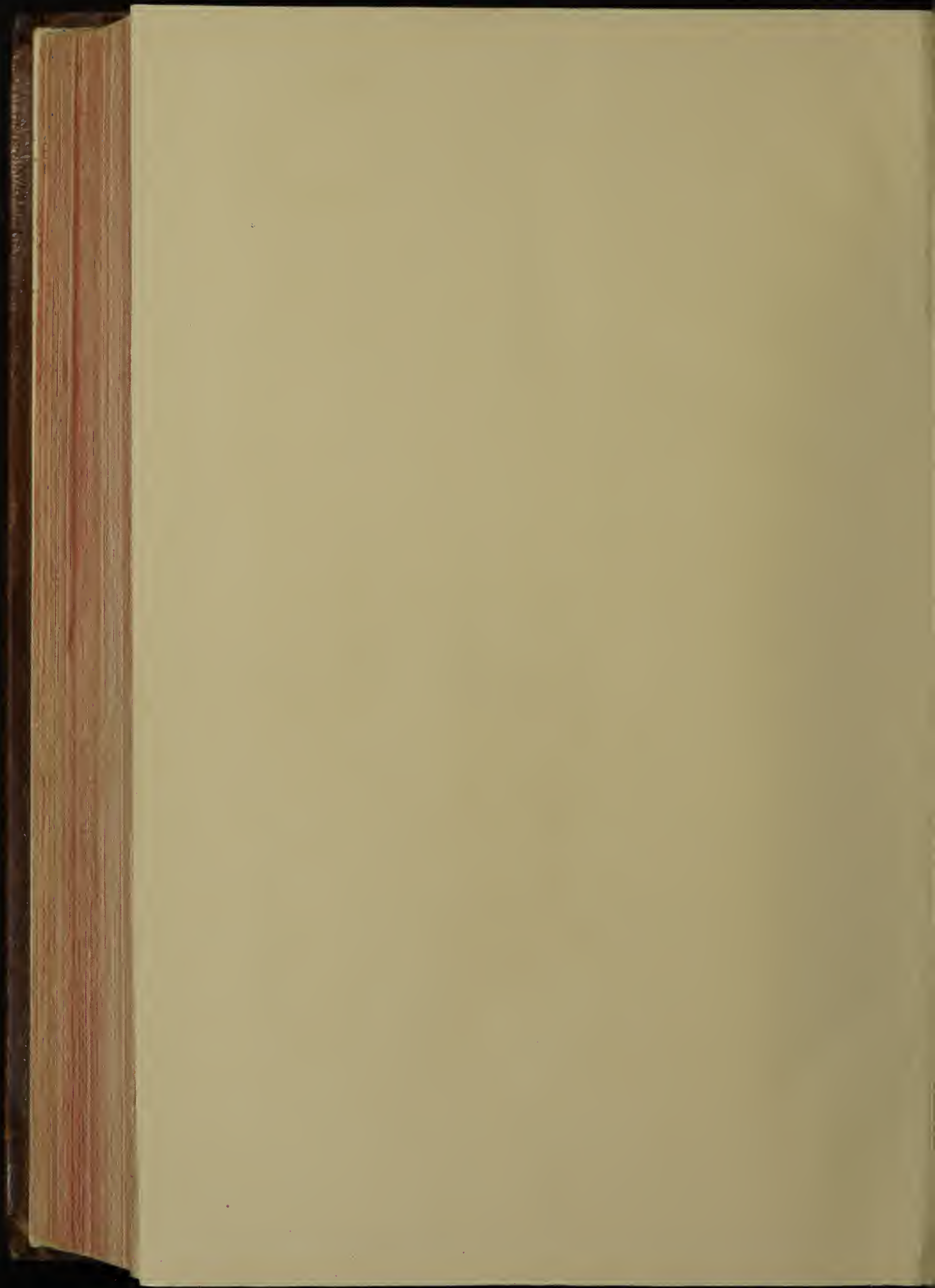
Confection of the flesh of capons
v. 247
Confectio Aromatici Rosati; 325

J

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F

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Wellcome 6760
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